

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.

JANUARY 2012



Seeds of Meditation

*The greatest achievement
is selflessness.*

The greatest worth is self-mastery.

*The greatest quality
is seeking to serve others.*

– Atish

The Inner Crystal Ball

Norman Paulsen

My teacher Paramahansa Yogananda used to say to all of us eager monks, “God is so very close; if you could only realize how close God is to you right now. You must all meditate deeply and ask God to reveal himself to you.”

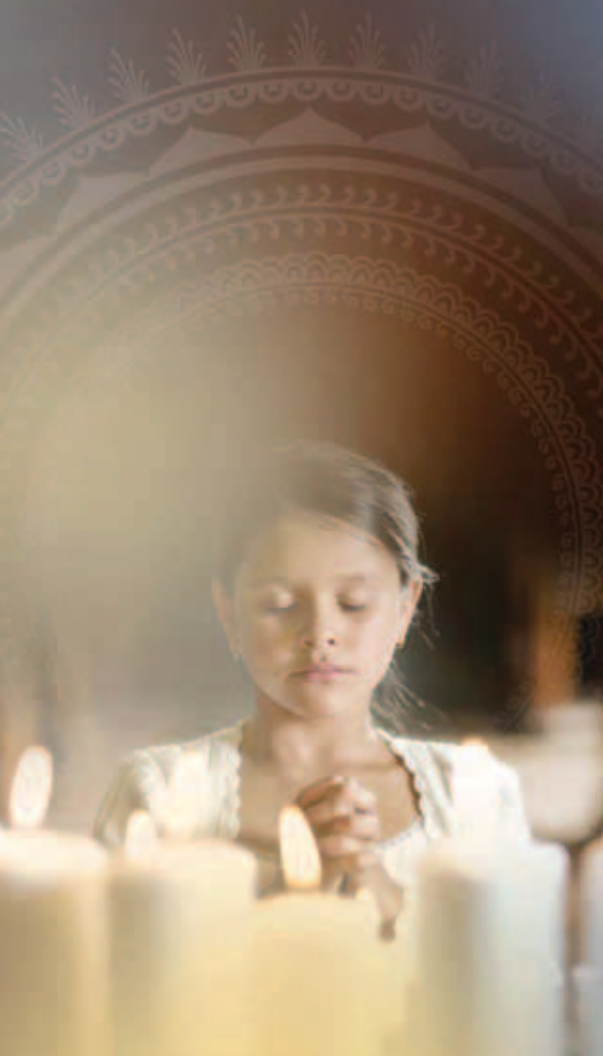
Yes, I thought, if God is so close I will make every effort to see him. With practice, my meditations became deeper. With closed eyes, I became aware of the inner light forming before my gaze.

I was musing one day about the ancient sorcerers and the fortune tellers with their crystal balls that they gazed into to see future and past events. That proverbial crystal ball is an outer manifestation of the all-seeing eye within each one of us—located inner-dimensionally inward from the temples, inward from the root of the nose, and downward from the opening on the crown of the head.

The all-seeing eye is the throne of God within you. Jesus said, *If thine eye be single, thy whole body shall be full of light.* Through regular daily meditation the single eye will begin to function for you. With closed eyes, you may become aware of the inner light forming before your gaze. This sacred place is the divine center of your soul. It is where you can see God, I Am That I Am, face to face. Divine Mother and Father moving life forces in vortex created this center within you. This is the place where you, as a divine son or daughter, rule first your own body and then the images outward in the creation to which you are connected.

Here the spinning, brilliant light of your soul is reflected. It may appear before your inner vision clouded in violet-rose radiance, ringed with blue, emerald and gold. This light of soul exists at the end of the tunnel to eternity. It is here on the divine center that you can hear the voice of God, and may be given visions of the future, prophecies for yourself and others. This is the divine center of projection where you can create positive images and events for yourself, your loved ones and for the world around you. You can begin to project heaven on earth where all men and women live creatively in love and peace. **Our Divine Creator is present in every image, living in every cell of your body, existing around every thought. Your visualizations and projections, if propelled with virtue, unselfishness and love, will shape-shift events and materialize them into the future.**

Meditation opens the inner eye; the crystal ball begins to function. The divine center of power within is activated. Find that divine center. It is the most important objective to be obtained in the whole creation. It is the pearl of great price that Jesus spoke of, the hem of the garment of Christ. From here, you can see those ancient saints and prophets. They are all there in the light. Yes, deep meditation is the gateway to heaven.



At the Source

*Meditation is not a way
of making your mind quiet.*

*It is a way
of entering into the quiet
that is already there—
buried under the 50,000 thoughts
the average person thinks every day.*



*Human beings
are made of body, mind and spirit.
Of these, spirit is primary,
for it connects us
to the source of everything,
the eternal field of consciousness.*



*Pay attention
to that unchanging part of yourself.
It is perfect.
At the source of life,
and only there,
one finds peace, harmony, and
the undisturbed contentment
of bliss.*

– Deepak Chopra

A Time of Reflection

Sibylle Custer

The New Year is a time of reflection. It is very important for us and this planet how we live the next year. We have heard that this is a time of transition for our planet. We can choose to live through this transition in a very conscious way.

Most people agree that it will only be possible to embrace a new era in a good and comfortable way if we raise our frequency. At the winter solstice of 2012, our Earth and Sun will be exactly aligned with our galactic center. The coming year can be a great preparation time, and the more consciously we approach it, the more we will be happy to be alive, and the more we will be able to help all beings.

But how do you raise your frequency? It came to my mind to use the example of crystals. It seems significant to me that changing from the old to the new year falls in the astrological month of Capricorn. Capricorn is an earth sign. I remember, in physics, learning about the density of matter. Earth, if it is simply soil, can be very loose, but if it gets pressed together we have rocks. There is a point at which it can become a crystal, depending on its composition.

A diamond is coal totally transformed from darkness and blackness, into a

crystal that is see-through and light. The darkness is gone, and it catches the light and plays with it, turning it into rainbow colors. The vibration is absolutely different, but it is earth, matter.

This is like a symbol for our own beings. We can come into this life with our chakras somewhat muddled and obscured by former habits, former emotions, former knowledge that did not serve us well. Our goal is to become clear. If we can consciously release these obstructions, we will have a chance to make projections that radiate with crystal clarity and give our hearts joy. We will feel closer to God, because God will be able to shine in us so much more clearly.

Life puts pressure on us. We do not know the pressures still to come in the new year or how hard they might be, but when I think of the crystal and the diamond, I don't mind these pressures so much. They are not meant to press me down and crush me. They come in the right dosage to make me clearer, to bring me a step closer to the clearness of chakras that we all strive towards. So in the coming year, I want to see any pressures that are coming in a very positive way.

*Through experience,
and in the deep silence of meditation and contemplation,
man grows towards God.*

– White Eagle





Blessing from the Forces of Christ

Norman Paulsen

On the eighth day of January, 1999, I was taken in Spirit above and to the north of the lodge that we were building on our newly acquired land at Sunburst Sanctuary. Facing south, I looked to the west and there above came a horseman resplendent in the light on a magnificent white horse. He was followed by an army of horsemen stretching away to the western horizon, as far as I was able to see.

The being on the white horse was carrying a large shield on his left arm which extended from his shoulders to his hips. It had a divine design and shape, and he carried a lance high in the air with a banner and a name on it. He wore armor made of living, gold and silver leaves, one lapping over the other. I was transfixed as the brilliance of the light of Christ, I Am That I Am,

flashed from high above onto his shield with a reflection as bright as the sun. Rays of light arched from the shield downward upon the sanctuary buildings and struck the earth around them.

The divine angelic warrior sent a message: *We are categorizing you here on this land.* I now sensed the greater mission of this divine army was about to begin for our world. The forces of light and truth, the forces of Christ are here, and the armies of darkness that have possessed the earth for so long are going to give way before them. We are going to witness this. It is coming upon us and **I feel this ground, this place, has been blessed by the forces of Christ—a place for now, a place for the future, a sanctuary of light placed here for all souls.**

Attracting Cosmic Vitality

Paramahansa Yogananda

If you continuously persist in thinking that your body is full of vitality, especially at times when it is weak, you will have started to open up a new, secret, invisible means of vitalizing yourself. Perform small as well as important duties with courageous cheerfulness and deep attention, remembering that God is guiding and stimulating every worthwhile effort you are making to achieve a noble ambition. With the consciousness of God in your actions, and with the performance of noble actions, you will



see that a flood of vitality will move through all your muscles and through your entire body.

While you are busily engaged in work, visualize a halo of God's cosmic energy surrounding your body and feel that you can never become tired again because your tissues are being renewed, supplied with current from that energy. Hold fast to the thought that no matter how much physical energy you use up, you can bring it back by peace-born smiles..

Sunburst Events

NATIVE AMERICAN FLUTE WORKSHOP SATURDAY, JAN. 14

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

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, gentle 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 – Call ahead. Reserve early!

*Wishing You Peace & Joy
in the coming year*

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