

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.



JUNE 2011

Seeds of Meditation

The oak sleeps in the acorn;
the bird waits in the egg;
and in the highest vision of the soul
a waking angel stirs.

—James Allen

The Infinite Father

Norman Paulsen wrote in "Christ Consciousness," of this dialogue in the backyard garden between him and his grandmother when he was around age six.

"Nana, has anyone seen God?" Nana's hands, which were busy planting flowers, stopped moving. She quickly turned to look at me, her face registering surprise. "Nana, please tell me if anyone has ever seen God?"

After a long silence she replied, "I don't know anyone who has ever really seen God, but it is written in the scriptures that a man named Moses saw God face to face in a burning bush."

Moses...Moses! My consciousness was receiving shock waves at this statement. Suddenly I felt a great surge of joy and excitement rising up within me. "Nana, where is Moses now? Can I see him?"

"No, Norman, Moses has been gone a long time, just like great-grandfather Paulsen."

The inner exhilaration and enthusiasm was undying in me and not to be dampened! Someone had seen the Great One, the Father of all Fathers! "Nana, tell me about Moses."

I was frantically searching through my inner book of life for evidence, for I inwardly sensed the existence of Moses was true. Somewhere within, memory bells were ringing. An undying thrill and desire was rising up within me to move onward and outward, never to diminish in this life. My search for the face of God had now begun.

I now knew outwardly what I had always known inwardly—God, the Infinite Father, was alive! I had not lost contact with him forever in entering this new existence. Moses had seen God face to face and had received direct instructions from him. Moses then had spent the rest of his life trying to fulfill God's will here for his people. The realization in my consciousness that God, the Father, was indeed alive, by the written testimony in the Bible, thrilled me. I was, from that day forward, inspired onward in my search for him—I must meet him face to face, just as Moses had. This was my desire; yes, this I must do! Moses became the first God-inspired image to enter my life.

My father was a practicing Buddhist and found his way after death into the realms of Light and Love. My teacher, Paramahansa Yogananda, a Hindu and practicing yogi, found his way into immortality. He proved it to me by his visual manifestation months after his passing. The possibility of this journey is standing before you. Now is the time for each one of you to prepare to receive Christ-consciousness by turning the wheel of meditation daily while yet you live, and by walking the path homeward, practicing virtue. In so doing, you will meet the one God with two natures: that of Mother and Father.



तत् सवतिुखरेण्यं ।
भरुगो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Gayatri Mantra

*Being All in All
Om...the first sound,
the supreme reality,
The first vibration,
emanating from eternity,
Even now, and forever,
Being far greater than all earth and sky,
Pervading all, yet unrestrained by any...
God's sublime blissful nature,
is present always,
Like a fountain of guidance...
The True Self finds its source,
in this inner Satisfaction, so valuable...
This lovely pure and golden Light,
Is powerful enough to unite all...
Meditating on this Essence,
in communion with God,
By removing distracting thoughts...
Wisdom guides my highest intellect to God's use...
Let this guidance and inspiration be for all
in God's peace, peace, peace...*

This famous prayer in Sanskrit first appears in the Rig Veda, an ancient collection of sacred Indian hymns. In traditional Brahmin practice, the Gayatri Mantra is addressed to God as the divine life-giver, symbolized by the sun, and is most often recited at sunrise and sunset. It is believed that reciting the mantra bestows wisdom and enlightenment, through the vehicle of the divine Sun, Savitri, who represents the source and inspiration of the universe. Our beautiful translation of the Gayatri Mantra above was written by Sunburst's Leela Badarayan.

God Knows

The Divine Being can and does relate and communicate with us on an individual, personal level, even as our earthly parents do.

This statement is the most wonderful truth. This means that each one of us has a chance to plead our case with our divine parents. Yes, divine Spirit knows our complaints, our mistakes, our unfulfilled desires, and most of all our loneliness and need for bonding and divine guidance. Yes, God can and will become our best friend, our cosmic playmate when we offer our love and devotion, and set our feet firmly on the path homeward.

– Norman Paulsen

*A day of Silence
Can be a pilgrimage in itself.
A day of Silence
Can help you listen
To the Soul play
In marvelous lute and drum.
Is not most talking
A crazed defense of a crumbling fort?
I thought we came here
To surrender in Silence,
To yield to Light and Happiness,
To Dance within
In celebration of Love's Victory!*

– Hafiz

Mysterious Truth

Valerie Joy King

Why am I here? What does my soul really want to accomplish in this life? The poet Rumi wrote, “The eye is meant to see, the ear is meant to hear, and the soul is here for its own joy.”

What brings your soul joy? What actions, thoughts and feelings create deep and lasting happiness within you? The answer is a clue to discovering your life’s purpose.

Each of us is challenged to solve the mystery of our own life—to realize that **we are each the holy mystery**. Can you feel it? Can you see it? Can you act according to that great Spirit that you are? This is the work of life—to continually perfect yourself. This is where honesty is essential. It takes deep self-honesty to notice habits that need changing. And without awareness, you cannot accomplish the work of changing those habits. The law of cause and effect will continue to present the same situations repeatedly, until you become aware.

Norman Paulsen wrote, “The great liberator is the law of cause and effect.” Most of us don’t usually think of the law of karma as the great liberator—quite the opposite! **Realize, however, that**

whatever karma is before you today—physically, mentally, emotionally—will improve over time if you make a spiritual effort now and persist in creating positive thoughts, images and actions. This goes for the individual, town, nation and planet.

What a blessing it is to sit in the presence of divine Spirit, that oneness of which we are all a part, and say, “Here I am, God!” opening yourself completely to that Presence. Ask it to shine light upon, everything you do, feel and think. That is the pure Self watching over you all the time, giving you discernment.

Just above the crown of your head shines your divine Source, the light of your true Self. With every inhalation, feel that you are offering up all that you are, all your love, up and into this divine light. With each exhalation, feel that you are receiving its cleansing, healing, renewing, pure light and consciousness. Affirm silently: *Almighty Spirit, come into me. Open and fill me. Remind me of who I really am, and why I came here.*

Each word and act is wrought before the presence of the pure Self, God within you. None of it is hidden. Your pure

Self does not judge you, nor does it judge anyone else. But the law of cause and effect rolls onward, drawing to you that which you sow by thought and deed.

Paramahansa Yogananda once likened the adventure of life to a great battle between King Soul and King Ego-desire. Each of us is faced with this adventure. Ask for help from the divine Light, and from the God-realized souls who live within that consciousness, to overcome ego-habits that are not liberating to you.

Sometimes it’s a battle indeed! But if you put all your strength and heart’s love into this effort, God will give you the victory. By sitting every day in the sweet stillness and depth of the Divine, and inviting it into your life throughout the day, you can fill yourself with that energy and power. **You now have the strength to accept the tests willingly, and even joyfully, knowing you are doing it for love.**

May we each be strong warriors of light, of peace, of divine love, and find the deep Infinite joy that each soul came here to experience, and to become.

I am the divine mystery consciously awakening.

Through Love

Ramakrishna

One is able to realize God just through love. Ecstasy of feeling, devotion, love, and faith—these are the means. What is needed is absorption in God—loving him intensely.

Through selfless work, love of God grows in the heart. Then, through his grace, one realizes him in due course of time. God can be seen. One can talk to him as I am talking to you.

God cannot be seen with these physical eyes. In the course of spiritual discipline one gets a “love body” endowed with “love eyes,” “love ears,” and so on. One sees God with those “love eyes.” One hears the voice of God with those “love ears.”

But this is not possible without intense love of God. One sees God everywhere when one loves him with great intensity. Then one feels: *I am truly He.*

Rousing Devotion through Kriya Meditation

from "Sayings of Yogananda"

"Though I try to calm my mind, I lack the power to banish restless thoughts and to penetrate the world within," a visitor remarked. "I must be lacking in devotion."

"Sitting in silence trying to feel devotion may often get you nowhere," Yogananda said. "That is why I teach scientific techniques of meditation. Practice them and you will be able to disconnect the mind from sensory distractions and from the otherwise ceaseless flow of thoughts."

He added, "**By Kriya [meditation] one's consciousness functions on a higher plane; devotion to the Infinite Spirit then arises spontaneously in one's heart.**"

Comments from Sunburst Kriya event participants:

I can't stop thinking about the retreat!! Such a blessing to learn Kriya meditation ...I met so many amazing people.

Thank you to Sunburst for this past weekend, it was a great spiritual tune up!

What a gift—a gift that keeps on giving to my heart and soul. I feel expanded and full of love and Spirit.



Sunburst Events

**CELEBRATE LIFE, FRIDAY – SUNDAY
MAY 27 – 29, JUNE 24 – 26, SEPT. 23 – 25**
Relax – Renew – Recharge

Enjoy gentle yoga, meditation, inspirational sharing, nourishing meals, evening devotional sing along.

**EXPERIENCE INTENTIONAL COMMUNITY
JULY 18 – 31, AND SEPTEMBER 2 – 16**

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.

**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.

PERSONAL RETREAT & ALL EVENTS:

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

SUNDAY MEDITATION SERVICE 10:30 A.M.

Enjoy live spirit-filled music, inspirational talk and guided meditation, followed by a delicious homemade meal. Childcare available for ages 4 and older. *Please call regarding childcare.*

SATURDAY DEEP MEDITATION 6 – 9 A.M.

Come and go quietly during this time of deeper meditation.

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