

Interview WITH SONDRA RAY  
-BY POLA Churchill

Sondra Ray is known as one of the most electric spiritual leaders of the day She is recognized throughout the world as an author, rebirther, lecturer and healer.

Ray has a B.S. degree in Nursing from the University of Florida College of Nursing and a Masters Degree in Public Health and Family Sociology from the university of Arizona. She has trained as a Nurse Practitioner in Obstetrics and Gynecology. Early on she worked in the Peace Corps and was stationed in Peru.

Ray was launched into international acclaim in the 1970's as one of the pioneers of the Rebirthing Experience. She has trained thousands of people all over the world, and is considered one of the foremost experts on how the birth trauma affects one's body, relationships, career and life. As she puts it, this breathing process produces extraordinary results as one takes in the love, peace and joy. She is currently updating and refining the process to a whole new level to produce faster results.

She is also known for training sessions, some of which include; Loving Relationships Training (also known as LRT), Rebirths, Rejuvenation, Co-operation, and Sacred Relationships, as well as seminars on the Teachings and aspects of the Divine Mother. Ray has taken these seminars and training's across the globe to countries such as England, France, Spain, Italy, Germany, Iceland, Ireland, Poland, Sweden, Russia, New Zealand, Australia, Singapore, Bali and Japan. She also takes groups to India for annual pilgrimages.

Among Ray's fifteen inspirational books include:

I deserve love, Loving Relationships I, Loving Relationships II, Rebirthing in the New Age, The Only Diet There Is, Ideal Birth, Drinking The Divine, Birth and Relationships, Pure Joy, How to be Chic fabulous and Live Forever, Inner Communion, Interludes with the God's, Essays on Creating Sacred Relationships, Healing and Holiness.

Sondra currently has a private healing practice in Marina Del Ray, California. People who have the experience of working directly with her as a spiritual teacher and healer say it has saved them years in their spiritual life process. They say she has the gift of helping one move out of pain quickly and into the experience of the celebration of life. She also conducts weekly meditations in her home that include teaching prayer, chanting and meditation. She uses her twenty five years of study with the Immortal Masters.

No matter what Sondra Ray is doing, she is always trying to bring about a higher consciousness. Currently she is creating a new relationships training, which she hopes will shift the current paradigm relationships around the world to a more divine level. She is also taking the arena of rebirthing to a whole new level called Sacred Renewal Breathwork, and recently founded the Sacred Renewal Ministries to the Divine Mother.

Pola Churchill: Your most recent book "Healing and Holiness" (Celestial Arts, 2002) is simple and powerful. What do you think are the keys to permanent healing?

Sondra Ray: O'h thank you for that question. Yes, well I think the tools to permanent healing lie in the thoughts that one has. When I was a nurse, I noticed that people did not look at their thoughts that created their disease, and the key to permanent healing is to look at your thoughts that produced the condition. So you have to do a process on why you created this condition, and that the condition didn't happen to you just by chance. It happened to you because of the thought in your mind. So until you find the thought in your mind you won't have permanent healing.

Pola: So the process, you are specifically talking about is the "Truth Process" that is in your book "Celebration of Breath"?

Sondra: Yes, that took me a long time to really get it narrowed down to that truth process. The truth process consists of..... firstly you say, "The negative thoughts that created this condition are" ..and then you find out what are the payoffs you have for this condition. A pay off is a negative benefit your getting out of it, like your getting attention, or you get to be right, or you get to make somebody wrong etc, but the course of miracles says that you won't heal the condition until you heal the pay off. So you have to understand what the "payoffs" are, what are the negative neurotic benefits, and then you have to find out what your fear is of really giving up this condition. And that is the truth process.

Pole: So where do you think these negative thoughts originate from?

Sondra: Birth trauma, society, parents, can program you a certain way that might be negative, and just in general you might have negative thoughts that you have accumulated over the years.

Pola: Can you explain what the "personal lie" is?

Sondra: Yes, the "personal lie" is your most dominant negative conscious factor or thought, usually formed at birth, or it may be formed in the womb, or could even be dragged in from of a past life. The "personal lie" is something that you believe to be true, but actually it is a lie. In other words if a person has a thought "I am not good enough", it's not really the truth about them, but they believe it is, so it is actually a lie that they have formed. A person might have the thought, "I am wrong", or "I am not good enough", or "I am not wanted, or "I am not lovable" etc. everybody has some kind of thought like that that runs their life. What we do as Rebirthers, is we find out what is their worst thought about themselves, and that is the key thing that helps change their whole life.

Pola: So we get addicted to these thoughts because we survived on them, for instance, at birth?

Sondra: Exactly. These thoughts can be a decision we made at birth, and we think our survival

script is to keep re-ruining that thought, and so we think our survival depends on holding on to that thought. That is why it is hard to give up that thought, that is why it is an addiction. We think, well we survived our birth and we had that thought, so that's what is real! But it is not true, we can change that thought.

Pola: So how do we process these thoughts on a cellular level?

Sondra: First of all you have to find out your most negative thought, and then you have to change that thought into a positive affirmation. That makes a big difference. But, you also have to breathe out the old thought. You took in the thought through the breath when you were born, so you have to take it out through the breath when you are trying to release it.

Pola: Good, what are the causes of sickness?

Sondra: We say that, "All pain is the effort involved in clinging to a negative thought", and therefore we say all disease is the effort in clinging to a negative thought, so the causes of sickness have to do with our ego. The ego is a false self that we made up to replace God, so we are in our ego when we have our negative thoughts, and so negative thoughts keep you from remembering that you are one with God. So the ego is a collection of negative thoughts that keep you from remembering that you are one with God- When you are one with God you don't get sick, but when you are in your ego, you get sick.

Pola: Leonard On the Founder of Rebirthing says, "Until you heal the unconscious death urge, all healing is temporary." Can you explain what the unconscious death urge is, and what is the fastest way to heal this?

Sandra: That is a brilliant statement, because we can teach people to heal any condition including cancer, but if they don't heal the unconscious death urge, they will just make up a new disease to kill themselves. So in other words, if you want to live, you have to give up the death urge, and the death urge is your programming on death. It's the belief that "death is inevitable and beyond your control", it's the belief you have to die because you are guilty, and if you have those thoughts you will die. So if you know they are just "thoughts," you can actually change them. So you can change the thought that "death is inevitable and beyond your control" to "life is inevitable". People don't realize that they are dying because of their negative thoughts, they think that dying is an act of God, or is natural or so on. It is because of your thoughts that you die.

Pola: Exactly, because aging, death and disease are unnatural, and life, rejuvenation and longevity are natural. The hardest thing though, is how do we unravel it? Leonard Orr says it can take lifetimes to unravel the unconscious death urge. What do you think is a fast track to dissolving this?

Sandra: The first thing you have to realize is, that you die because of your negative thoughts.

The fast track is to realize that death is a result of a thought, and that all death is suicide. If you

understand that, that is the fast-track. So if you realize that all death is suicide and you are killing yourself by your own thoughts, then you can change this, you can decide, well I don't want to do that, I want to live, so the minute you decide you want to live, you can honor what Jesus was saying in the Bible. He said that, "The power of life and death are in the tongue" which means that whatever you say, is what you get with your body, and if you follow his Teachings, he said, "If you follow me, you never have to enter the grave," and he said that statement right in the Bible. But most people were not listening. So the fast track is to listen to what Jesus said.

Pola: What about how we take on our family patterns and diseases? That is another whole ball game.

Sondra: Right, exactly, and you have to know that you don't have to take on your family patterns and diseases, but people think that they do. So the truth is that you don't have to. If you have an uncle that died age forty of cancer, that doesn't mean to say that you have to die also at that age. You can change your thoughts, and say, "I don't have to agree with that." So really, it is rebelling against your family tradition, be willing to say, "No, I am not doomed to my family tradition."

Pola: Good, so do you believe in the concept and practice of physical immortality?

Sandra: Absolutely! I believe that whatever you say, is what you get with your body That is what Jesus said, "Thou art ensnared by the thoughts." so if you say I am going to age and die at seventy then that is what will be true for you. If you say, well I am choosing out of that, and I am going to live as long as I want, that is what will be true for you. Jesus said, "As a man thinketh, so is he" So whatever you say is what you get! So, we can say that we want to live as long as we chose in the physical body, and we want to be immortal, and that means you can bypass the programming.

Pola: So do you feel you will live forever, or just longer than most?

Sandra: I believe that whatever I say is what I will get, and I have the choice, So what I am choosing is, to live as long as I want in the physical body, and that maybe hundreds of years, and then maybe I will ascend. Which means I will go to another dimension and be turned into light. But I am willing to stay here as long as I am supposed to stay here for, and to teach what I am supposed to teach.

Pola: What are your personal tools for healing?

Sandra: Well the main thing is the breathing, rebirthing, which is a tool for clearing your Subconscious. As you connect the breath consciously you bring your subconscious to your conscious, and then you can change your unconscious thoughts. It is a fabulous technique that always gets results, and now I have perfected it into a new technique called Sacred Renewal Breathwork. The way this works in a session, is I have people breathe, and then I do Divine Mother mantras, and I also do sound healing, so I have added a few things. I also do this for my own personal healing process and I do Hō ʻŌ Pono Pono, (a Hawaiian healing technique) mantras, and chanting daily without fail, and I also write to my gurus which is very effective.

Pola: So the Sacred Renewal technique is a much deeper process?

Soindra: I hope so. My teachers have said it is nine times more powerful.

Pola: Which country in the world has been the most receptive to Breathwork?

Sondra: Venezuela. Without a doubt. We would have five hundred people in our training's!

Pala: At what age did you realize that you were a healer?

Sandra: At age six when my cousins accidentally blurted out that there was a miracle at my birth, and my grandfather was healed of mental illness at the sight of me as a new born. From age three, I would work on people.

Pola: You said in your book "Healing and Holiness" that you had an insidious addiction to suffering. Was this programming formed from your early religious conditioning?

Sondra: Absolutely! I was raised in a Lutheran church, and they taught us that if you suffer you are more holy. So I wanted to be holy, so I thought I had to suffer to be holy, and that is not right! If you are reading the Course of Miracles, which is the correction of religion, then you realize that God's will for you is perfect happiness, and if that is so, it is not appropriate to suffer!

Pola: how would you describe what The Course of Miracles is to someone that has never heard of it before, or is new to it?

Sondra: The Course of Miracles to me is one of the most important books on the planet today, it is one of the most advanced books. I have never read any book that is higher than this. So I would say it is the highest teaching. What it really is, is a correction of religion, and the reason it is Christian in tone is because Christianity must be corrected first, because it pervades the whole of society. Even though people may be not Christian) they are at the effect of Christianity.

Pola: So do you believe that Jesus died to save us? In the 2000 years of Christianity, there has not been one person that has been saved or achieved physical immortality in that time, because he sacrificed his body.

Sondra: No That is a big mistake that Jesus died to save us, that is a misinterpretation Jesus died to show us that there are no victims. He said that he was not going to be a victim of even this. You can try and crucify me, but I can rise above it. His whole teaching in the crucifixions was the resurrection. I can go beyond the crucifixion, you can try and crucify me, but I am not into my ego, so I can go beyond what you are trying to do to me. So the whole point was the resurrection. I look at it, according to the Course of Miracles that he passed his initiation. He passed his initiation into physical immortality. He showed that the holy Spirit is more powerful than the ego.

Pola: So really he was trying to teach us physical immortality, and we just didn't get it.

Sondra: Exactly, that is right on.

Pola: And I guess the five immortals in the Bible too were also trying to teach us physical immortality -they all mastered it, they all dematerialized and dematerialized and they all lived to a long age.

Sondra: Right, and they were there to show us that this is all possible, and the problem with religion is that they don't emphasize that enough, and that is what should be emphasized. What churches seem to focus on is guilt and sin, and what they should have focused on was the fact that there were these immortals who could live beyond the beyond, and could dematerialize and rematerialize their bodies and ascend, and if they could do it anybody can do it, and that is what they should have emphasized in our churches.

Pola: So that is what Jesus said, "Anything I can do, you can also do and more."

Sondra: Right, so he was totally leaving the door open.

Pola: What was your most difficult case in a session to heal so far?

Sondra: The most difficult case I had was a "walk in" who was Einstein. I felt that I was over my head for a few minutes, but then Babaji appeared to him right during his session (after I prayed like mad for help) and gave him a mantra to slow down his mind.

Pole: Who is Babaji?

Sondra: Babaji is my Guru. He is amazing, he is beyond everything. Babaji is a Mahavatar. He is not born of a woman. He materialized his body in 1970 and dematerialized in 1984. It is like Melchizedek in the Bible, if you read Hebrew 7, it said, 'He has no father, he has no mother, he is a priest for all time.' and he had no lineage. Well if you really read that, you know that this is possible, and so what my teacher Shri Shastriji (Babaji's high priest) told me, is that Babaji is an aspect of Melchizedek. Babaji can have many different bodies, in fact he can have one hundred and eight bodies at the same time. This might be hard for people to believe, because they are limited in their thinking, but if they gave that up and expanded their minds to all the possibilities that Babaji is capable of.

Pola: How did you first meet Babaji?

Sondra: Yes, I was very fortunate. It happened when I was in Theta House, we started Rebirthing. One day we got this letter and it said, Leonard Orr, 301 Lyon St., San Francisco and it had no return address, and it was stamped from India, but there was no town written on it. So I opened this letter, and inside it said, 'Come to India' and there was no signature on it. So I said to Leonard Orr who is

the Founder of Rebirthing we had better go, we have received the letter, and we have received the invitation, but we didn't know who was calling us. But this actually happened, so we went, and we decided to search for the teacher that was calling us, but we didn't know who we were looking for. In the first year we only met teachers that prepared us for meeting Babaji, and later on we actually met Babaji. He is the hero of the book, Autobiography of a Yogi by Paramahansa Yogananda, (ch33 &34) about Babaji the deathless master.

Pola: Babaji's teaching's for this age are truth, simplicity, love and karma yoga ( service to mankind) Is that correct?

Sondra: Yes, that is right, truth, simplicity and love is the formula for happiness. And service to mankind, that was his main teaching, that was very simple. This was the Sanatan Dharma (eternal religion) and if you do follow it, you will be happy. Most people are not following this, but if they did they would be happy.

Pola: What miracles did you see Babaji perform?

Sondra: I saw Babaji adopt a very poor town, and there was only food for two thousand people. But by impossible odds, a miracle occurred, and the food kept on increasing. We fed over five thousand people in all, some were from neighboring towns. I was living with the cook at the time who verified that the food increased

Pola: Can you illustrate your most interesting experience with Babaji?

Sondra; Well, when I was in Babaji's ashram in Herakhan India, when he resided there, it was so mind blowing it's almost hard to talk about it. One of the most profound experiences I ever had was, one night I had written all these letters to people on my staff and I was sending them gratitude and acknowledgment and I had this whole stack of letters, and I wrote these by the Ganges river. Then I set these letters on my altar by my bed, then I had this thought, well there is one line in all of these letters that is completely off, and maybe it was my ego and I repenting, I said to myself "I shouldn't have said that one line, that wasn't very accurate" So I fell asleep, and the ashram bells were ringing for aarati (chanting) and it is very unusual for me to sleep through the bells. Then all of a sudden there was a fire on my altar and all these letters burnt, except the one that did not have this particular line in it, it did not burn. Well this is theoretically impossible because how could twenty letters burn, and the twenty first and twenty second and twenty third letters did not burn without having being charred? It's not possible. So these were the kind of miracles that would happen. So Babaji burnt up all letters were I had my ego and he kept the three letters that were not my ego in tact. I had many miracles happen like that.

Actually the first night I ashram Herakilan India, Babaji appeared to me floating in the air with a babies body and an old man's head. (This was bizarre because he was in his room, and I was in mine, a far distance away) I recognize the head as an earlier materialization of Babaji's previous

incarnation, called Herakhan Baba. This body was floating in the air all night, I couldn't sleep, I was totally terrified, it was too much light, I could hardly handle it, and it kept appearing to me. I woke up my colleagues in the room and asked them, "Do you see this?" and they could not see it. How could you have this kind of miracle, only by the grace of Babaji?

Point: What do you think he was trying to show you?

Sondra: He was trying to show me that he could take any form he wanted to, any time, night or day from any different materialization. The light was so grand, it changed my life.

Pola: What personal healing experience impacted you the most with Babaji?

Sondra: Babaji got me inside a bank all alone, for hours, where he pushed me into a past life where I was killed in a bank. He rebirthed me to the maximum level even though he was not physically there. He was moving through my body and it was terrifying because I went through the hole memory all alone in the bank, which is unusual, and as soon as I got through it. The bank opened. Then the next day he said to me, "You finally go through it." I knew he saved me decades or even lifetimes in my process on money.

Pola: What is the most important thing you learnt from Babaji?

Sondra: That I need help clearing my ego, and the ego is a false self that we made up to replace God. By the grace of him I have had help with this, and all of us need help to reach out to the Holy Spirit which is the healer for our ego, and Babaji is in the Holy Spirit mind. What I learnt from him is that I can have help to clear my problems, my mistakes, my ego. And I could be healed. I need to reach out to someone that is higher than myself, Divine Mother, God. Amachi whatever, and he showed me that he was willing to do this.

Pola: Babaji said, "I could heal you all instantly, but what would you learn?"

What does he mean by this?

Sondra: That is a very interesting statement. He was saying that we could have miracle healings instantly from him, which he could do. But if he did that we would never understand how our mind works, so he was interestingly showing us how we create our diseases, and then we can learn something from it.

Pola: So we need our illness or sickness to learn to evolve?

Sondra: We need our sickness to show us how we created the thought that is causing it, and then after we learn the lesson we don't need the sickness any more. In other words, the Course of Miracles says you can heal yourself after you have no need for this. So after I learned how I created my own illness by my thoughts, then I have no need for the illness, then I can let it go. So we say that all

healing is to show you your mind. You can say that you have this condition, and the condition is my teacher.

Pola: What does the Course of Miracles say about anger, guilt and sickness?

Sondra: Well, anger guilt and sickness are all a result of the ego, so the Course of Miracles would say that you should offer up your ego to the Holy Spirit to be purified. We are addicted to anger and guilt and sickness, and we have to face our addiction. But if we say, "Ok, I no longer need this, and I want to be one with God and I want to be all I can be, then we don't need this drama, and drama is optional.

Pain; What is meant by the "Special Relationship" versus the "Holy Relationship" described in the Course of Miracles.

Sondra: Ok, the "Special Relationship" is where I think I need someone else to complete myself, I don't feel whole until I have them, and if I have them then they complete me. Then I am going to rip them off and then move on, that is called the "Special Relationship" "The Holy Relationship" comes from a totally different premise - I am complete, my mate is complete, and we join together to share the light with the world -that is the "Holy Relationship". So it is kind of like two full cups running over at each other, and it is very beautiful, and it can be an incredible example for the world.

Pola: So many people divorce these days, marriage does not seem to work. What is the new paradigm for relationships?

Sondra: The new paradigm for relationships is spiritual partnership. Carry Zukoff talks about this in one of his books. The whole point of this is that we are together to develop ourselves spiritually, we are together for the evolution of our souls, that is the purpose.

Pola: What do you think is the ideal relationship?

Sondra: A spiritual partnership of deep ease which has been given to the Holy Spirit by both parties with the goal of holiness and peace.

Pola: Would you like to explain what the Harmonic Concordance is, that we have just been in the last two weeks? And what particular healing experience you had from this experience?

Sondra: The Harmonic Concordance was a wonderful opportunity, certain planets formed the star of David which is very rare, there was also a lunar eclipse at the exact same time, so there was no way this could not effect us. And the people that were open that are light workers that were tuned in, they were changed very rapidly. Some people who were asleep, might not even have known it occurred, but for the people that were open they were moved, they were changed, they were taken to the next vibration. They were taken to a vibration of higher light, and in order to do

that, you have to be willing to give up the darkness, and sometimes this is hard because the darkness in yourself comes up for healing. So people went through a lot of things, they got sick, they body symptoms etc, their darkness was getting purged, and the whole point of the Harmonic Concordance was so that you can go to the next level or the next higher spiritual vibration rate. It's all about receiving more and more light.

Pola: What was your personal shift during this process?

Sondra: I really went through a resistance to moving forward, and I am still processing this, and so my hips got stuck, I felt it strongly in my hips, and it had to do with fear of moving to the next level or light. Fortunately I have had a lot of help from my colleagues and friends to work through this, and that is what we all have to do, is be willing to open up to help, and be willing to move forward.

Pola: What is your biggest fear?

Sondra: That I cannot clear past lives at the rate I want to, So I can move to the next levels. Sometimes I go into fear thinking about the results of being on the major media circuit.

Pola: What has been your most difficult initiation as a healer?

Sondra: After my mothers death, I went through menopause, and an initiation into physical immortality. This all happened at the same time, and I had to do it alone without relying on healers and body workers I usually go to. This took three years. It has also been difficult processing past lives of martyrdom, and a time with Jesus.

Pola: What was your experience of shaving your head during this time?

Sondra: I found it to be the most liberating spiritual experience I ever had to date. It produced the greatest results, the fastest. I opened up my crown chakra very wide, and after that, I found that I could write books very, very, fast. It also put me into certainty.

Pola: How did you start the Divine Mother Movement that you are involved in and when?

Sondra: Oh yes that was very interesting, I did not even have any awareness consciously that that was my mission. I went to see this clairvoyant who is a spiritual advisor, in Santa Fe, NM for a reading, and even before I sat down she told me, "You are supposed to create something beyond the Divine Mother Movement," and I said, "What does it mean, could I have more information?" and she said, "No, there is no more information because it has never been done." So I said, "Well if it's never been done before what do I do?" She said, "You have to decide tomorrow, if you will accept this mission or not." "That was all she would tell me, which I thought was very limited information, and I didn't understand it, and I said, "Ok". Well the next day I set up an altar and I wrote to the spiritual hierarchy a letter, and I said "Ok if I was born for this I will do it, but could I have more information?"

Then suddenly there was a wind storm like a cyclone went through the house in Santa Fe where I

was, and it was really intense energy. So I went to the neighbors and asked them if they saw the cyclone, they said, "What are you talking about?" "They didn't see anything, and I felt it in the house where I was at. I knew it was very powerful, and that I had agreed to do something that was new and had never been done.

Then I went to India, and I still didn't know what it was, and I said to my assistants and my team, "Let's go in the Ganges river, and we can do a ceremony, and we can put flowers and rose petals on each other and bathe each other, and put oils on etc, and see if we can channel what this mission is supposed to be. So we did all of that, then we got out of the river and I went toward the Divine Mother Temple and I suddenly had this "Aha" light bulb moment, where I realized that the reason all of my male Guru's in India were so advanced and could perform all of these miracles is because they were surrendering to the Divine Mother.

And I had never realized that before, so I said, "Oh I get it, I understand now why it's beyond the Feminist Movement, its because it includes men." And I thought, men need to surrender to the Divine Mother, because all of my Guru's were surrendered to the Divine Mother. So the Divine Mother is the feminine aspect of God or the original spark of creation, or you might say the intelligence behind matter. I suddenly realized that was the secret of all my male Guru's powers and all their miracles as they all surrender to the Divine Mother. It was in the 80's that I started to realize this, but it took me a long time to integrate it, and in 1994 we had the first Divine Mother Conference in Santa Fe, NM.

Pola: What are the goals for the Divine Mother Movement?

Sandra: Well, I would like everybody to understand the power of the Divine Mother, and if we worship the Divine Mother, it is the highest possible thing. In India they say there is nothing higher than the worship of the Divine Mother, so if we all realize that, why not go for the highest point? If you do this you will be forever blessed and taken care of and there will be miracles.

Pola: I believe when Babaji left his body and attained Samadhi in 1984, the last thing he said was, "I am now leaving everything in the hands of the Divine Mother" is that correct?

Sandra: Exactly, and why would he say that? And why would Sri Aubindo a great saint from India, say there is nothing higher than the worship of the Divine Mother. They said this for a reason, they said this because it is true, and they are trying to tell us, get on with it, worship the Divine Mother. At that time we all began going to see Amachi, who is the highest female saint in the physical body at this time.

Pola: Who is Shastriji?

Sandra: Shastriji is Babaji's "High Priest" he is the mouthpiece for Babaji. He is according to Bahaji one of the most learned men on earth. He is a saint an ayurvedic doctor, astrologer and pure clairvoyant. He has wisdom of the vedas and their rites. He has written many books.

Pola: What has been the highlight of your career?

Sondra: Meeting Babaji in Mount Shasta, Ca while he was bilocating. Also meeting him in India. Having people heal themselves in my presence of all kinds of rare things. Speaking to four thousand people. Working in Mallorca with a hundred and eight people, two of which had the lines change in their palms, and one of these saw my Guru standing next to me while he was also in India at the same time.

Pola: What other immortals have you met apart from Babaji?

Sondra: Flori Riggs was an immortalist who ascended. He had the ability to regrow teeth in fifteen minutes. He never aged. His grandfather was in the great white brotherhood I also met a mysterious immortal in Canada who was one hundred and six years old, who looked sixty years old and had more energy than anyone next to Babaji. I also met Bhartriji a two thousand year old yogi from India, who does a demonstration of immortal yoga by burying himself in cement every one hundred and eight years.

Pola: What would your advice be to political leaders at the moment with all of these wars raging on the planet right now?

Sondra: I think everybody needs to know that we are addicted to the patriarchy and it's nobody's fault, I am not going to lay blame on anybody. But if we all listened to the Divine Mother we would be smart, because there has been research proving that cultures which honor the Divine Mother were peaceful. In the book "the Chalice and the Blade" Renee Isler, she proved it, she researched it, she showed That in cultures where they study the Divine Mother there was peace.

You can take Crete for example, it was an extremely advanced culture and when they excavated the ruins there was no weapons at all. What they showed was, that the males and females ruled together and they surrendered, and did ceremonies to the Divine Mother, and they were totally peace keeping cultures. Now if we want to be serious about peace, we should listen to that, Now we have to give up our addiction to the patriarchy.

Pola: You have two new books coming out, what are they called and what are they about?

Sondra: Yes, I am writing a book right now which is about the Hawaiian culture, the Hawaiian Kahuna's who are spiritual masters of Hawaii, and they actually have a philosophy called the Huna religion, and the Huna religion produced phenomenal results for people, and they were able to control weather, they were able to heal people instantly etc etc. I am trying to show how the Huna religion can be applied to modern times, to heal relationships, and there is a technique called Ho Pono Pono for family's to heal all conflict - so that is the first part of the book the second part of the book is all about physical immortality and how you can work with the life. I am writing both of these books at once.

Pola: Great, when are you going to write your autobiography?

Sandra: (laughing) When both of these books come out!

Pots: Thank you.

Pola Churchill is a freelance writer and author of the books "Shiva Mahavatar Babaji" (1996- Churchill Publishing) and "Eternal Breath" A Biography on Lonard Orr -The Truth About Rebirthing.(2003) She has many articles published in the Sedona Journal of Emergence. She is a Rebirther Trainer, massage therapist, Reiki 2 Practioner, and a Kriya Yoga initiate.

She is available for individual sessions.

Pola.churchill@usa.net (www.polachurchill.com)

323-980-7927.

Sondra will be doing a Course in Miracles workshop in Marina De1 Ray on Jan 31st, 04 and also a Relationships Training April 24th & 25th.

Sondra Ray's website is [www.sondrray.com](http://www.sondrray.com)

[immortalray@earthlink.net](mailto:immortalray@earthlink.net)