

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

APRIL 2016



Seeds of Meditation

Knock,
And he'll open the door.

Vanish,
And he'll make you shine
like the sun.

Fall,
And he'll raise you to the heavens.

Become nothing,
And he'll turn you into everything.

– Rumi

Creating the Future

Norman Paulsen, Sunburst's founder

One illumined man or woman can bring the goodness, the energy and the life of Christ into this world that needs it so urgently. How much more could **many** illumined souls accomplish? They can, and will, change the course of human events from negativity to positive light. **Divine Spirit is interested in each man and woman who will set their goal as full attainment of their divine nature. If you pursue the goal diligently, you will attain.**

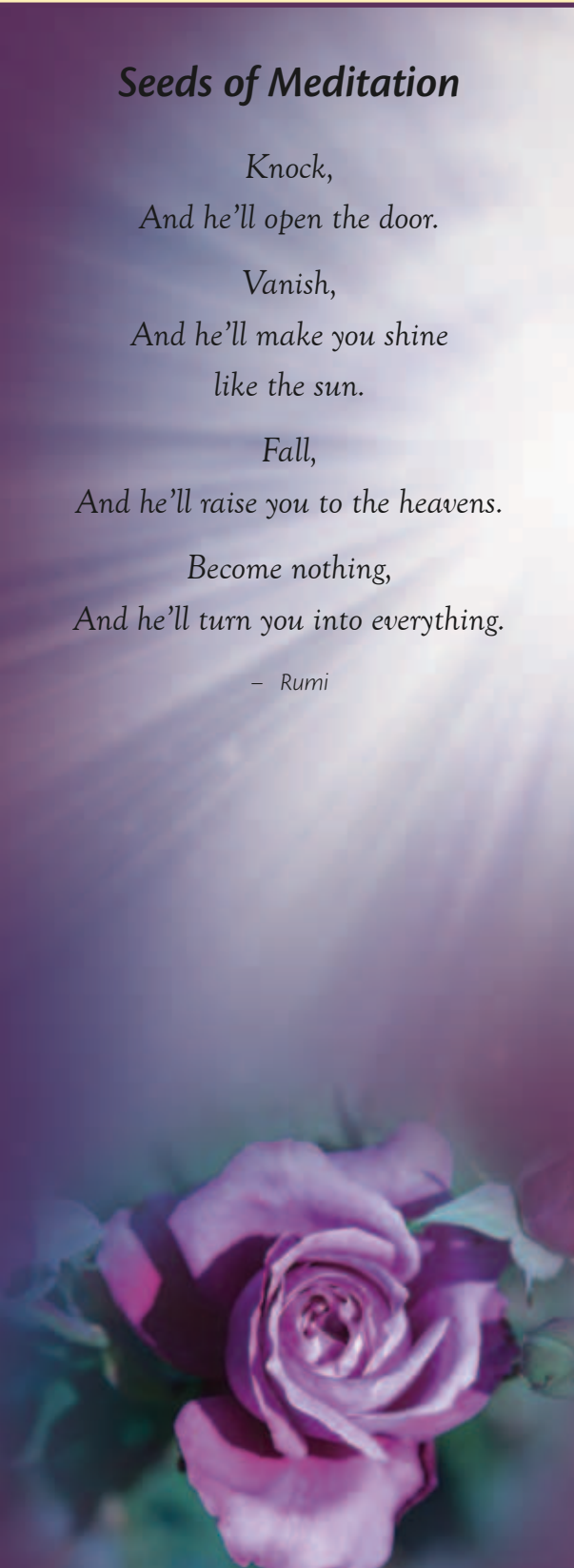
To experience the consciousness of our divine Parents is to experience immortality. Great joy wells up in you from the realization that you are alive beyond the confines of body/mind. At that moment you know that you are immortal. You see a vision of your divine Parents. You see the creation, and all its images as produced by divine intelligence. The whole creation is within you; you know it. You consciously become one with it. This was my experience, and it can be yours. If I can do a little bit of good, you can do a hundredfold more.

You must meditate daily to prepare the soil of your consciousness for the planting, the growth, the blooming, and the attainment. It is hard to direct the mind, to make it control the actions of the senses, to sit down and look into inner space. Yes, it's dark at first. One sees little; but if one persists, light comes.

Our divine Parents watch; the sacred forces hover around us. **Yes, our guardian angels are waiting for us to continue our practice so that the seeds they plant can bloom within us.** Actions, thoughts and words are seeds that move away from our center of consciousness into the field of life and power; this field builds the whole creation. Swirling vortexes of big and small deeds, thoughts, and actions spin out from us and follow us, returning to us. This is the law of karma, the law of cause and effect.

This law of karma was not created to punish, but to return the love, the joy, the beauty, the creativity, back to God's children. In the original plan, joy and love was to be returned one hundredfold with the blessings of divine Spirit. On our Earth today, we find the law of cause and effect unfolding, returning an eye for an eye and a tooth for a tooth. Through wars, greed, and selfishness, humankind has grievously hurt Mother Earth. Those seeds have been planted and we all must now work to transform them. In transforming them, Earth will be purified again.

Divine Spirit is concerned that humanity survives and thrives into the future. This is God's future on Earth! Right here today, there is the potential for each and every one to become Christed, to gain full illumination. It's here for you, if you persist.





*Divine Spirit has sown
and will continue to illuminate
many sincere souls committed to selfless service
and the attainment of God-realization.
When you find yourself desiring to offer selfless service,
you have received the spiritual baptism.
The transformation has begun!*

– N. Paulsen

A Tribute to Norman Paulsen, Sunburst's Founder

Patricia Paulsen

Norm was a big man with a big heart who, for the benefit of others, was willing to share the journey of his soul's quest, with its trials, tribulations and liberation. Might you find an eternal friend in him, and gain a deeper understanding of your own inner quest and experiences through his story.

As Norm entered this life fully conscious, so did he leave. On December 30, 2006 he exited his body fully present.

He appeared to me six weeks later, sitting at his desk, looking directly at me and smiling. Time stood still and so did my mind, as our eyes locked upon each other.

There was no separation; we occupied the same space, yet were seeing each other. His skin was beautiful, radiant, and so alive. I recognized the clothes he was wearing. There was no grief, no grasping, for there was no separation, only love. Beyond time, beyond space, "it just is"—complete fulfillment. He mentally conveyed to me very clearly, "Go on with your work and go on with your life."

He proved to me that he is alive, even though his body was buried! Yes, Consciousness lives on, and Norm's love is here today guiding the ship of Sunburst as we sail into the future, picking up

and inspiring soul travelers along the way. We are sailing on with enthusiasm and the joy of adventure, believing in the infinite possibilities that are available when we align our individual will with wisdom-guided will.

My desire as Norm's successor is to see that Sunburst continues to be a vessel through which the baptism of fire is transmitted to all who seek it. As this force touched and awakened souls during Norm's physical life, it will continue to touch souls called to help carry this mission into the future, through spiritual practice, supportive community, and selfless service.

I am so grateful to have had Norm in my life. It was a great blessing to help him edit and work on his writings throughout our time together. Especially during his last years, Norm dedicated himself to this task, and asked me to carry it forward.

Norm's life exemplified that no matter what our circumstances, we can each realize who we truly are, and the power we have to create a heaven on earth, and manifest our dreams. That's what keeps Sunburst spinning and bridging a connection with the growing fellowship of today's vibrant light workers.



*Humankind
has not woven
the web of life.*

*We are
but one thread within it.*

*Whatever we do
to the web,
we do to ourselves.*

*All things are bound together
...all things connect.*

– Chief Seattle

Loyalty, Passion and Burning Enthusiasm

Sharon Ray

All the virtues are born out of love. It's like love is the sun and the virtues are the rays that emanate from the sun. When it comes to being loyal to a person or an aspiration, there has to be love there. It is very difficult to remain loyal otherwise.

I'm loyal to my resolutions when I drag out my enormous fifty-pound juicer and make carrot/apple/tangerine juice with a splash of lemon, instead of going to a local coffee shop and downing a creamy, sugary iced chocolate milk. I'm loyal if I've promised to meet a friend early in the morning and, when the alarm goes off while I just want to stay in bed and snuggle with my soft green blanket, I keep my word and get up anyway.

Norm Paulsen says of loyalty: *It is not so easy sometimes to be steadfast on the Path, and always to make the highest choices, that's why there has to be a passion for God, and a burning enthusiasm for Self-Realization. When we have that, then loyalty to the best choices becomes almost easy, if not truly natural for us. Remember, God wants us a million times more than we want God!*

Sometimes on the Path I get discouraged, thinking I'm not growing fast enough, or "For heaven's sake, I should be enlightened by now!" Although it makes me feel like giving up, I'm really lucky. I know that for me, there's nothing to give up to; there's nowhere else to go; nothing else worth pursuing. I know that the pleasures I've had can't compare with the pleasure of attaining the thing I am seeking. Those who know tell us, "God is the most relishable."

So, when I'm down, Loyalty is up, and it says: *Redouble your efforts. Never blame God for lack of Realization; blame yourself.* Yogananda advised us: *Results are found by forgetting about results and going on working for them.*

When I want to feel the touch of my Divine Parents, when I want to come closer to God, I have to be loyal. I have to give my Beloved more of my time: in meditation, in doing the things that inspire me, and in tuning into the Presence throughout the day. That Presence that is always here supporting us, is always *here* for us, loving us. God is very loyal to *us*, because that loyalty is born of an intense love; and as we fan the flames of devotion, our loyalty will grow until we can say with all our hearts: *Lord, call on me when there's a need, because there's nothing that I wouldn't do for You.*



We have to recognize that there cannot be relationships unless there is commitment, unless there is loyalty, unless there is love, patience, persistence.

– Cornel West

I'm In Love

Selysa

I'm in love with this beautiful world and the beautiful creatures it contains. I'm in love with the trees, the dirt, the dogs, and I'm trying to love the mosquitoes.

I'm in love with the humans, the tropical fruit, and the cuisine. I'm in love with the stories and knowledge of the people around me, and I'm in love with myself for deciding to come here (Thailand), for choosing passion over money, and knowledge over power.

I'm in love with the sea for being blue, green, turquoise, calm, violent, loving, and giver of life. I'm in love with the mountain for being tall, strong, brown, host to the rain forest and waterfalls, and scraping the blue sky.

I'm in love with the stars for their twinkling temptation, seducing us to leap towards them in pursuit of the attainable unobtainable.

I'm in love with myself for pursuing joy and sharing it with all I encounter. I am joy, and I share joy around the world.

I am joy, and I share joy around the world.

I am joy, and I share joy around the world.

A True Master

Paramahansa Yogaanda

The true guru has no desire to place himself in the hearts of others, but rather to awaken in their consciousness the consciousness of God. Master [Swami Sri Yukteswar] was like that: he was one with us—never any show of his greatness. If anyone in the ashram wanted recognition or a high seat of authority, Master would give him that position. But I wanted the heart of Master, the divine consciousness he had within; and as a result, he is forever here in my heart. That is the attunement you want with the great ones.

