

**Realize who you truly are,
and the power you have
to create heaven on earth today
through spiritual practice,
supportive community,
and selfless service.**

FEBRUARY 2016



Seeds of Meditation

To give service
to a single heart
by a single act
is better
than a thousand heads
bowing in prayer.

— Mahatma Gandhi

Suddenly, Here It Is!

Norman Paulsen, Sunburst's founder

In the beginning was the great ignition and explosion of light and life force. Everything that exists originated at that point in deep space: spinning galaxies, star systems, planets, and all life forms, including these bodies that we find ourselves encompassed in today. **Each one of us is directly connected to the Source, the first ignition, through an inner-dimensional tunnel of Light.** This tunnel can be seen in deep meditation, by the grace of Spirit, and sometimes through accident or illness. Every human being is connected. This means every human being can see God face to face—can see the center, the light where it all began.

Q: What is the feeling that is evoked while you are looking into that Light?

First of all, the incredible vision—the impossible being possible—staggeres the self-conscious mind. The self-conscious mind goes reeling away with all its former concepts of what the world is, what God is, and what life's about. All concepts are being destroyed in the immensity of the stupendous reality of this experience.

The self-conscious mind wants to believe that God is alive, but it has no proof. We want to believe we're immortal and we're going to gain a heavenly place, but we don't have any proof. This is more than the proof; it's the direct experience of immortality. In that moment, looking into that light and presence, the most wondrous thing is that it is personal! Yes, the light you see at the end of the tunnel, which appears brighter than our physical sun, begins to talk through audible thought transference. You hear a voice that is seemingly coming from all space, but it's directed to you personally through inner space.

There's a personal relationship, like a son or daughter to a father or mother. That relationship is such that you always wanted to believe it was possible, and suddenly, here it is. You are in it; you are experiencing it. It's true, and it's staggering. There are no words to describe it.

*Almighty Spirit, I Am That I Am,
It is you sitting here in each one of us, your sons and daughters.
We seek to see your Light, to know you face to face within ourselves.
Our little personalities, our likes and dislikes,
Our desires of the moment are gone so quickly.
Oh Beloved, be with me; always be with me.
Allow me to consciously be with you.
I am a memory cell in your divine consciousness.
You will never forget about me.
I can never forget about you.*

Cultivating Divine Love

Patty Paulsen

What is divine love? It sounds romantically wonderful. Divine love is unconditional love; it's changeless. It always was, always will be, and is ever present in the here and now. We're swimming in an ocean of unconditional, eternal, changeless love that is without judging, constant, complete. This is God's nature, and we're made in that likeness and image.

As divine love moves into human form, we can easily see these qualities present in newborn babies. They are still fresh from that ocean of love, and you see the pureness of their souls. You don't see all the ego thinking and baser emotions yet, so you can't help but love them unconditionally.

Divine love moves into human form with the essence of God, but now uses human senses and emotions to interpret experiences. Judgments can result; as a consequence, someone can love you one day, and not love you the next.

But we can cultivate divine love as a daily practice. We can find the peace and fulfillment this practice brings, for we are all made of that same love. We are all connected; we are all one. It is our perception of separateness that causes all the woes we have in this world. For what we do to one, we do to ourselves.

We can see this illustrated today in quantum physics. Albert Einstein tapped

into this idea many years ago. He saw the completeness of this energy field, stating:

A human being is a part of the whole called by us "the Universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but striving for such achievement is, in itself, a part of the liberation and a foundation for inner security.

Amma, called *the hugging saint* and *mother of love*, says, "Where there is love, there is no distance; there is no separation." So this is coming from the heart of divine love. It sees itself. It sees its love in all beings, in all creatures, because it's seeing soul.

How can we cultivate this divine love in our lives every day? We can start right here, in the midst of our family, friends, colleagues, neighbors, to be compassionate in our thoughts and actions, as well as our words—non-injury.

Kindness of the heart is where it starts, right in our inner circle. That's where we begin to cultivate divine love. If you refrain from hurting or injuring, then you will naturally come to love.

Another way we can cultivate and elevate ourselves to divine love is to give without expecting anything in return. Swami Rama tells us that all great souls of different traditions in the world have been selfless. Christ, the Buddha, Krishna all attained the highest wisdom because they were selfless. In selflessness, your outer individual shell will remain the same. But your inner radiance, the inner light, the love, will expand to universal consciousness. This is divine love. The individual flame of love will now become a conflagration that will burn up the weed of your selfishness, and truth will automatically come to you if you learn how to love.

Amma, who hugs multitudes with the love of divine Mother, was once asked, "How do you do it? How can you hug so many people?"

She answered, "With love, it is effortless." When we allow that love of God to come through us, it's constantly a force of energy that replenishes us. As we give, we receive; we give, we receive. It's the law of love.

Blessed with the armor of virtue and the desire to know, plus a proven method of meditation, you can overcome the negative influences that try to possess us and the earth. You can, with steadfast meditation and selfless service to others, attain Self-realization in this lifetime. You can make time stand still, and then behold the first ignition of light, brilliant like the sun, floating within the center of the expanding spheres of creation, now revealed right within you.

— Norman Paulsen

You Are Never Alone

When you sit by yourself to meditate, wherever you are you can include the energy of Sunburst, calling forth the power and support of group meditation.

At any time in Sunburst's worldwide fellowship, someone is meditating. Sunburst Sanctuary group meditations are held each morning 6:30 – 7 A.M., many evenings from 7 – 8 P.M., and on Sundays from 10:30 A.M. – noon.

As you practice Kriya at home, you are a part of Sunburst's meditations. When you include Sunburst in your meditation, you feel the peace and joy of the community of practice.

Group meditation is a castle that protects the new spiritual aspirant as well as veteran meditators. Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism.

– Paramahansa Yogananda

We have found individual spiritual growth is stimulated and quickened in a group environment. **By practicing meditation together each day, you experience the unfolding of spiritual energy generated by the positive efforts of others as well as your own.**

– Norman Paulsen, "Life, Love, God: Story of a Soul Traveler"

*Where two or three are gathered together in my name,
there am I in the midst of them.*

– Matthew 18:20, KJV

Empowering Your Dreams

Shawn Anderson.com

I was twenty-two when I started saving motivational quotations. I would cut out quotes from newspapers and magazines or rewrite them from books. I would then tape each on a 3 x 5 index card, write a subject heading at the top, and file the card alphabetically into one of a few small recipe boxes. I still have the boxes, and still flip through the old quotes.

Powerful quotes and ideas have always fired up the best part of me. The more I plugged into them, the more electricity plugged into me. Still today, I have index cards taped everywhere in my home. They're reminders.

Life circumstances change slowly...or never...when I simply **wish** for them to change. The reason I use quotes and affirmations and keep reading positive "stuff" ALL the time is because, when I do, my power to electrify change in the circumstances of my life dramatically increases. It's the life-changing secret of how to give power to my wishes. The concept is simple: **The more power I program in...the more power I generate out. Never discount what you put into your head. One way or another, it always changes your world.**

Saved in a quote box and filed under the word *Persistence*:

Few wishes come true by themselves. – anonymous

O Divine Spirit,

Our hearts are filled with love for
you and for each other.

Carry this love to all your children
upon this earth
and throughout
your immense creation.

Help us to realize
our connection to all life.

As we go into this day,
remind us of those things
that we possess,
and help us to realize
how precious are these gifts—
these tools,
these understandings,
these feelings—
how sacred they are,
for they come from you.

May we offer all that we are
in service to you,
Great Spirit,
for we know therein lies
our greatest contentment.

Amen

– Craig Hanson

Feed the People

Sean Fennell

Sunburst's founder Norman Paulsen often talked about "feeding the people." A little over a year ago I attended a Permaculture Design Course. There I had an "Aha!" moment: We can feed the people in mind, body, and spirit, and feed the Earth, too. We can regenerate soils, grow food sustainably, and be a shining example of what can happen when we all come together.

Each morning when I wake up, I'm excited to see what the day brings. There are limitless possibilities. Now that I've learned about permaculture, I look at projects in a different light—much longer term, and taking into consideration a wider array of what might be affected.

Every day I co-create with Spirit: I invite Spirit into everything I do. It doesn't matter if it's cows or fencing or gardening. Whatever I'm doing, I feel a deep connection, the energy of Spirit moving through me and through the garden, the Earth, the cattle, everything we touch. I find myself constantly thinking of what the land needs, or how the cows are feeling, and what I can do to make it better. When you do this, all

the energies around you flow/move like an orchestra; it's fluid. It feels so natural. Time almost doesn't exist.

Projects underway include the Sunburst community garden which is thriving, growing food year-round to



contribute to group meals—cabbage, kale, carrots, peas, and lettuce. Over time we hope this will become a permaculture example garden. An additional fifty-foot by fifty-foot space is going to be sheet-mulched, to help regenerate the soil and bring life to the area.

The latest vision is for polyculture with dwarf fruit and nut trees planted in the same area as nitrogen-fixing plants, vegetables and more, utilizing vertical space and plants next to each other that grow well together. One idea is to build eight pathways in the garden, representing the Eightfold Path of Sunburst's teachings.

There are water-related projects as well. The Sanctuary's main area has an example of water collection and storage using water that drains off part of the Lodge roof. Further up canyon, swale systems have been dug to slow down runoff water, sink it into the ground, and get it to spread slowly toward the creek. Then the creek can flow for a longer portion of the year.

This year, I will be guiding projects that offer all participants a hands-on experience of permaculture, beginning with the Earth & Spirit Weekend February 26 through 28. I look forward to sharing the projects and how they integrate beautifully with the things Norm taught. When decisions are needed, Norm and his wisdom is always here as a guide and support.

*One who knows how to repay a kindness
will be a friend who is better than any possession in the world.*

– Sophocles

**If a man wants to become an artist, he should associate with artists.
If he wants to be a good businessman, he should associate
with successful leaders in the business field.
If he wants to become a spiritual giant,
he should associate with devotees of God.**

– Paramahansa Yogananda