

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.

FEBRUARY 2012



Seeds of Meditation

*The Holy Grail
is the heart,
illuminated and awakened
so that it may serve
as a receptacle
for divine energies.*

— Richard Smoley

The Experience of God

Norman Paulsen

As a young man, I decided to enter the monastic order of my teacher, Paramahansa Yogananda. While there, I was told that one could hear the sound of God, the *Om* or *Amen*, in deep prayer and meditation. The sound resembles the roar of the ocean moving against a distant shore. I tried very hard to discover this creative vibrational sound of God. As I moved deeper into my understanding of prayer and meditation, I found that if I became very quiet, I could hear a deep, pulsating hum. The sound or Word of God is the witness that the cosmic forces, the subatomic particles, are moving vibrating energies into their appointed images. *Om* is the sound of the cosmic motor running. It identifies the very creation of energy and light. When God said *Let there be Light!* the sound of *Om* began.

During my first years in the monastery, prayer and meditation were new experiences for me. I longed to really see God face to face, to touch him, to embrace him as my father. The more I prayed and meditated, the deeper my experience became. I found that God was present in all the vibrating atoms of my body, all the subatomic particles of Light! I discovered that God's body is a form of pure energy, light and consciousness. I realized that God can be seen as light and heard as the spoken word in the language you understand. Hearing the voice of God talking to you, calling to you, instructing you—what a wonderful, miraculous event! We have to sit down and meditate in order to reach this place of hearing and seeing within ourselves, as God's children.

As my meditations grew deeper through the years, and my longing for God grew stronger, I began to realize what a gift it was to meditate. Sitting quietly would bring me to that point within myself where the throne of God resides in the center of my soul. This center is located in the body at the pituitary gland, and is called the all-seeing eye. Here we can learn to rule our thoughts and actions in virtue and humility.

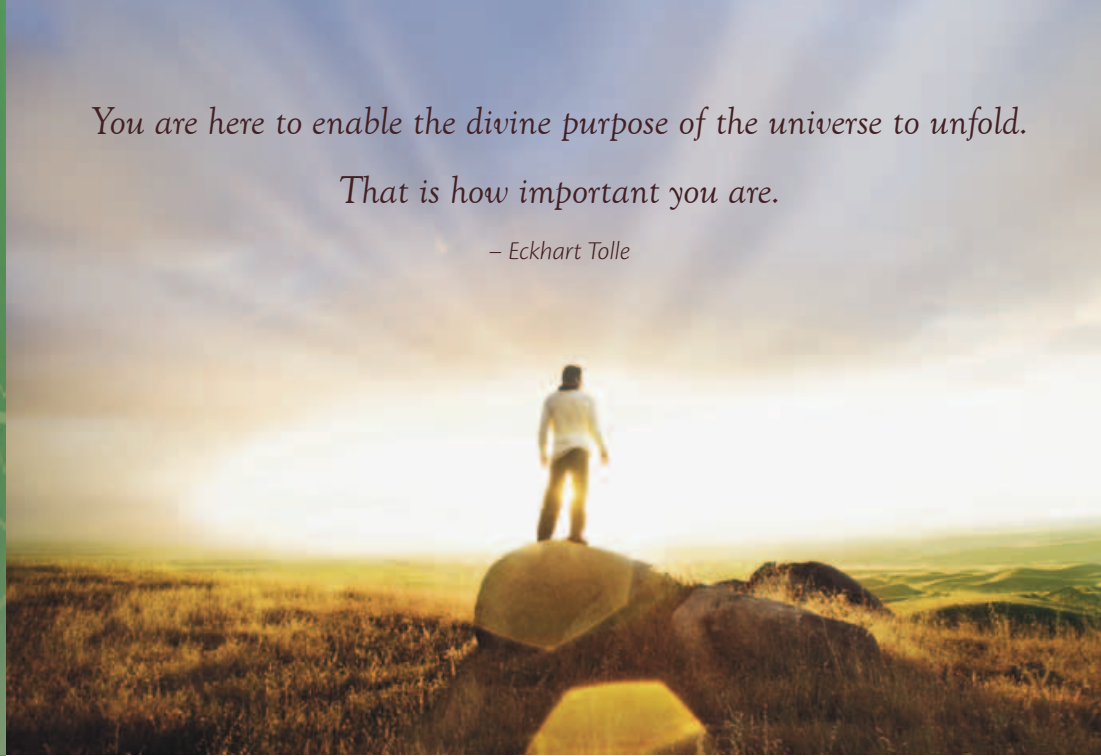
God, I Am That I Am, created light. That light is the divine consciousness, the body of Christ. In your meditations you can see it, you can hear it, you can feel it. You can possess it. To touch it is ecstasy. It awakens that spark in the center of your soul, the pure Self within you. It brings you into that light, the immaculate brilliance and presence of Christ, I Am That I Am.

The possibility of this journey is standing before you now. This possibility is a reality for me, and I bear testimony of it. You too can experience these same divine truths! As you put on your true spiritual nature, the pure Self, you will recognize the knowledge which has always been there and you have seen it not.

You are here to enable the divine purpose of the universe to unfold.

That is how important you are.

– Eckhart Tolle



Ultimate Freedom

Valerie Joy King

In the silence of meditation, as you grow in the depth, you will find Spirit—the presence of Spirit—thickening around you, awakening your heart with joy and love and desire to help, to serve, to be of benefit to all beings. As you go into the quiet, still space, seek that divine center within you, that place of deep peace, the origin of love, the power of love.

Find that point of light in the very center of your vision. If you don't see it, visualize it. Set your gaze, your concentration, as if looking out through the point between the eyebrows. Feel as if you are piercing the veil of darkness, moving into the center of light. Ask that point, that center: "Who am I? Who am I? Who are You, my beloved God?"

You may hear a voice answering you, a communication that says, "I love you. You are my love," meaning *You are the one I love*, and *You ARE My love*. Each one of us IS the love of God! This is the message of the Christ consciousness.

I Am That I Am, that light of Christ, wants to awaken in your heart and

soul and recognize itself within you fully. **God wants to recognize God in each one of us. Wake up! Recognize who you really are and the power you have to create heaven on earth within and all around you.**

How do we get from where our consciousness is today to that place of ultimate freedom, soul liberation, where we are totally clear conduits for divine presence and divine will? This is the *why* of meditation. This is why the ancients created scientific tools to help us unlock those secrets, those doors within.

It's an effort. It's a discipline every day. It's a choice every day. These scientific tools are offered to you to help you on your journey. No one is ever too old, or too sick, or too overcome with bad habits to start the journey. We are all challenged to do it right now. Just like the little seed of a giant redwood tree has that beautiful tree existing as a potentiality, so do we have the Christ, the Buddha, our own God-realized Self within us. What will we do with this opportunity?

*In dwelling,
be close to the land.*

*In meditation,
go deep in the heart.*

*In dealing with others,
be gentle and kind.*

– Tao Te Ching

Giving Good Memories

John Henry [with Norman Paulsen at right, 1997]

One of Norm's favorite books was *Cosmic Consciousness*. In that book, Maurice Bucke puts forth the theory that consciousness on our planet is increasing, and he sets about to prove it by cataloging all the people he knew of who had attained the cosmic sense, Christ consciousness. Studying these people's lives, testimonials and beliefs is a good way to understand the simplicity of the pathway home to Spirit, for our minds want to complicate the issue.

In Norm's landmark book, *Sacred Science*, he recommends that we study the lives and beliefs of illumined people, but in the case of some of us who knew him, we actually got to study *his* life, since he was around us so much. I'm sure each person who spent much time with Norm was trying to feel where he was getting his information from, tried to get into his head and feel what he was feeling, to experience the things that he experienced.

I've always been someone who interpreted things pretty literally. I look back on most of the conversations I've had with Norm and realize I was always thinking, "Now I know he's talking in code; I just have to figure out what he's really saying, because it just couldn't be what he's literally saying." I always thought there was some hidden thing behind the words. Now I realize that I was pretty much wrong about that.

Looking out from my window the other day as the skies replenished the earth with much needed nourishment, I was reminded of something Norm used to do. Whenever it rained, he would call me up and ask me for a weather report on the ranch. He would want to know what direction the wind was blowing, what the angle was that the rain was making to the



ground, how many drops per minute, was there any flowing water out in the fields—if so, how wide was it; how deep was it? The details went on and on, and many times I was thinking, "What in the world? Why is he asking me all this stuff?"

A couple of times I said, "Isn't it raining where you are?" But still, this would go on, sometimes for an hour, and I'd give him the reports. I'd look out the window and pass my visions on to him.

Now when it rains, I expect him to call, and I look out the window at the rain in all its detail, like I did then. I realized just recently that **what he was doing was giving me a memory. I feel today that that's what we all need to do for each other.** We need to call each other from time to time and talk about things that are of interest to each one of us, or just show each other that we love one another. Give good memories to one another, so when something as simple as the rain occurs, we think of one another and how much we care.

Every good act is charity.

A man's true wealth is the good that he does in this world to his fellows.

— Moliere



Love is the keelson
of the vessel named *Virtue*.
We must sail this ship
on our journey homeward.
Christ is the polestar
to navigate by;
Right living
is the wind in our sails,
Desire is the compass,
and our willpower
is the wheel to stay the course.
– Norman Paulsen

Ever-Present Now

Patty Paulsen [with Norman Paulsen above, 1997]

Happy 83rd Birthday Norm!

It is hard to believe that it has already been 5 years since you consciously left your earthly body, but I know you are ever-present, for there is nowhere love is not. Love cannot separate itself from life, for it is life. You exist in the here and now. At this very moment you are present, ready and willing to be of help to all who ask. Yes, as a *bodhisattva* you are here, existing in the energy field of life, love, light and pure consciousness, so alive and so available as one of the immortal Builders! Yes, you simply are presence, non-judging, ever-loving, ever-new joy.

In utmost gratitude we thank you for your perseverance, wisdom and great humility in helping us establish a strong

intent to reach the goal of liberation, Self-realization, amongst the fellowship of Sunburst. May we continue to keep our focus on the goal, enjoy the journey, be of service, and caringly hand this gift down through generations of youth, as you handed it to us when we eagerly asked you to teach us how to meditate and find God.

The mind pulls us into the past and grasps for desires of the future, but God's dream unfolds in the present. Both past and future give us inspiration for our efforts today. Your legacy lives on in the hearts and minds of those who seek to feel, know and see their Eternal Beloved, Divine Mother and Father, face to face living and breathing in us here and now.

Sunburst Events

RELAX, RENEW, RECHARGE
FRIDAY – SUNDAY,
FEBRUARY 24 – 26, AND MARCH 23 – 25
Celebrate Life!

Enjoy yoga, music, group meditations, inspirational sharing and delicious meals.

DANCES OF UNIVERSAL PEACE
SATURDAY, MARCH 24

Potluck meal 5:30, Dance 7 P.M.

Eat, dance and pray together—a heart to heart sharing of the Divine in each of us.

SPRING RENEWAL

FRIDAY – SUNDAY, APRIL 6 – 8

Energize and renew body, mind and soul with guided meditations, yoga, nourishing meals, music and fellowship.

SATURDAY DEEP MEDITATION
6 – 9 A.M.

Come and go quietly during this time of deeper meditation.

SUNDAY FELLOWSHIP MEDITATION
10:30 A.M.

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

ALL EVENTS:

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

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