

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

JUNE 2015



Seeds of Meditation

*Honesty is
more than not lying.*

*It is truth telling,
truth speaking,
truth living,
and truth loving.*

— James E. Faust

We Are the Ones!

Norman Paulsen, Sunburst's founder

Where have we come from? Why are we here? Where are we going when we leave? Are there any real answers to these questions? We have scriptures of the past to turn to; men and women who have attained enlightenment, God realization, cosmic consciousness; so many names describe the indescribable. We can read, we can hear, and we can try to believe. But **we are the ones today, right now at this moment, who are faced with ourselves, and what we're doing with our lives up to that time when we're most assuredly going to leave.**

We want to believe that God is alive, hears our prayers, and is somehow going to attend to us on that moment when we take our last breath here. What is really going to happen when we leave here to face eternity? We spend our lives pursuing the desires of our self-conscious minds, growing up, raising families, dealing with the demands of life. But is it possible to see, meet and personally know this divine Being, this Intelligence who has fashioned the world we are riding on today and the very body we are sitting in? Is it possible to see and know the Divine?

Records state that some men and women have seen and known God. But, for each one of us, records aren't enough, and statements aren't enough to convince us or to give us the experience. We need to have it happen to us personally. We have all heard ministers and teachers; we've heard the statements of those who were expounding thousands of years ago. But here, today in this world, there is a growing desire in people to really know and directly experience the Divine.

Now we have statements from thousands of people who've had near-death experiences, and have described a tunnel and a Being of light seemingly at the end of this tunnel. That Being communicated to them love, compassion, understanding, and a sense of immortality—the knowledge that, for them, life continues on beyond the body.

Can we, using a tool of meditation, experience the same thing, without the physical harm of a near-death experience? We are now entering an age on this planet when meditation tools are being given to many. I believe in a meditation tool, Kriya Yoga, that is going to give each individual the ability, according to their own will and desire, to go within and fully experience the Divine. What a wonderful thing! This has been my experience, and is the experience for each one who cares to pursue it.

*The trouble
with talking too fast is you may say
something you haven't thought of yet.*

– Ann Landers

Insights From India

James Kelleher

Author of two books on Vedic Astrology, James gives us a glimpse into the focused mind of a deep meditator.

At the moment we are passing through Dwapara Yuga, a bronze age, which is characterized by the growth of science and technology. Dwapara Yuga began around the time that the printing press was invented, when science and technology began to develop.

It is interesting that even the larger trends in the world can be described using Vedic astrology. The ancient seers had an amazing ability to use astrology to shed light on the events and trends of our world. They not only mapped out the ups and downs of civilization, but also described larger Yugas that coincided with universal trends of creation and destruction. They had an expanding and contracting model of our universe, and they believed that the Universe was several billion years old.

Not bad for a bunch of Yogis, sitting in caves around 10,000 years ago. How did they even come up with such sophisticated ideas that are so close to modern concepts of the Universe? The answer to that is called direct knowledge. The nature of the mind is pure silence and pure knowledge. All one has to do is to simply experience the pure, silent nature of the mind, and any knowledge can be revealed directly.

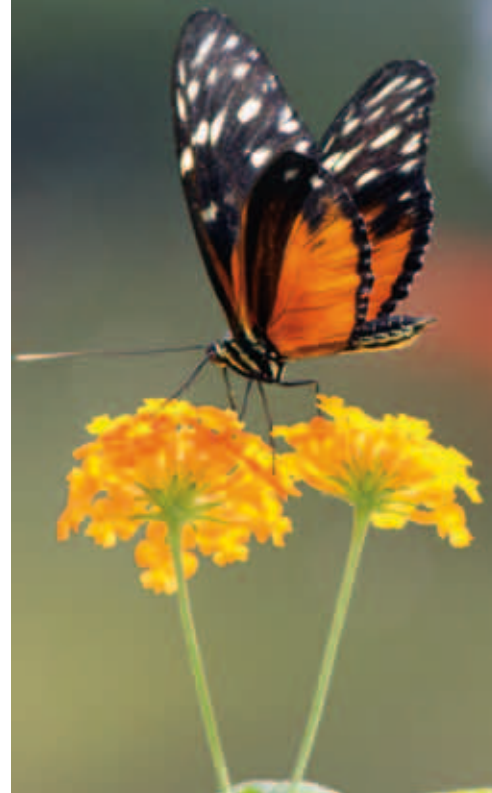
It sounds easy, but it is easier said than done. Our minds are filled with restless chaotic thoughts, and we are constantly distracted with various desires. Our modern world doesn't help. In ancient times, Yogis spent long periods in deep meditation. Their total focus and fascination was with their inner experience. Instead of getting a PhD in engineering, they got a PhD in the science of their own minds. The result was the ability to access knowledge without reading books and without speculation and theory. They got their knowledge directly, from the Source.

And that's why they got paid the big bucks and why we call them Seers! Right? In fact, you don't have to be a 10,000 year old yogi in order to experience the silence within your own mind. All you have to do is learn to meditate. Meditation is something anyone can do. It is simple, natural, effortless, and it delivers a state of rest to the body that is deeper than your deepest sleep. It releases stress and has a wide range of physiological and psychological benefits. It might not make you a seer overnight, but it can certainly improve your intuition. So why don't more people do it? Beats me! Maybe it's because there isn't an app for it yet. But I'm sure that will just be a matter of time.

Green
was the silence;
wet was the light.

*The month of June
trembled like a butterfly.*

– Pablo Neruda



Before you speak, attempt to focus your consciousness upon the divine center of your soul. Make a choice of words that are kind and thoughtful. Listen carefully to understand what is necessary to be said. Through the instrument of your voice, virtue can be expressed and given an opportunity to grow. – Norman Paulsen

Compassionate Communication

Jonathan and Valerie Joy King

It's vital to remember how powerful our thoughts are, and how much we influence others just by the way we think about them. If we're having difficulty with another person, it's an incredibly powerful thing to visualize their positive attributes, and see them in all the light they can potentially manifest.

In reality, whatever we think about another person can cause that person to reflect those thoughts back. If we're holding negative thoughts of another, we're going to strengthen those images. Yet the beauty of it is that if we see them in the light, we help the light expand and grow in them. This is the gift of silent compassionate communication we can offer all the time.

There are many tools to aid your practice of compassionate communication. Some work from the outside in, and others work from the inside out. This is what Yogananda called the inner and outer path of Self-realization. A good technique of meditation such as Kriya Yoga works from the inside, clearing out the karmic seeds and subconscious energies. As we practice, we lift these energies up into the light of consciousness, exchanging them with the pure life force of Spirit.

The other way of practicing is from the outside in, finding tools to use during everyday life. For example, before the thought of worry or frustration turns into something big, try to catch it. If you can be aware of it, sit with it, and offer it up to Spirit. It's like catching the mosquito before it bites, or a weed before it becomes bigger and stronger. You can nip it in the bud.

Thich Nhat Hanh, a Vietnamese monk, shared a simple, beautiful tool for compassionate communication that he

called "The Cake In The Refrigerator." He says:

It doesn't matter if you're not a baker, don't have a cake, or are gluten-free. This is a very special cake that is not made of flour and sugar. You can keep eating it, and it is never finished. You can use this practice to restore harmony when a situation is unpleasant and it seems like one person is losing their temper. First, breathe in and out three times to give yourself courage.

Turn to the person or people who seem upset and let them know you just remembered something. When they ask you, "What?" you can say, "I remember that we have cake in the refrigerator." Saying this really means, "Please, let's not make each other suffer anymore." Hearing these words, maybe the person will understand. Hopefully they'll look at you and say, "That's right. I'll go get the cake." This is a non-judgmental way out of a dangerous situation. The person who is upset now has an opportunity to withdraw from the room without causing more tension.

The ancient yogis state that if you make a habit of always speaking truthfully, your words become imbued with spiritual power. What is truth? Paramahansa Yogananda said, "Don't speak unpleasant words even if true," so there is a difference between the truth and the facts.

The truth is, you are an immortal soul. You are not this body. You are not this mind. Speaking truth means communicating in ways that strengthen those realizations in yourself and others. That is the ultimate Truth.

Divine Relationships

Paramahansa Yogananda

*My heavenly Father is love,
and I am made in his image.*

*I am the sphere of love
in which all planets, all stars, all beings,
all creation are glimmering.*

*I am the love
that pervades the whole universe.*

*The Lord is the Mother of all mothers,
the Father of all fathers,
the One Friend behind all friends.
If you always think of him
as the nearest of the near,
you will witness many wonders in your life.
“He walks with me and he talks with me
and he tells me I am his own.”*

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