

- Sunburst is supported solely by donations.
- Your entire donation goes to the building up of the Sunburst mission.
- Sunburst is a non-profit 501(c)3 organization, and all donations are tax deductible.
- You are invited to participate in supporting the Sunburst mission, in a world that urgently needs God to be realized in all hearts, minds and souls.

### How to Give

Sunburst's ongoing mission to support seekers in the journey of Self-realization depends on your generous help. To help Sunburst meet its annual budget, your gift can be:

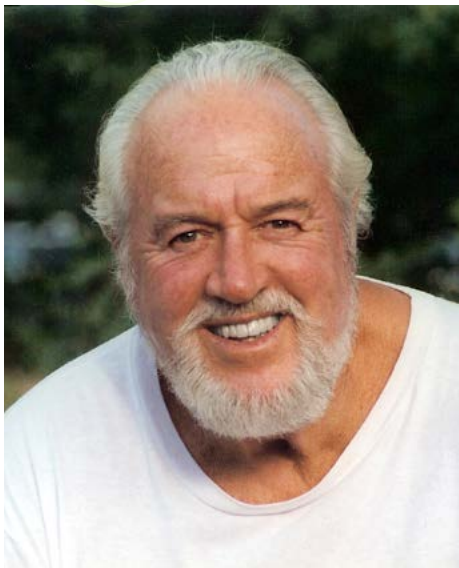
- Cash
- Check
- Credit/debit card
- Recurrent monthly giving
- Property

To donate online, visit [Sunburst.org/donate](http://Sunburst.org/donate)

### Legacy Giving

Including Sunburst in your estate planning can leave a legacy for the world long after your departure. There are many ways to include Sunburst in your estate:

- Wills
- Beneficiary of Life Insurance
- Charitable Gift Annuity
- Gift of Real Estate
- Charitable Trust
- IRA



*Charity, the selfless act of loving and caring for others, grows as we grow.*

*Charity, as Sunburst founder Norman Paulsen put it, "is the nurturing nature of Divine Spirit!"*

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



## Narrative Budget 2016-2017



*Generosity brings happiness at every stage of its expression.  
We experience joy in forming the intention to be generous.  
We experience joy in the actual act of giving something.  
And we experience joy in remembering the fact  
that we have given.*

*– Gautama Buddha*



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[www.Sunburst.org](http://www.Sunburst.org)

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

**Sunburst**  
monthly inspirations

NOVEMBER 2015

**Seeds of Meditation**

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

— Albert Einstein

**The Breath of Life**

Norman Paulesen, January's featured author

Life is knocking at the door on the crown of your head. Open the door and let it descend into your brain. Feel the fumes of coal, the dull sacred flame of energy and consciousness, entering into you. The flame is here with you now as much as it ever will be, so much here to follow this.

**Spauld's Meeting above your head makes no sound, yet without its presence you would not exist.** It's always there, and you need it. If you persevere in your desire and practice, it is the gateway of energy that was intended to lead you out of a barren sea of thoughts in those bodies.

When I was a young man, the radioactive light came upon me in deep meditation. It seemed to be looking straight up from a source of light. Red with colors like a rainbow. I was invited into the forest and into the living light during the last of the fall.

I suddenly realized that I was not breathing. I began to struggle feeling that I didn't breathe because words. Then I realized a thought was searching for me. It seemed to be the whole world with light, and I said, **My son, be not afraid. Breathe from my mouth the breath of life.**

Coming through the tunnel, I felt a cold sensation. How I remember to have safety knowing from that light, the sun, and from all eternity. I ceased engaging, reacting, and immediately noticed that I was also in my body without the necessity of breathing.

"He rose full of peace full of the spirit of each one of us that is intended. Far ahead before we came into these bodies—was revealed to me. The earth have known in better. Never failed. God wants all of us to know this opportunity again, but when we study, do, that we are blessed to just a few years, a few others around the sun on this tiny world. It is only a temporary report there, to show to some concerned persons—the perfection that allows light to guide us, not our little ego with all of these desires. He has said, "but try walk for the self the door!"

Light moves through the crown of our heads, into our bodies, and then with the realization, the answer is here. This is what life is about. When we're young, we're full of desire for the things we see around us, and spend our time in their pursuit. The right desire creates a barrier, without that keeps us learning, and in the end it seems there's time for walking after if we can stay long enough to say, "Yes, you walk, but they will see and walk and play and talk and work with God in this life."



**Total Annual Budget**  
\$342,540

**Special Projects**  
*Sharing the Inspiration*

- Music recording and production
- Permaculture garden
- Printing new version of Norman Paulesen's autobiography: *Life - Love - God, Story of a Soul Traveler*
- Rainwater catchment for the lodge
- Scholarship program, offering retreats and programs to those who need assistance

**Weekly Ministries**

5%  
Opening the way to spread healing and peace through weekly gatherings and revitalizing classes. Sunday meditation services, music, children's program, brunch & fellowship, audio/video support; weeknight yoga, Qi Gong, meditations.

**Facilities and Grounds**

31%  
Providing the space and facilities needed for gatherings, retreats and programs. Retreat Center upkeep, including: repairs, groundskeeping, utilities, property tax, insurance, office, kitchen and janitorial supplies.

**Outreach**

28%  
Extending the mission and love of Sunburst to all seeking souls. Sunburst Monthly Inspirations newsletter, outreach ministries, Self-realization course, books, music, website, online community.

**Permaculture and Projects**

27%  
Supporting and regenerating our sacred Earth and one another. New guest facilities, kitchen garden and composting, main area fencing, watershed and land restoration.

**Retreats and Programs**

9%  
Offering retreats, educational workshops and programs to share the full spectrum path of Self-realization. Kriya Initiations, Earth & Spirit weekends, Experience Sunburst, Karma Yoga Program, workshops in permaculture, and arts & sciences.