

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.

SEPTEMBER 2011



Seeds of Meditation

Within, within,
O turn thy spirit's eyes,
and learn thy wandering senses
gently to control;
thy dearest Friend
dwells deep within thy soul.

— Gerhart Tersteegen

I Am Real; I Am Alive!

Norman Paulsen

There is only one God—only one Light that inspired the founders of all religions. This Light is asking today that the people of our world awaken and learn to care for one another and care for our planet, this miraculous base station in space where visitors come and go. This truth must be realized in its simplicity. **That is why we meditate, to experience our oneness with the consciousness which sustains the whole universe.**

Each one of us is connected to this divine consciousness, to the very center of creation where the first ignition of Light occurred billions of years ago. This is the heart of the Divine Being in creation; the very hub upon which all the wheels and spheres of creation turn.

How can one describe the experience of the Divine? It cannot be fully expressed in words, but it can be transmitted in feeling, love and vision. It is very, very real. Poets and illumined beings have tried to speak about it for millennia. Yogananda used to say, "I can describe an orange for you in every degree: its sweetness, its seeds, its color. But until you have tasted the orange, you can only intellectually conceive of it."

This experience is your birthright if you seek it, if you don't take "No" for an answer, or accept any kind of discouragement or ridicule. Pursue it diligently.

Divine Spirit asks: Can you spend a few moments of each day in meditation seeking Me? In the morning before you go to your duties and endeavors, will you sit down to receive, if even for five minutes? Before you put your head on the pillow every evening, will you turn the wheel of meditation with this Divine Presence?

This is what Spirit is asking, an everyday endeavor of meditation, that we come to the well and drink. Because one of those times, you are going to realize you have been in a timeless experience. Perhaps your breath has become so still you don't even know it's there. Perhaps you will find yourself in the presence of incredible brilliance and you hear a divine voice as if coming from all the inner spaces. These experiences come upon you and change you forever. The divine ecstasy that fills you can be used to help, to heal, to console.

In my meditation this morning, I found myself looking at the divine Light, the faceless face of God shining in front of me brighter than the sun at noonday. It communicated: **I am real, I am alive! I am for all my children, not just a chosen few, but for every man, woman and child. I am connected to each and every one, and I can be visible to each and every one.**

Healing Affirmations

Emily Johnson

The power of words can be harnessed to bring healing changes to our lives, increase our devotion or help us change a habit or mental pattern. Paramahansa Yogananda wrote, "Words saturated with sincerity, conviction, faith and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired."

An example of the power of words comes from Dr. Masaru Emoto, who studied the patterns of crystal formation in water that was exposed to different words. He found that when the words were positive, the crystals formed in beautiful geometric patterns, but when the words were negative, they formed more chaotically or in incomplete patterns. You can test the power of affirmations yourself by creating and practicing your own.

The first step is to word your affirmation thoughtfully. It is critical that the words you choose resonate with you. If some part of your mind does not agree with the affirmation you have written, try wording it differently.

When I felt sick to my stomach recently, I was lying in bed thinking, "I feel horrible. I wish I wasn't sick. I can't believe I'm sick. I'm so tired of being sick. I feel horrible." Then I listened to myself, and thought, "Here I am creating more of that." So, I said to myself, "I am well! I am well!" but part of my mind said, "No you're not! Yeah right!" So that was not an effective choice of words for me. Once I noticed that I was having that reaction, I found words that did work. "My true nature is perfect health"



worked well for me, because it brought me a feeling of health in that very moment.

Many people use the three "P"s—*personal*, *positive* and *present*—to create effective affirmations. *Personal* means about yourself—"I release worry and embrace trust," instead of "All worry can be replaced with trust." *Positive* means avoiding words such as *no*, *not* and *never*—"I release worry," instead of "I do not worry." *Present* means set in the present moment, not in the future—"I release worry," rather than "I will release worry."

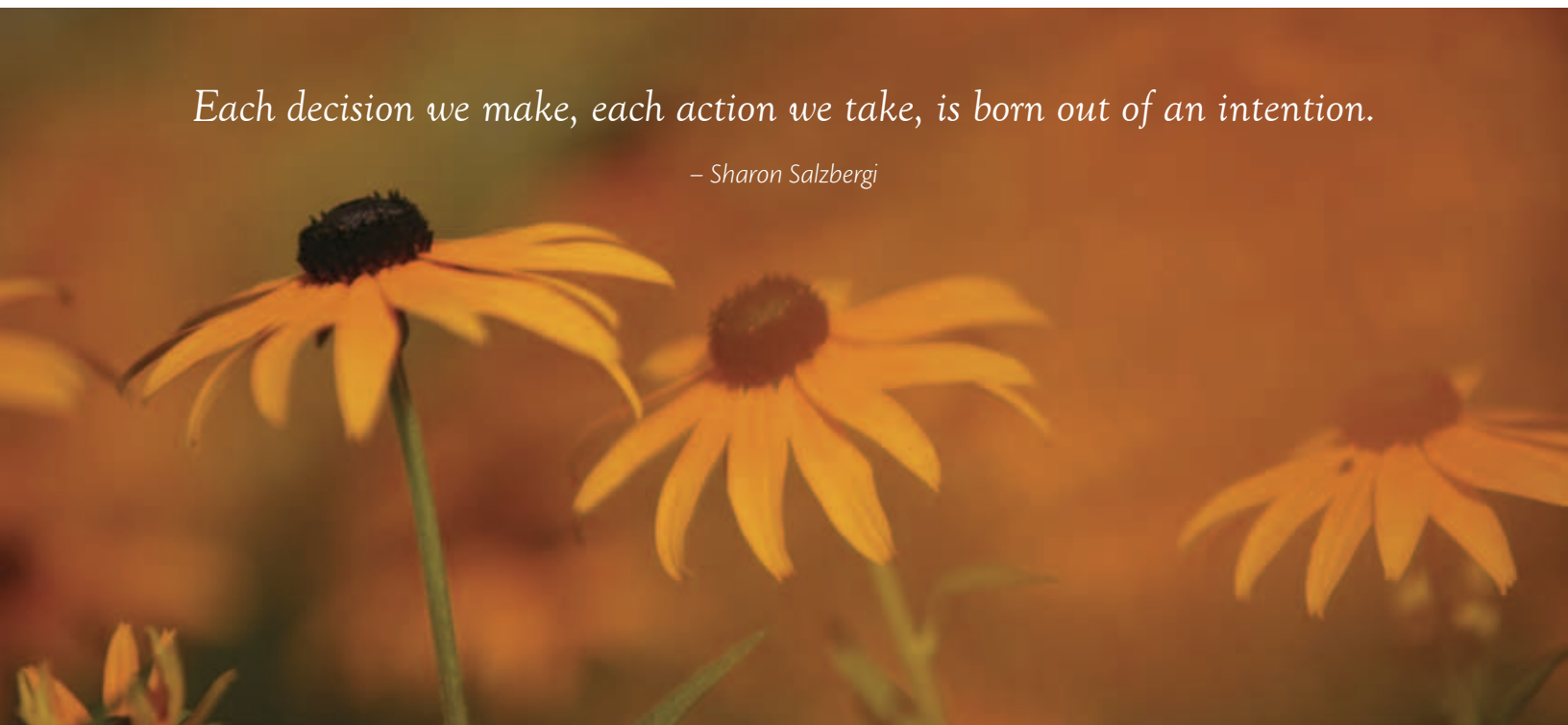
Once you have an affirmation in mind, Yogananda recommends using five levels of chanting to help your affirmation take root. The five levels are: out-loud chanting, whisper chanting, silent mental chanting, subconscious chanting with the affirmation almost chanting itself, and superconscious chanting during which the words of the affirmation dissolve into the cosmic sound of OM.

For myself, I like to chant using the five levels after coming to a still place in meditation. This helps me feel my affirmations very deeply. I also like to keep them in my consciousness as constantly as possible by repeating them with awareness and focus whenever I think of it: driving in the car, sitting at my desk, brushing my teeth, or anytime.

Yogananda said, "**The greater the will, the greater the flow of energy.**" Put your life force into creating and practicing your affirmations, and observe for yourself the power that they have for healing in your life.

Each decision we make, each action we take, is born out of an intention.

– Sharon Salzbergi



Choosing Joy

Sibylle Custer

Continence, one of the principles of virtue, always makes me think of “to contain” something, to save something. God feeds us life force every day. We live on this life energy that comes into us. It’s freely given. And we spend it—daily, in our work, doing sports, as sexual energy, in our digestive system. But God replenishes it again and again. The virtue of continence is strongly radiating through the sun in the astrological month of Virgo. This is the month to be really aware of it and to consider our spending, and that involves personal choices for everyone.

I always think of a trucker I came to know when I was working in Nevada. He had a daily route between Salt Lake City and Reno. He was driving this route daily, and in Nevada food and gas is often attached to casinos. He related that there was a casino handing out a roll of nickels to everyone who came in; it was worth a dollar. The casino, I’m sure, was expecting people to go to the machines and play it away. But this trucker didn’t. Every day he saved his roll of nickels and after a year, he bought himself a mountain bike with the money energy that he received from the casino.

This story reminded me of what you can do if you don’t spend the money energy, or other energy that you have, right away or without much consideration. If you are wise and save it up, contain it, and then make your choice before spending it, you may find that it brings you great joy, instead of trickling it away.

If we take just the example of our sexual energy, there’s an expression around that I don’t even like—this



expression “casual sex.” It’s a devaluation. It’s a precious, God-given energy. We should give it wisely with purpose. I am reminded of healers in India who, by choice, don’t spend their sexual energy, because that’s how they receive the power to do healing. It is a very joyful choice.

Deep meditation helps us store up energy, to be a wise container for God’s energy to flow into us. When we breathe, we draw it into us, through the top of our head. We let it enter our spine so it can be stored in our energy centers, and we offer all our personal intentions up our spine into God’s light over our head. The more we give up these personal intentions, the more energy we can receive, and the flow that comes into us becomes stronger.

So let’s dedicate our attention this month to becoming loving containers for God’s abundant life force. Receive it with a thankful heart, and give it with love and purpose.

*O Divine Giver of Life,
may I become a true recipient
of your cosmic healing forces,
and then may I join you
in helping others
wherever I can.*

*May I always remain true
and transfixed
upon your light
and presence
within me.*

*You are the essence of my being,
my own pure Self within.*

Norman Paulsen

If you want peace, then do not look into anybody’s faults.

– Sarada Devi

Experience Sunburst

At the July *Experience Sunburst* program participants enjoyed days filled with meditation, service projects, group meals, and classes centered around Sunburst's *Eightfold Path of conscious living*. Each day focused on a simple spiritual practice that could be applied throughout the day; *complaint-free day* was especially fun! Our main project was a large new vegetable garden. Activities also included landscaping, preparing meals and sanctuary maintenance. The next *Experience Sunburst* program starts September 4th. Please call if you are interested in participating.



"I just wanted to thank you all so much for the life-changing experience. You made us feel right at home and as part of your wonderful family.... This is a blessed place with blessed people."

"This is my second home here, my home away from home! I love my Sunburst family and new friends, and look forward to so much more! The teachings, gatherings, meals, yoga...Ahh! The best!"

"What a wonderful group of people to live with and learn from! What profound meditations to experience. An astoundingly satisfying spiritual adventure. Thank you, staff. Thank you, Norm. Thank you, Yogananda. Thank you, friends."

Sunburst Events

RELAX, RENEW, RECHARGE

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

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

EXPERIENCE SUNBURST

SUNDAY – SUNDAY, SEPTEMBER 4 – 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*

LIGHT & RENEWAL RETREAT

THURSDAY – SUNDAY, DEC. 29 – JAN. 1

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 quiet meditation, followed by a delicious meal. *Call regarding childcare.*

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