

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

AUGUST 2015



## *Seeds of Meditation*

*What is this  
precious love and laughter  
budding in our hearts?*

*It is the glorious sound  
of a soul waking up!*

*– Hafiz*

## **Open Your Heart...Call and Ask!**

*Norman Paulsen, Sunburst's founder*

As a young child, I knew God was alive, and that he was a Being I had somehow known before coming into this life. It's hard for some to believe that God can manifest as a being of Light and talk to us personally; but as a young boy, I always wanted to get my arms around God and give him a hug! I began my search at a very young age.

God can appear to us personally in the form we love the most, and can talk with us, and give us direction. **When you open your heart, call and ask, God will come.** The tools of meditation are a wonderful gift that you can use to search out these truths within yourself, and to realize who you truly are. With this realization, you can live and enjoy our world, contributing to it and to others—a way of life that is so pleasing, so wonderful.

What a wondrous thing is this divine consciousness that we can enter into! It has been called Christ or Cosmic consciousness, God realization, enlightenment—so many names to describe the indescribable experience wherein the little self enters into the greater Self. This awakening will take place as you, the individual soul, ascend from your open heart upward into the great hall and throne room, and there see the face of God blazing like the sun. You will discover that this light of Christ consciousness is filled with all those brothers and sisters who have gone before you and united with the Divine. Your heart will burst open and God will walk in.

This wondrous gift is for all of us, but we have to make the effort to receive this miraculous presence of God, which is so close to us. We find it is woven into every atom of our bodies—so much a part of us—if we but reach beyond our limited ego consciousness and make the effort.

**Yes, God is personal with each one of us. Just think about it!** That Being who has spread the whole boundless immensity out there in space—all the galaxies, solar systems, and planets—comes to each one of us personally when we seek and ask, when we open our hearts and minds to an experience of the Divine. All the saints, all the masters, and all the angels applaud those that make the effort. Build the will to persevere, to never give up until you find God, your true Mother-Father, within yourself and know who you really are.

With the coming of Christ consciousness you will know you are a being of light, a son or daughter of this divine Being. You will know you are immortal—you will feel it; you will taste it; you will walk in it.



## The Miracle of Life

*Look at that sun shining out there.*

*Look at that blue sky,*

*and the waters upon the earth.*

*What a miracle!*

*Look at the mountains and valleys  
covered with Mother's natural images,  
her garden of life-forms.*

*Look out into space, into infinity  
stretching away from us*

*in every direction,*

*filled with planets,*

*stars and galaxies.*

*Yes, just look at you and me.*

*Oh, what a miracle life is*

*that we are here.*

*We are surrounded*

*by the living presence of God*

*in all images and life-forms.*

– Norman Paulsen

To strengthen  
the muscles of your heart,  
the best exercise  
is lifting someone else's spirit  
whenever you can.

– Dodinsky

## It's Perspective

Dawn King

It amazes me how my perspective on life can change so drastically from one day to another. Some days I've felt very lighthearted, without a care. On others, I felt over-burdened with "the weight of the world." Perhaps we all go through such mental pendulum swings at times. **How often we can become identified with our part in the drama**, forgetting this is all a divine play. I too frequently have had this type of amnesia; how about you?

One time at Sunburst, I participated in a group that planted over 150 trees on Earth Day. I found myself thinking, "How wonderful! I'm planting trees; and this is the only thing I have to think about right now."

Totally concentrated on the task at hand, I felt light, carefree. Some part of my consciousness, an objective observer, commented, "Why not do everything with this kind of total immersion, this total concentration? Instead of focusing fully on the task at hand, why do you often try to think about other things, or even do something else simultaneously?"

I quickly realized that my past feelings of being overwhelmed, or overburdened, were my own fault. It had been easy to become mentally scattered by the many and diverse tasks that seemed to demand my attention. Trying to juggle them all at once had not accomplished the completion of any of them.

"One thing at a time," is a sane approach. A day planner, and making lists help me feel as though my mind is free to focus on the moment. Even if the list is lost, somehow what needs to be done becomes apparent at the appropriate time.

It takes constant vigilance to remind myself: **Do this thing in front of you and forget the rest for now. God is the only doer, and God is in control, if I invite and allow it. This is God's drama to direct as (s)he wishes. My only responsibility is to be the best I can every moment.**

Life seems so complicated at times. Yet, it invites us to go forth each day in the spirit of divine play, "lila." Experiences of peace and divine joy—which are often found in a daily meditation practice—remind us that our stumbling blocks are but flickering shadows, and stepping stones for growth. Once having tasted divine reality—utter peace and ecstasy—we can place that blessed remembrance on the altar of the heart. There the treasure resides, wafting its sweet scent of wakefulness whenever it is needed.

**God is simple. Everything else is complex.**

– "Autobiography of a Yogi," a wise sadhu to young Mukunda

# An Enlightening Vacation

Sibylle Custer

Thinking about recreation, one of Sunburst's eight paths of conscious living, made me remember a vacation I had when I was a teenager. My family went to a farm in northern Germany because my Mom knew the people there. They were friends of hers, and had invited us to visit them. At the time, I went to a very rigorous school, requiring a lot of academic learning. I was doing homework and reading books all the time. Going to that farm was a totally different life experience for me because we were helping out there, and that meant hard, physical work, which I was not used to at all.

The work went all day long, and the hardest part I remember was being out in the field in the hot, summer heat. Although the oat field was ready to be mowed, they couldn't take a tractor on it because the ground was too boggy, too marshy. They had to cut the whole field by hand with a scythe.

The women were working behind the men that were cutting. We had to gather together all the cut oat sprigs, put them in a bunch and tie around it with some other oat sprigs. It was hard work. You had to bend down all the time and pick things up, then tie them. It was a big field; it went on and on. The sun was burning down on us, but everybody was moving ahead. I tried to keep up.

When I went back to the house at night, I was so tired and hot. I could literally wring out my T-shirt and see drops of sweat dripping on the ground; that's how hot it was. And this was supposed to be a vacation!

I was dead tired, but somehow I felt absolutely great, really elated. I felt so good about myself having been out there and

being part of the process of getting the grain harvested and ready to go into the barn for threshing. I was feeling really excellent just for being part of a crew working together like that. I started thinking, "Well this vacation turned out really great!" It was such a balance to what I was usually doing, and gave me all these new life experiences.

Since that time on the farm, the borderline between what is work and what is recreation got a little blurred. At some point, I couldn't tell anymore. "Is this work now, or is this vacation time?" I saw no difference.

Recreation, really good God-felt recreation, can give you the deeply satisfying feeling of being in unity with everything. Do an activity out in nature and be in unity. Feel all the parts of the experience, and be happy that you're there.

Sunburst founder Norm Paulsen says that conscious recreation is discovering your true Self within, and I think that's what I discovered out there in the oat field. My innermost Self was part of everything. No matter what my body felt, or how tiring it was, my inner Self was there enjoying life.

The best thing we can each do for ourselves is make time in our day—in our years—to discover this true Self in us, this spark of God within that resonates with everything around us.

*Dear Spirit, when we find unity with you,  
then we'll know that we have picked  
the right activity on this vast playground,  
the activity that gives us fulfillment.  
Please help each one of us  
to find this joy of unity with you.*

*The whole idea of compassion is based on a  
keen awareness of the interdependence of all  
these living beings, which are all part of one  
another, and all involved in one another.*

– Thomas Merton



## Questions Welcomed

**Q.** I was wondering, in our prayers and meditations, if it is selfish to ask for or seek salvation for yourself, or should one ask that others attain it first?

**A.** *Sunburst founder Norman Paulsen*

Well, my feeling is that for every spirit who attains Christ consciousness fully, that spirit is then able to do a greater work expressing that consciousness, that light. So therefore, if we submit to God and Christ in prayer and humility each day, we are led to right action in thought and deed. My prayer is:

*Lord, I give you both feet, both hands, my heart, my mind, my life force—everything I am I give to you today.*

*Please receive this Lord, and inhabit me for your pleasure and for your will.*

*Lord, I love you with all my heart.*

If we can succeed in offering ourselves to God 100%, not reserving any little piece of ourselves for our own satisfaction, we have made a total commitment to our Creator. In your prayer, you will know when you have done this. When you succeed in giving God all that you are, you're already in a state of ecstasy.

That's what meditation is about, continually offering everything. With complete surrender to God, we give him all that we have, all that we've done, all that we are, good and bad. When we can do that, he has to replace it with himself.



*You may call God love,  
you may call God goodness.  
But the best name for God  
is compassion.*

– Meister Eckhart

## Chanting the Song of the Universe

*Emily Wirtz*

When we chant the sound of *OM* (or *AUM*), we call forth into our consciousness the song of the Universe. All of creation has a vibration. In this vibration we are all one...with each other, with all of the visible creation, with the invisible, with our Creator.

We visualize (with our inner sight) pure Light shining into us and through us, shining in all of creation. Let us turn our other senses inward toward the Divine as well. As we chant the ancient sound of *OM*, let it fill our inner hearing. May our very consciousness be filled with the sound.

This is the vibration that creates, sustains and—when the time is right—dissolves. This is the vibration of the boundlessly powerful yet intimately personal Spirit, I AM THAT I AM, the divine Mother and Father. This is the vibration of the divine Friend, and the vibration of the pure Self within each of us. May we fill ourselves with this vibration until the veil of separation is lifted, and we realize our oneness with all.

OM...AMEN