

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.



OCTOBER 2011

Seeds of Meditation

True spirituality
is to be aware
that if we are interdependent
with everything
and everyone else,
even our smallest, least significant
thought, word and action
have real consequences
throughout the universe.

- Sogyal Rinpoche

Open the Door

Norman Paulsen

If the kingdom of heaven is within us, as the man from Galilee stated, then it can be known by us. Where is it? How do we experience it? How do we investigate it? How do we get there?

The ancients have described the spinal column as the *tree of life*. Its roots exist in the first creation of Light at the crowns of our heads. This means that inner-dimensionally, our heads and our consciousness already exist in that smallest of all places—like a mustard seed—where Light and Life burst forth. All images that were to manifest in the creation were contained in that first ignition of Light and Life. At the command, *Let there be light!* they were sent spinning outward in all directions.

The tree of life carries the sap, the life force, from the first creation of light to all images, including our own bodies. That sap, that life force, is our spiritual umbilical cord. Without that life coming from the center of creation through the open door at the crown of the head, our hearts would cease to beat—our senses would cease to function. Our life in the physical body would end.

The ancients knew the inner-dimensional spine, our tree of life, is hollow, like a tube. This is the place where the Light and Life flows from the center of creation into us. **Our whole nervous system is like a vibrating electrified tree, supporting the body of flesh and bone.**

In the image of God we were each created. This means we have within us, inner-dimensionally, the totality of everything that I Am That I Am ever projected. Every one of these bodies is connected to that divine Source, that substance called *Life, Love and Consciousness*. I Am That I Am has become each one of us, momentarily dreaming that it is our little individual ego-consciousness. What happens when we open the astral door on the crown of the head and begin to coax the sap to flow into the tree of life more abundantly? Christ consciousness says, *Behold, I stand at the door and knock*. This knocking sensation at the crown of our heads, sometimes felt as gentle pressure or pulsating, is the essence of divine consciousness and life. It wants to enter in and become fully conscious within us. If we allow our little egos, our self-conscious selves, to desire this more than anything else, then I Am That I Am does enter and awaken within us.

The very effort of opening the door on the crown of the head, and receiving the consciousness of I Am That I Am, begins to program the upper regions of our higher brain with information we never dreamed of. We begin to understand the divine mind. It begins to inhabit us. **We have the ability within us to understand everything that has ever been, or ever will be created.** We have the ability to become one with God, I Am That I Am, here on this planet, walking in these bodies. Yes, to be true sons and daughters of the Divine!

Finding the Happy Camper Within

James Kelleher, adapted

Buddha's first principle was: "Life is full of suffering." So, stop trying to avoid the inevitable negatives in life. The approach recommended by Buddha, as well as the Vedic sages, is to practice detachment and equanimity. Practice being happy with whatever comes your way.

You really can be happy during a difficult period. But sometimes it helps to **practice being happy or at least even-minded**. Meditation is a way of cultivating equanimity in the mind, making it more likely that you will be able to handle difficult times without losing your emotional balance. There are other things you can do as well. Regular exercise, for example helps you not only strengthen your body but also your mind. By pushing through the aches, pains and boredom of grinding out an exercise routine each morning, one cultivates a certain evenness in the mind. You can even learn to like it!

This is the reason I backpack. It is the perfect practice for cultivating equanimity. The backpacker carries

his own baggage and is self-sufficient. He learns to put up with pain and discomfort. He approaches his journey fearlessly, facing the possibility of breaking a leg, being mauled by a bear or bitten by a snake. He learns how to adjust to bad weather and the harshness of living outdoors.

The first couple days of any backpacking trip are usually the most difficult, but then your body and mind adjust. Once you have accepted the discomfort, you are free! Nothing can touch you. It's an amazing feeling. If you can be happy backpacking, you can be happy in any situation.

Whether you do it through backpacking or simply by adhering to disciplines like regular exercise, **it is a great idea to develop practices that cultivate equanimity and fearlessness.**

Life is a mess! It is filled with challenges, but you really don't have to suffer if you can just learn to be a happy camper. No one else can do this for you.

There Is a Wing

*There is a wing on a gull,
Far out to sea,
That is wishing,
As the wind roars,
To touch down.*

*There is a petal on a rose,
In the heat of the day,
That is longing
For the dew.*

*There is the heart within me,
That beats and forgets,
Beats and forgets,
Beats....
And forgets how to beat.*

*All of these drop,
Dissolve,
In the face of the one true love
That embraces them equally.*

*All these fade
In the glorious sunrise,
The blinding light.*

*All these fade,
As the crescendo rises
To its apex.*

*All these are...
And are not.*

*As I lay, awash in bliss,
I receive the gifted kiss
of the Divine.
So sublime,
I wish to lick my lips
In eternal reminiscence.*

– Michele Pike

Marvelous Magic

Excerpt from "Secret of the Golden Flower," an ancient Chinese text

Children, take heed! If for a day you do not practice meditation, the light streams out from your body, who knows whither? **If you only meditate for a quarter of an hour, by it you can do away with ten thousand eons of suffering.** All methods end in quietness. This marvelous magic cannot be fathomed.

But when the practice is started, one must press on from the obvious to the profound, from the coarse to the fine. Everything depends on there being no interruption. The beginning and end of the practice must be one. In between there are cooler and warmer moments, that goes without saying. But the goal must be to reach the vastness of heaven and the depths of the sea, so that all methods seem quite easy and taken for granted. Only then have we mastered it.

God Is Personal

Valerie King

When all settles into quiet and our thoughts are stilled, we may hear the questions of ages: Who am I? Why am I here? Who or what is God?

There are so many concepts of God. To some, God is an authoritative figure, loving but stern. To others, God is a critical figure who gets angry and punishes. There are some who imagine God is an absent figure, far away, who got the whole creation going and now just lets it happen. To still others, God is a loving, personal being who fills and sustains every particle of creation. To some, God does not even exist. They may say, "I don't believe in God."

But what is God? What is love? What is life? What is consciousness? If we believe that we have consciousness, that we have life, and that we feel love, I believe these are all signs and essences of God. Norman Paulsen used to say, "God is so alive. God is so personal."

God is masculine: the most perfect Divine Father energy; and God is feminine: the most perfect Divine Mother; and God is One. There is no place where God is not, but there are lots of places where consciousness of God has not awakened. Upon this Earth, in this time, God consciousness is not fully manifest in most of humanity. Life invites each of

us to awaken the divine within. And as we awaken it within ourselves, we help transform the whole world.

Millenniums ago, the ancients created meditation techniques, knowing that this world was about to enter a darker time when dense, material consciousness would dominate. We now have these precious meditation tools that can help unlock the mysteries of life within. These techniques empower each soul to bond with the Divine, to unceasingly receive direction and guidance, and know that each of us is loved eternally.

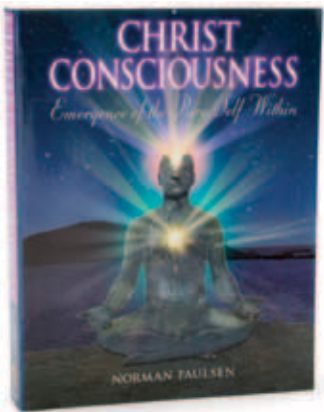
These techniques of meditation are my most precious "possessions." We all have great treasures of love, peace and joy hidden deep inside. We need good tools to uncover these gifts, to bring them forth and let them shine. Then we can truly be of service, allowing Divine Mother and Divine Father to be fully conscious within us, acting in such a way as to serve all life.

Know that you have the power within you to become a Christ, a Buddha, a humble servant of all. **You are God's favorite child, just like everyone else.** It is our charge and our responsibility, our privilege, our blessing to become as we were originally created to be. God is watching and waiting to live and play in each one of us. Will you take the adventure?

*Life
invites
each of us
to awaken
the divine
within.*

When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds. Your mind transcends limitations. Your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents come alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be. – Patanjali





When Trials Come

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. – Norman Paulsen

“Christ Consciousness” launched me onto a path of rapid spiritual growth that brought immense changes in my personal life and a new understanding of my purpose and place in the world. The beauty of “Christ Consciousness” is that it transmits Norm’s powerful energy, love, and awareness. To read it is to be immersed, as Norm was, in the light of divine Love. – Amanda Lambert

For me Norman’s experiences continued the legacy of Yogananda in a very special way. Norman [in his book] “Christ Consciousness” set the record straight for me.... Anything is possible, including heaven on earth. The combined destiny of the ascension of this planet and ourselves is happening right now. ...I believe the contributions of brother Norman, a true spiritual master, will become more evident and crucial to people entering the Christ consciousness on a massive scale. Thank you, brother Norman! – Michael Reed

One Man’s Journey & Discovery

Within each one of us exists the consciousness that can change this world and ourselves, in a positive way. Each one of us has the ability to establish communication with this Christ consciousness, the very mind of God. This book will amuse, inspire and reveal more every time it’s read.

Sunburst Events

NATIVE AMERICAN FLUTE WORKSHOP, SATURDAY, OCTOBER 15

Fun with this easy to play instrument,— review basics and learn new concepts.

RELAX, RENEW, RECHARGE FRIDAY – SUNDAY, OCT. 28 – 30,

AND NOVEMBER 25 – 27

Celebrate Life!

Enjoy yoga, music, group meditations, inspirational sharing.

LIGHT & RENEWAL RETREAT THURSDAY – SUNDAY, DEC. 29 – JAN. 1

Unlock Your True Potential.

Learn Kriya meditation, or refresh and empower your practice. Renew your spirit and project your intentions for the New Year.

SUNDAYS

FELLOWSHIP MEDITATION – 10:30 A.M.

Enjoy live spirit-filled music, inspirational talk and quiet meditation, followed by a delicious meal. *Call regarding childcare.*

SATURDAYS

DEEP MEDITATION 6 – 9 A.M.

Come and go quietly during this time of deeper meditation.

PERSONAL RETREATS & ALL EVENTS:

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

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