

Let there be light!

Sunburst is dedicated to personal and planetary awakening through spiritual practice, conscious living and sustainable Earth stewardship. May our publication offer you inspiration and community along the path of Self-realization.

AUGUST 2011



Seeds of Meditation

*We think too much
and feel too little.*

*More than machinery,
we need humanity.*

*More than cleverness,
we need kindness and gentleness.*

—Charlie Chaplin

Heirs and Caretakers

Norman Paulsen

*My Father, my Mother, my Friend, my Beloved,
I feel your presence within and all around me;
the warmth of your sun caressing the Earth.
You created each one of us in your likeness.
We are your children, the offspring of your divine mind,
your consciousness, your life, which fills all eternity.
O Beloved, you are everywhere.
There is no place where you are not.*

Divine Spirit, I Am That I Am, wants to walk on this Earth in human beings, one hundred percent conscious within us. Why do we offer all our strength, our life, our love to I Am That I Am? Because we have to make this offering before I Am That I Am can come into us and guide us.

We have been given free will to either love or to deny this Great Being, this ultimate consciousness. As we allow, it will reveal the way to attain our highest potential, cosmic consciousness, our created birthright. We can destroy the worlds Spirit has created, or we can caretake them, beautify them, build images that are in harmony with the structure of atoms and galaxies, as the ancients used to do. This Great Force, this Great Power, is concerned about our world and where humankind is taking it. There has to be a change. There has to be a purification. There have to be people living here that desire divine consciousness within them.

Why use a meditation tool? Why meditate? To open up our bodies, minds and spirits to receive that Great Force, that Light, that Life. Christ consciousness spoke through Jesus, saying, *I have come to bring you life, and to bring it more abundantly than you ever dreamed of. Know you not that you are all gods? These things that I do, you shall do also, and greater things.* He was speaking from the same realization I am trying to describe today—that within us the whole creation exists, and we have but to realize this truth.

And what does it mean when we realize it? It doesn't mean we are special or above anyone else. It means we become divine caretakers of the creation. We become joint owners, heirs, one with I Am That I Am. We become willing hearts and hands accomplishing divine will wherever we go, as best we can every day.

In Your Lap of Love

*You are my Beloved,
The Heart of my heart,
The Light of lights,
The Source of all joy,
The Goal of all seeking.*

*It is Your Heart that Shines
In the sun, moon and stars,
Your Life that lives
Through me and all others.
It is Your Love that expresses
Movement and stillness,
Work and rest, song and silence.*

*It is You, all You,
And I am still a child,
Sitting here forever
In Your Lap of Love.*

Ananda Bodhi /Ted Thompson

Understanding

Craig Hanson

On life's journey toward understanding our true nature, trials, misunderstandings and difficult times may beset us. As we weather these trials and learn many lessons, we often hope that we can help others with what we have gleaned from our experiences.

Norman Paulsen, the founder of Sunburst, wrote a book called *Christ Consciousness*. In it he talks about his many experiences as he tried the best he could to live in a way that would bring him closer to the Divine Spirit whom he knew existed within himself. He stated:

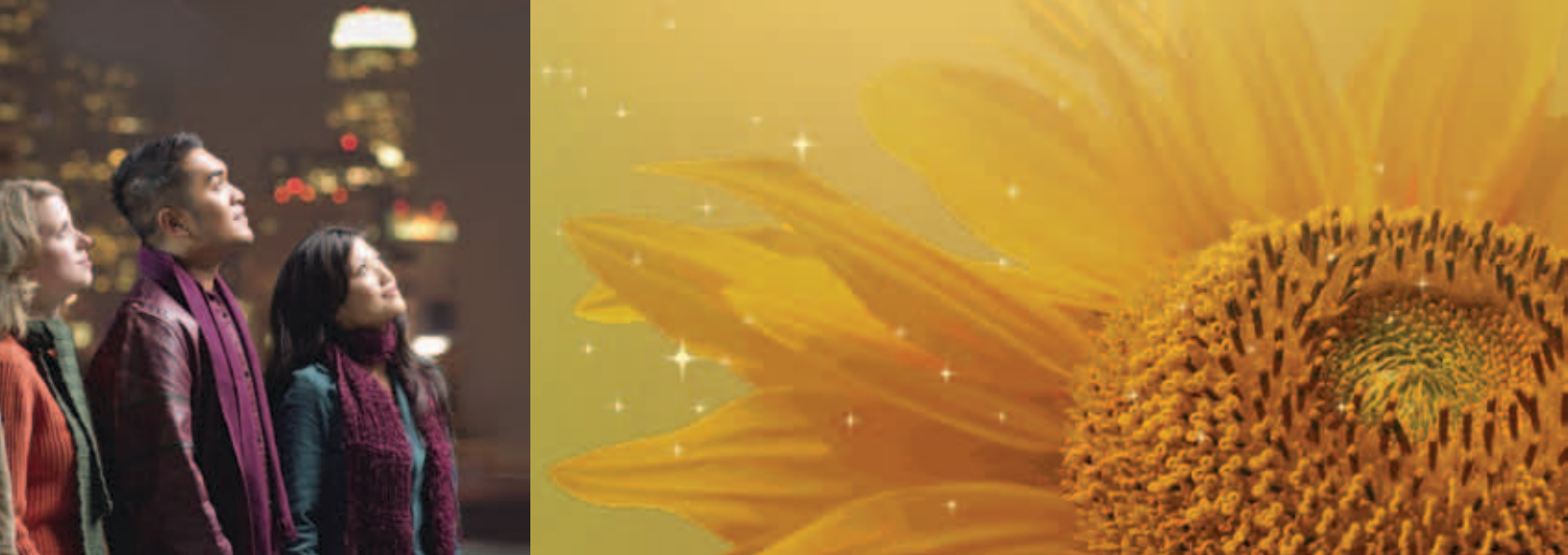
My own search for God and a face to face meeting did occur for me, but I had yet to live to perfect virtue, which is the very nature of God. I hope, by revealing my experiences, struggles and revelations, you, traveler, will be aided on your journey homeward. When trials come, embrace them as opportunities for growth. We learn compassion for others through the painful circumstances we endure ourselves.

There's an old expression that whatever paineth you in others is probably within yourself. The things we find painful inside of ourselves are like the cattle prod that gets our attention and causes us to reflect, and causes us to have compassion for ourselves and others. The sanctuary of peace and perfection we long for is within. When we relax the mind through deep

breathing, we relax the thoughts and come to a place of peace and calmness. This is our own sanctuary where the waters of life flow in a beautiful cascade, giving life abundantly and eternally from the fountain of life which flows through us all. As we grow closer to the Divine, as we sit in moments of silence and contemplation, as we enjoy the beauties of creation and of each other—the smiling faces that we see next to us—we come to realize that all these things are within us.

We each are placed upon the Earth to do a great work, unique to our own soul. We may discover this through a lot of trial and error. Understanding and comprehension of who we are, why we were placed here, and how the creation came into being—all these profound questions, which perplexed even the greatest minds, can be known.

Albert Einstein, humbled by the magnificent order of the creation fashioned by a divine intelligence, realized that the most profound answers to the physical questions of the universe, as well as the simple questions of our hearts, were found within this quiet Self. So it is with each one of us that Divine Spirit has created a creative genius blossoming forth like an exquisite flower. Together, we can be a bouquet of souls who fully understand our infinite potential and connection to each other through our common Source.





Sandy and Steve Anderson love bees.

A Haven for Bees

Sandy Anderson

My husband, Steve, and I have been taking care of three apiaries for several years. The bees are our blessing, our work, and our offering to the planet. We care for them as if they were our pets.

Flowers and bees have evolved in support of each other for 100 million years. Bees and native insects pollinate most of the fruit, vegetables, nuts and grains that feed humanity. In truth our survival is entwined with theirs. Since 2006, a third of the world's bees have disappeared.

To help out, this spring Sunburst established a beautiful apiary up a canyon

in the flowering wilds of our sanctuary, far away from cell-phones and pesticides. There is clean, flowing water all year-round, huge oaks, fresh air and sunshine. We are so grateful for this haven, and I know the bees are too.

"Community" is what bees live and breathe from the time they hatch until they die. Their wonderful "all for one and one for all" example can inspire us toward brotherhood and cooperation; they personify unity and community, as well as tireless service. The bees never cease to be amazing in their tireless

efforts to preserve and nurture the hive. They work cooperatively to maintain hive temperature, to raise the next generation, to keep themselves well-fed and to produce a strong colony.

Bees have feelings; I know it's true. I can feel their excitement on a warm, sunny day when the flowers are blooming. I can hear harmony in their buzzing when they're happy. When it's dark and quiet, I sometimes put my ear up to a hive and listen. Their sound is comforting, like an OM. It's our blessing to help them. May they survive and thrive into the future.

Kriya, the Transformation Begins!

Norman Paulsen

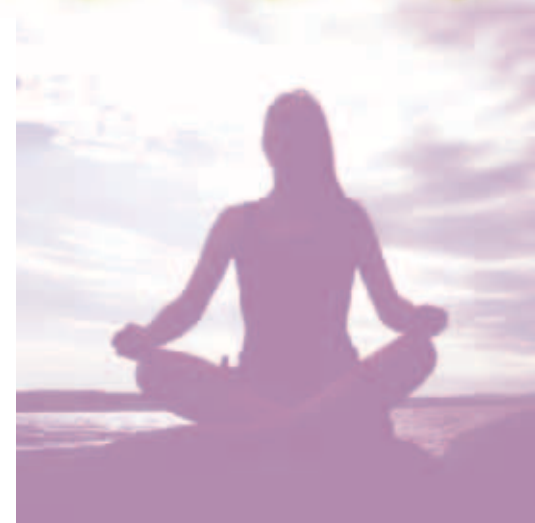
The ancients perceived the spine and brain as the tree of life. In the Kriya meditation technique, by concentrating on the sensation of breath, using your spine as a breathing instrument, you turn the wheel of meditation. Here in the spine—your tree of life—the outer breath meets the inner breath, the Breath of Life.

Thought-forms, your seeds of karma, exist in the cerebrospinal centers, or *chakras*. As you turn the wheel of meditation, the Breath of Life begins to fulfill, heal, or dissolve these seeds of karma. It begins to open gateways that may have been blocked for millenniums by your past actions and desires. Your tree of life will flourish with new growth. Your body temple will grow strong and healthy with the transforming energy. The road to heaven indeed becomes a highway; your spiritual evolution is quickened. The transformation begins!

Sweet Dreams with Kriya Yoga

Are you tired of tossing and turning at night? A recent study showed that practicing Kriya Yoga meditation for twenty to thirty minutes each day improved the quality of sleep in patients with insomnia.

"Results of the study show that practicing deep relaxation techniques during the daytime can help improve sleep at night," said study leader Ramadevi Gourineni, MD, of Northwestern University. "Kriya—even when practiced during the day—calms the body's arousal response, which promotes better sleep at night." The patients in her study saw improvements in sleep quality, total sleep time and depression.





Announcing...

Our Improved Web Site...

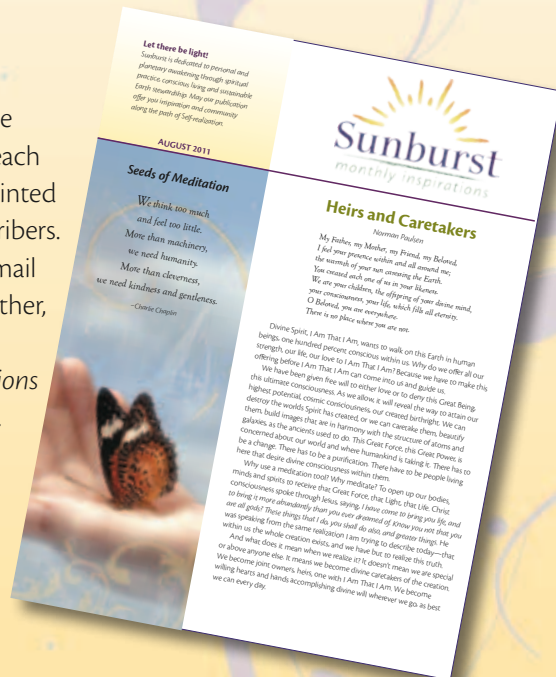
It's newly beautified, easier to navigate.

Come visit, browse, enjoy!

See link in the purple bar below.

FYI...

Sunburst's monthly inspirational publication is available both on-line and in print. Around the 15th of each month, we snail mail beautifully printed copies of this publication to subscribers. Around the 20th of the month e-mail versions go out. You can choose either, or both, by contacting our office. See contact info below—any donations toward SMI are greatly appreciated.



Sunburst Events

AWAKEN THE LIGHT WITHIN
THURSDAY – SUNDAY, JULY 28 – 31

Learn Sunburst Kriya Meditation

Discover the healing power of your own personal relationship with the Divine.

DANCES OF UNIVERSAL PEACE

SATURDAY, AUG. 13, MEAL 5:30, DANCE 7 P.M.

Join in joy for a potluck meal, then this beautiful and easy dance form.

RELAX, RENEW, RECHARGE

**FRIDAY – SUNDAY, AUGUST 26 – 28,
SEPTEMBER 23 – 25, OCTOBER 28 – 30**

Celebrate Life! Enjoy yoga, music, group meditations, inspirational sharing.

EXPERIENCE INTENTIONAL COMMUNITY
SEPTEMBER 2 – 18

Participate in group meditations, daily service and enriching classes. Nurture your inner quest in a supportive environment during a two week service exchange program amidst the beauty of nature.

SUNBURST KRIYA II

THURSDAY – SUNDAY, SEPT. 15 – 18

Unlock Your True Potential

Empower your spiritual journey, creating a fulfilling, purposeful life. *Prerequisite: Kriya I*

PERSONAL RETREAT & ALL EVENTS:

Please call for more information and suggested donations. Reserve early!

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PO Box 2008
Buellton CA 93427

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