

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.



DECEMBER 2011

Seeds of Meditation

*The works that I do,
shall ye do also,
and greater works.*

– Jesus [John 14:12]

Make Every Moment Count

Norman Paulsen

*Almighty Spirit, Jesus, Moses, Mohammed, Krishna, Buddha,
all ye teachers divine, illumined beings residing in the body of Christ,
meditate with us. Enter into us and reveal your presence
in the Light of God, through our consciousness today.*

The man Jesus, through his sacrifice and his great love, became one with the body of Christ, that great spherical orb of brilliance that is God's first creation. Years ago when we first began Sunburst, I awoke in a vision one night as the wind blew fiercely through the trees. A gigantic wooden cross was before me. On the cross was the body of a man crucified, his head down on his chest.

The spirits riding the gale began tearing his hands and feet loose from the spikes which held them. Suddenly, he fell upon the ground. The spirits of the wind fell silent. I jumped forward, trying to assist him. He began to push himself erect; his penetrating eyes were open and looking right through me, projecting a message of eternal love. I shall forever see those eyes! They are emblazoned in my heart. With my arms open wide, I thought to embrace him. But as he moved toward me, he disappeared within me! I heard his voice speak: *You now have the authority to teach in my name those things that were not taught to the multitudes, but taught in secret.*

As the years have passed, I have begun to understand the power and meaning of this incredible encounter as Jesus speaks to me from within. He wanted me to understand the story of salvation, the divine cosmology that exists within each one of us. All the realms in creation, and the brilliance of the body of Christ, await each one of us. He wants us to understand where we came from, what we are to do while we are here, and where we are going when we leave.

Jesus said, *Enter thy closet when you pray.* Yes, find a quiet place to meditate, pray and talk to God. Remember and know that all souls who have received Christ consciousness exist in that Light. They will administer to us this very moment, if we but ask. Practice meditation and imitate their lives. Our egos may put up a great fight, demanding that our will be done. We need to receive the Light of God, and the presence of the angels, and whomever that illumined being is that we wish to follow.

This life is so very short. We need to meet God face to face now, if God will permit. Make every moment count. Practice virtue and humility. As Jesus said, *Not my will, but thy will be done through me.* Let us surrender our will to God that we may receive the wisdom and power of God's creative will.



An Ageless Message

Barbara McCaughey

Two thousand years ago, Jesus came into a weary world with a message of hope. He told his followers that no matter their circumstances or what they felt their burden was, a new sense existed, a cosmic sense beyond the five senses, and in that new sense they would find greater life, encouragement and inspiration. He called the new sense *the Kingdom of Heaven*, and suggested that everyone who heard his words build up their treasure in Heaven, meaning we each should make the effort to seek who we truly are.

Our native consciousness is divine and it is our mission to be united with it, and to be able to express it. Once possessing it, Jesus said, thieves cannot take it and the elements of the Earth cannot decay it. It is ours to live with while we reside in


the body, and it is ours to take with us when we leave this body.

On New Year's Eve in 1960, a choir of angelic voices, seemingly filling the whole sky, was able to penetrate Norman Paulsen's consciousness so that he could receive the message: *Christ our savior is born today*. He was given to know that the dawning of Christ consciousness had begun for this planet with a renewed force, and the Christ light and the angel beings who live in it were going to help us in all our efforts to realize the pure Self. The message of Jesus is ready to be fulfilled: *Know ye not that ye are all gods?*

Jesus said that the kingdom of heaven is within. Norm talked about Christ consciousness being realized in the inner-dimensional spine. There is a center of divine consciousness in our bodies, and

it sits in the center of our heads—in from the temples, in from the root of the nose, and directly down from the crown of the head. We call that the Christ center. When our attention is fixed there, we can perceive other realms of creation and, from that place, the face of God shining as a blazing sun. When we have that vision, we can hold onto it by expressing it in every thought and action of our lives, because virtue is God's expression. When we live it, we are living and breathing God. Norm used to say, "Is there anything else to seek in this life?" God is everything. God is everything that we want.

Our heart's love is like a magnet that draws this realization to us. Every time you think of it, repeat this silent prayer: *Reveal yourself to me, dear God. Show me my purpose and the way I should go*. May the inspiring example of virtue manifested by our brother Jesus shine a light of hope for us all in this Christ mass season and throughout the year.



*On this darkest day of the year
we celebrate the return of the light that shines behind the darkness.*

*We have journeyed to this place to bear witness once again
to the birth of the Unconquerable Sun.*

Behold the solstice fire!

Behold the wonder of the sun at mid-winter!

*Accept the blessings of the ancient ones,
and take the light back into your world
in the kindled fires of your heart!*

— Ancient Celtic Prayer interpreted by Valerie Joy King

*What makes humility so desirable is the marvelous thing it does to us;
it creates in us a capacity for the closest possible intimacy with God.*

– Monica Baldwin

Belief in Religion and Science

adapted from British writer, John Gray

The practice of Kriya Yoga is harmonious with the world's main religions, as well as current scientific principles. – Editor

Graham Greene writes in his autobiography *A Sort of Life*, that he went for instruction to Father Trollope, a very tall and very fat man who had once been an actor. Trollope was a convert who became a priest and led a highly ascetic life. Greene didn't warm to him very much, at least to begin with. Yet the writer came to feel that in dealing with his instructor he was faced with "the challenge of an inexplicable goodness." It was this impression—rather than any of the arguments the devout Father presented for the existence of God—that eventually led to Greene's conversion.

In most religions—polytheism, Hinduism and Buddhism, Daoism and Shinto, many strands of Judaism and some Christian and Muslim traditions—belief has never been particularly important. Practice—ritual, meditation, a way of life—is what counts. What practitioners believe is secondary. The idea that religions are essentially creeds, lists of propositions that you have to accept, doesn't come from religion. It's an inheritance from Greek philosophy,

which shaped much of Western Christianity and led to practitioners trying to defend their way of life as an expression of what they believe.

Art and poetry aren't about establishing facts. Even science isn't the attempt to frame true beliefs that it's commonly supposed to be. Scientific inquiry is the best method we have for finding out how the world works, and we know a lot more today than we did in the past. That doesn't mean we have to believe the latest scientific consensus. If we know anything, it's that our current theories will turn out to be riddled with errors. Yet we go on using them until we can come up with something better.

Myths aren't relics of childish thinking that humanity leaves behind as it marches towards a more grown-up view of things. They're stories that tell us something about ourselves that can't be captured in scientific theories. Just as you don't have to believe that a scientific theory is true in order to use it, you don't have to believe a story for it to give meaning to your life.

Myths can't be verified or falsified in the way theories can be. But they can be more or less truthful to human

experience, and I've no doubt that some of the ancient myths we inherit from religion are far more truthful than the stories the modern world tells about itself. The idea that science can enable us to live without myths is one of these silly modern stories. There's nothing in science that says the world can be finally understood by the human mind.

It's been said that the universe is a queerer place than we can possibly imagine, and I'm sure that's right. However rapidly knowledge increases, we'll always be surrounded by the unknowable. Evangelical atheists who want to convert the world to unbelief are copying religion at its dogmatic worst. They think human life would be vastly improved if only everyone believed as they do, when a little history shows that trying to get everyone to believe the same thing is a recipe for unending conflict.

Not everyone needs a religion. But if you do, you shouldn't be bothered about finding arguments for joining or practicing one. Just go into the church, synagogue, mosque or temple and take it from there. What we believe doesn't in the end matter very much. What matters is how we live.

Heart Opening

Valerie Joy King

We are celebrating the season during which many people in the world remember the birth of a wonderful child who came to show what is possible for each one of us, the full realization of Christ Consciousness. We celebrate the birth of the Christ child, the birth of the divine Self within each of us, nurtured by Mother Earth and sung to by the angels.

When I was a teenager, I had the good fortune to be in a nativity play with my sisters and some neighborhood friends; I played the part of a shepherd. I'll always remember it, because I was

the last one to give a gift to the Christ child. I walked up to that little manger, which we had filled with flowers, and went to my knees. Imagining the divine child lying in the flowers, I said, "I don't have any gold or riches to give you, but I give you my hands and I give you my heart."

May each one of us feel, in this season of giving, the renewed hope for the light of Spirit to awaken and be fully realized within us, for this is the message that Jesus and all God-realized beings bring to each and every one of us: God is alive, and you can know it, too. It is the destiny of each one of us to feel and know and see God within ourselves and experience that oneness.

Imagine your heart opening like a flower and receiving the light of Spirit. Imagine the crown of your head opening to the light of the inner sun that shines above each one of us, the Christ light from which we all come.



Sunburst Events

RELAX, RENEW, RECHARGE

FRIDAY – SUNDAY, NOVEMBER 25 – 27

2012: FEBRUARY 24 – 26, MARCH 23 – 25

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

CHRISTMAS MEDITATION

SAT. DEC. 17, 6 A.M. – NOON

Celebrate the Christ within during this silent meditation. *Come and go on the hour.*

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.

NATIVE AMERICAN FLUTE WORKSHOP

SATURDAY, JAN. 14

DANCES OF UNIVERSAL PEACE

SATURDAY, MARCH 24, 2012

SPRING RENEWAL RETREAT

FRIDAY – SUNDAY, APRIL 6 – 8, 2012

SUNDAY FELLOWSHIP MEDITATION

10:30 A.M. Enjoy live spirit-filled music, inspirational talk and quiet meditation, a delicious meal. *Call regarding childcare.*

PERSONAL RETREATS & ALL EVENTS:

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

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