S.U.N. Spiritual Unfoldment Network ™

CHECK OUT OUR WEBSITE! spiritunfold.com

Spiritually Transformational Classes **New From S.U.N. September 2026**

Newly Available from the S.U.N. Website:

* **44 Audio Distant Classes in mp3 format!**
  These recordings of Irving's live classes were only available on CD before.
  There is no tax or shipping cost for mp3 classes - see pages 2 & 3 for descriptions and ordering.
* **Newly released Distant Classes** Irving taught live before 2010 are now available on S.U.N.'s website, see below.
* **New** Featured Course directory, and improved search function.

Distant Courses Now on the Web

from Irving's Solar Angel

Embracing Change** $80

Much of the suffering in life comes from resisting change. This autonomous (self-activating) initiation makes it easier to accept and embrace useful change.

Quadrant Balancing – Third Chakra** $80

This autonomous (self-activating) initiation balances the four quadrants of the third chakra, thereby improving the functioning of the chakra. The exact way the initiation will manifest varies significantly from one person to another.

Quadrant Balancing – Fourth Chakra** $80

This autonomous (self-activating) initiation balanThirces the four quadrants of the fourth chakra, thereby improving the functioning of the chakra. The exact way the initiation will manifest varies significantly from one person to another.

Third Ray Initiation** $80 (Listed under "Ray Initiations")

The seven Rays of Creation are the fundamental building blocks of which everything in the universe is composed. By woking with the energies of these Rays you can accelerate your personal and spiritual evolution in ways that would be impossible otherwise.

This autonomous (self-activating) initiation accelerates your personal and spiritual development by enabling your subtle bodies to be more responsive to Third Ray energy. The Third Ray is the Ray of Active Intelligence. The exact way the initiation will manifest varies significantly from one person to another; however, it will clarify the mental body. *Please wait 30 days between any two classes in this series.*

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S.U.N. *Free* Course for Anxiety

Receive free initiations for compassion, calmness, courage, emotional processing and a primary meditation. Although it was originally created for the pressures of Covid, this class is still relevant.

Simply request "Living Gracefully in Time of Covid-19" from sif@spiritunfold.com to receive the class handout.

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44 mp3 Audio Distant (Enhanced Classic) Courses Available on the Web

Initiations sent distantly to wherever you are. Receive transmissions at the time you choose. See instructions below.

A Tour of the Angelic Kingdom, Part 1: Angels mp3 $80**
A Tour of the Angelic Kingdom, Part 2: Healing mp3 $80**
A Tour of the Angelic Kingdom, Part 3: Sexuality mp3 $80**
A Tour of the Angelic Kingdom, Part 6: Meditation mp3 $80**
A Tour of the Angelic Kingdom, Part 7: Mental Creation mp3 $80**
Activating Your Hara Center mp3 $80**
Atlantean Temple Initiation mp3 $80**
Babaji's Cellular Transformation System mp3 $80**
Babaji's Chakra Transformation System mp3 $80**
Babaji's Light Body System mp3 $80**
Becoming Your Ideal Self mp3 $80**
The Blue Pearl, Level I mp3 $80**
Central Sun Energies mp3 $80**
Clearing Relationship Karma mp3 $80**
Continuing Antahkaranah Work mp3 $80**
The Crystalline Gridwork mp3 $80**
The Divine Feminine and the Coming Global Transformation mp3 $80**
The Fire of Elijah mp3 $80**
Galactic DNA Activation mp3 $80**
Interdimensional Gateways, Part 1 through Part 12 mp3 $80**
Learn Karmic Lessons More Easily mp3 $80**
Making Intelligent Plant Elixirs mp3 $80**
The Mayan Dream Temple mp3 $80**
Opening the Fifth Spirilla mp3 $80**
Solar Alchemy mp3 $80**
The Twelve Chakra System mp3 $80**
Unifying Your Personal Unconscious and the Higher Self mp3 $80**
Working with the Archangel Haniel mp3 $80**
Working with the Archangel Metatron mp3 $105**
Working with the Archangel Ramaela mp3 $80**
Working with the Archangel Zadkiel, Level I mp3 $105**
Your DNA and Spiritual Growth mp3 $80**
Zodiacal Balancing and the Galactic Center, Level I mp3 $80**

Order Audio Distant Classes at spiritunfold.com/distancecourses.htm, or send a check payable to S.U.N.; name the class you're taking, whether you'd like the handout via email or U.S. mail; and include your contact information. (Feel free to call (510) 245-3838 or email **info@spiritunfold.com** with questions.) Once you have the class handout you may receive the initiations at your convenience.

Find descriptions of the newest mp3 classes on the next page.

New mp3 Audio Distant (Enhanced Classic) Courses

A Tour of the Angelic Kingdom, Pt. 7: Mental Creation mp3** $80

In this class you receive initiations to improve the coherence, power and balance of your positive thought forms; including energizing their inner Tree of Life structure. The angelic initiations and practices are continued. ***Part 1 is the only prerequisite; please allow 30 days to integrate the energies between Parts. (Parts 4 and 5 are available distantly.)***

Atlantean Temple Initiation for the Crown Chakra mp3** $80

This initiation slowly and systematically opens the crown chakra, proceeding from the outside petals inward. The initiation is autonomous (self-activating). The primary purpose of the initiation is to facilitate personality-soul fusion; however, it also has a moderate effect on personality integration. Once you have received the initiation you may in turn initiate others.

Babaji's Cellular Transformation System mp3** $80

Babaji is a master (commonly considered to be an avatar) from the northern Himalayas who became widely known in the west through Yogananda's book, Autobiography of a Yogi. Babaji is bringing to humanity, through S.U.N., a new system of yoga designed to produce simultaneous transformation of the cells and the chakras. Humanity is poised for evolutionary jumps both within our cells and within the chakra system. In order for either transformation to become complete, there needs to be a new level of unification among the cells and the chakra system.

To take this third course from Babaji, you do not need to have taken the previous courses. There are four goals of this course. (1) Enabling the cells to integrate more deeply higher vibrational spiritual energies. (2) Bringing the energy of the antahkarana deeply into the cellular level. The antahkarana is the energetic link between the personality and the soul. (3) Creating a new level of integration between the cells and the chakra system. (4) Releasing in an extraordinarily profound way much of the negative programming each of us carries at the cellular level.

The Mayan Dream Temple mp3** $80

Like many spiritual traditions, that of the ancient Maya had esoteric initiations for helping us use the third of our lives that we spend sleeping to more quickly reach the state of enlightenment. The ancient Maya shared the belief, found in many traditions, that the state of enlightenment is first experienced on the dream plane, then during meditation, and last in our daily, waking lives. In this course you receive an autonomous (self-activating) ancient Mayan initiation. It empowers you to enter their "dream temple" and receive in your sleep a sequence of initiations that starts you on a path which leads you progressively through the 13 Mayan "heavens" (advanced states of consciousness), culminating in the Mayan form of enlightenment. This dream temple is located on the Buddhic plane and is a non-physical center for initiation, study and worships.

Working with the Archangel Ramaela mp3** $80

Ramaela has been referred to as the Archangel of Joy. This autonomous (self-activating) initiation, designed by Ramaela, increases your ability to experience joy. This includes joy about particular events and ultimately the transcendental joy (joy which comes from consciousness itself and is not about particular events or things) which is part of the enlightened state. You will also receive an initiation that facilitates communication between you and Ramaela.

Order mp3 classes online at **spiritunfold.com/distancecourses.htm** or send a check payable to S.U.N., name the class you're taking, and include your contact information.

***from Irving's solar angel*

"I feel very lucky to have encountered this work. I have changed so much—not just in my vibrational rate—but my personality has changed too, in leaps and bounds. At times, I am changing so much I can actually feel it and notice the changes. I can't imagine life without energy work."

– M.E.M., Science Educator, Berkeley

Receive FREE Sunday Transmissions at Home

Sunday Mornings 9:00 - 9:15 a.m. your local time
Sunday Evenings 9:00 - 9:15 p.m. your local time

Just as physical energies (such as radio waves) can be transmitted over a distance, so can subtle energies. Every Sunday S.U.N. teachers do a group transmission of hundreds of different energies. You can receive these energies just by "tuning in," i.e., by wanting to and being aware. Because the energies can be transmitted on a "time delay basis," you can do this according to your local time as described in the box above. It is not necessary to be in any special state of consciousness, though it does help to get into your quiet, inner space or to be in a meditative state.

Because we are transmitting hundreds of energies and because you can only absorb so much energy at one time, **it is very important that you ask your higher self to select the energies that are best for you**.

There are two purposes for this transmission. It is part of our philosophy of providing ongoing support (for those who wish it) to people who have taken our classes. It is also a way to introduce our work to those who aren't yet familiar with it. If you are among the latter and enjoy the energies, we invite you to come to a free talk or sign up for a class.

Receive FREE Monday Christ Consciousness Transmissions at Home

Monday Mornings 9:00 - 9:30 a.m. your local time
Monday Evenings 9:00 - 9:30 p.m. your local time

In addition to the weekly Sunday transmissions described above, which come from all S.U.N. teachers, there are new weekly Monday transmissions, which come from solar angel of Irving Feurst, the S.U.N. network founder and director. The purpose is to give you a flavor of what the full state of Christ Consciousness is. This state is your natural birthright and not associated with any particular religion. It can take years to fully achieve Christ Consciousness so we suggest you tune in regularly and you are invited to take the Christ Consciousness series. To receive the free transmissions, just tune in. Try it weekly for 3-6 months and notice any changes. These transmissions are also intended as ongoing support for those who have taken S.U.N. Christ Consciousness courses. The first in the course series is "Christ Consciousness: Birthing Your Christ Body, Level 1".

You are invited to our Free Introductory Meetings

Transforming Yourself With S.U.N. Energy: An Experiential Introduction

S.U.N. teachers give talks explaining energy work and providing an overview of our unique classes. Come experience these transformative energies for yourself! **For directions to talks, or to arrange talks at times or locations other than those listed, call a teacher** (see the Teachers' Directory on page 6.)

Some teachers prefer to schedule an Introduction to S.U.N. or Energy Meeting when they are contacted rather than in advance. The current Class Schedule is on page 5. You can call Active S.U.N. teachers listed on page 6 if you have questions.

Introduction to S.U.N. (Free)

Meet by Arrangement		London/Online	Hari Tahil
Meet by Arrangement		Tokyo/Online	Petya Lowe
Monday, September 14	6 pm - 7:30 pm	Zoom/Phone	L. Metzger
Wednesday, October 7	7 pm - 8:30 pm	Zoom/Phone	L. Metzger
Thursday, November 5	5 pm - 6:30 pm	Zoom/Phone	L. Metzger
Monday, December 7	6 pm - 7:30 pm	Zoom/Phone	L. Metzger

"Now I am doing cartwheels because S.U.N. shines so much Light and every day I pray to know as you do 'soul purpose and evolution'! . . . S.U.N. has been/is the biggest blessing in my life. That and the connection to my soul it allows."

- Lizzie H.

S.U.N. Energy Meetings (Free)

Some S.U.N. teachers hold Energy Meetings on a regular basis. These meetings are to further your understanding and practice of energy work you are learning in S.U.N courses. Participants practice using new S.U.N. skills, i.e. practicing energy work on each other. We also meditate, answer questions and discuss spiritual problems you might be having. Lastly, this is a place to meet and socialize with others who share common interests. Attend an energy meeting facilitated by S.U.N. teachers.

Students who are interested in Energy Meetings should call a S.U.N. teacher (see the directory on page 6). Many S.U.N. teachers will arrange these meetings to work with your schedule.

Meet by Arrangement	Tokyo, Japan or Online	Petya Lowe
Meet by Arrangement	London, England or Online	Hari Tahil
Meet by Arrangement	Zoom/Phone	Ira and Kathy Hilf

S.U.N. Teachers' Live Class Schedule

Huna Classes

Huna I $105

Saturday, October 10 Noon – 5:00 pm Zoom/Phone L. Metzger

Huna II $155

By Appointment 4 hours Zoom/Phone L. Metzger

Huna III $205

By Appointment 4 hours Zoom/Phone L. Metzger

Huna IV $255

By Appointment 4 hours Zoom/Phone L. Metzger

Huna V $305

By Appointment 4 hours Zoom/Phone L. Metzger

The Infinite Light of Huna, Level I $105

By Appointment 2 hours Zoom/Phone L. Metzger

The Infinite Light of Huna, Level II* $155

By Appointment 2 hours Zoom/Phone L. Metzger

The Infinite Light of Huna, Level III* $155

By Appointment 2 hours Zoom/Phone L. Metzger

Drisana™ Classes

Drisana I $355

Sat/Sun, Nov. 14/10 Noon – 5 pm Zoom/Phone L. Metzger

Drisana II $255

By Appointment 4 hours Zoom/Phone L. Metzger

Drisana III $355

By Appointment 4 hours Zoom/Phone L. Metzger

Drisana IV $405

By Appointment 4 hours Zoom/Phone L. Metzger

Drisana V $455

By Appointment 4 hours Zoom/Phone L. Metzger

Drisana VI $505

By Appointment 4 hours Zoom/Phone L. Metzger

Drisana VII $555

By Appointment 4 hours Zoom/Phone L. Metzger

Neriya™ Classes

Neriya I* $405 *(prerequisite - Drisana III)*

By Appointment 3 hours Zoom/Phone L. Metzger

Neriya II* $455

By Appointment 3 hours Zoom/Phone L. Metzger

Neriya III* $505

By Appointment 3 hours Zoom/Phone L. Metzger

Neriya IV* $555

By Appointment 3 hours Zoom/Phone L. Metzger

Neriya V* $605

By Appointment 3 hours Zoom/Phone L. Metzger

The Miraculous Vessels Classes

The Miraculous Vessels, Level I $105

Saturday, September 12 Noon – 4 pm Zoom/Phone L. Metzger

Saturday, December 12 Noon – 4 pm Zoom/Phone L. Metzger

The Miraculous Vessels, Level II $155

By Appointment 4 hours Zoom/Phone L. Metzger

The Miraculous Vessels, Level III $205

By Appointment 4 hours Zoom/Phone L. Metzger

The Miraculous Vessels, Level IV* $255

By Appointment 4 hours Zoom/Phone L. Metzger

The Miraculous Vessels, Level V* $305

By Appointment 4 hours Zoom/Phone L. Metzger

Polaris DNA Transformation☼$180 *(Prerequisite – Miraculous Vessels V & Instructor's consent. Schedule transmission with S.U.N. teachers with a ☼ in the Teacher Directory, page 12).*

By Appointment 2 hours Zoom/Phone L. Metzger

The World of Angels

Working with the Angel of Power and Integrity* $65

By Appointment 3 hours Zoom/Phone L. Metzger

Working with the Angel of Unconditional Love and Freedom $65

By Appointment 3 hours Zoom/Phone L. Metzger

Angelic Opening and Shielding of the Heart Chakra, Level I* $80

By Appointment 2 hours Zoom/Phone L. Metzger

Other Classes

Awakening Your Pineal Gland, Level I* $80

By Appointment 2 hours Zoom/Phone L. Metzger

Awakening Your Pineal Gland, Level II* $80

By Appointment 2 hours Zoom/Phone L. Metzger

Building Your Antahkarana*

By Appointment 3 hours Zoom/Phone L. Metzger

The Meridian Flush I $80

By Appointment 2 hours Zoom/Phone L. Metzger

Moving Towards Freedom $105

By Appointment 2 hours Zoom/Phone L. Metzger

Phoenix Rising II* $105

By Appointment 2 hours Zoom/Phone L. Metzger

The Red Ankh II* $65

By Appointment 2 hours Zoom/Phone L. Metzger

Releasing Past Life Karma* $80

By Appointment 2 hours Zoom/Phone L. Metzger

The Twelve Ray Energy System* $405

By Appointment 3 hours Zoom/Phone L. Metzger

* S.U.N. Teacher Directory, page 6 lists teachers certified to teach this course.

S.U.N. Teacher Directory

The following is a complete list of active certified S.U.N. teachers. They have all had a minimum of a year of intense private and in-class training with Irving Feurst, the founder and director of S.U.N. They are among the most accomplished energy workers anywhere!

S.U.N. teachers can send energies distantly to wherever you are. Call a teacher to arrange a class you'd like to take (in person, by Zoom or phone) or for a free demonstration of S.U.N. energies.

S.U.N. Office (Hercules, CA).....510 245-3838
Mary Berg (Half Moon Bay, CA) 650 998-9719
Christine Clements*☼ (Berkeley, CA).....510 245-3838
Ira Hilf*☼ (Las Vegas, NV) 702 750-9020
Katharine Hilf*☼ (Las Vegas, NV) 702 750-9020
Anni Law*☼ (Petaluma, CA) 707 888-6887
Petya Lowe* (Tokyo, Japan).....+81 (0)9061074968
Loretta Metzger*☼ (Walnut Creek, CA).....925 954-7908
Michael Quirke* (San Francisco, CA).....415 820-3943
Keith Rector*☼ (Reno, NV).....831 479-3296
Marcie Rose (Santa Cruz/L.A., CA) 831 297-0320
Gabriel Sakakeeny (Nevada City, CA).....707 484-5448
Margo Shimasaki (Humboldt Cnty, CA) 707 826-7356
Carol Singler*☼ (Occidental, CA) 707 874-3995
Philmore Steele* (San Francisco, CA).....415 339-8309
Hari Tahil* (Tokyo, Japan).....+81 (0)80 5069 1714
Fran Tielemans*☼ (Belgium).....322051 697571
Susie Wasserman* (Milwaukee, WI).....414 961-0649
Ursula Weltman*☼ (Minneapolis, MN) 612 788-6348
Laura Zealey*☼ (Cambridge, UK)..... 44 01223 833037

Teachers whose names are followed by an asterisk are certified to teach courses marked *, as well as the unmarked courses. Teachers' names followed by a ☼ are certified to teach courses so marked in addition.

Class Registration

1. Contact a teacher by referring to the Teacher Directory above.
2. Arrange a convenient time with your teacher.
3. Arrange payment with your teacher.

Want FREE Monthly S.U.N. Email Updates?
Sign up for Constant Contact at:
info@spiritunfold.com. In subject line put:
"Add me to Constant Contact"

S.U.N.

Spiritual Unfoldment Network
P.O. Box 5900
Hercules, CA 94547 U.S.A.
spiritunfold.com