

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

OCTOBER 2015



## ***Seeds of Meditation***

*Retire  
to the center  
of your being,  
which is calmness.*

— Paramahansa Yogananda

## **We Have Always Been One**

*Norman Paulsen, Sunburst's founder*

My Father, my Mother, my Friend, my Beloved,  
I feel your presence right here, right now.  
You created each one of us in your likeness.  
We are your children, the offspring of your divine mind,  
Your consciousness, your life, which fills all eternity.

Oh Beloved, you are everywhere.  
There is no place where you are not.  
You are within me this very moment.  
The kingdom of heaven is within me;  
The first creation of light is within me.  
It abides on the crown of my head.  
The tree of life grows forth in my spine.  
My arms and legs are the limbs;  
The hair of my head is the roots; rooted in the light.  
The nourishment for my tree descends upon me,  
Filling me up.

All creation exists within me;  
All spinning galaxies, nebulae, stars, planets,  
Sons and daughters without end—all spinning within me.  
I AM the space between the atoms—  
Yes, it is you who fills all things—I AM THAT I AM.  
Temporarily, I think myself separate.  
But I will know that Thou and I are One.  
We have always been One.  
Oh Beloved, you will sit on the throne  
That crowns the tree of life within me.  
You are here now.  
Om...Amen

# Divine Spirit Living In Us

Sandy Anderson

**The power of the living God is in us—in our minds, in our beings.**

He and She has invested in us that great light, the sacred seed of life. Our minds contain the power of creative thought. We are able, like the Divine One, to use our will, our thoughts and our words, to create something within and manifest it on earth.

This power is sacred. We must use it for the good of all. We must use it to fuel our fire, to become one with the divine. With it, we can accomplish wonderful things. We can help many people. We can help this world to heal and come back to balance.

But the vital essence of our job here is to breathe in the Divine, and to allow that light and that beautiful love to come alive in us, so that our thoughts and the beating of our hearts are attuned to Father and Mother Divine. Through that attunement, truly we will help this world; we will help all beings.

**We can recreate the beautiful garden that once was and will be again.**

The infinite power of divine Spirit lives in us. Let us use it wisely. Let us use it well.

## Mindful Greeting

Thich Nhat Hanh, "The Art of Communicating"

It's helpful to remember at the beginning of every communication with another person that there is a Buddha inside each of us. "The Buddha" is just a name for the most understanding and compassionate person it's possible to be. You may call it something else if you wish, like *wisdom* or *God*. We can breathe, smile, and walk in such a way that this person in us has a chance to manifest.

Where I live in Plum Village, every time you meet someone on your way somewhere, you join your palms and bow to him or to her with respect, because you know that there is a Buddha inside that person. **Even if that person isn't looking or acting like a Buddha, the capacity for love and compassion is in him or her.** If you know how to bow with respect and freshness, you can help the Buddha in him or her to come out. To join your palms and bow like this isn't mere ritual. It's a practice of awakening.

While you bring your hands up and put your palms together, breathe in and out mindfully. Your two hands form a flower, a lotus bud. If you do this with genuine intention, you will likely be able to see the possibilities in the other person. As you breathe, you may want to say silently:

**A lotus for you.**

**A Buddha to be.**



*I was hungry  
and you fed me.*

*I was thirsty  
and you gave me a drink.*

*I was a stranger  
and you welcomed me.*

*I was naked  
and you clothed me.*

*I was sick  
and you visited me.*

*I was in prison  
and you came to me.*

*What you did  
to the least of these,  
my brethren,  
you did also to me.*

– Jesus,

The Gospel According to Matthew



*God loves each of us as if there were only one of us.*

– St. Augustine

## Living a Spiritual Life in a Material World

David Adolphsen

We are truly more loved and supported by Divine Spirit than we can even comprehend with a limited ego-consciousness. But we have the ability to expand our awareness and develop a deeper, more lasting, more expansive consciousness. We refer to it as God-consciousness.

In a discussion several years ago with Norm Paulsen, the founder of Sunburst, he started explaining how it is that we're able, while inhabiting these bodies, to have spiritual sight, to see inner visions. He stated that the pituitary gland, which sits behind and under the optic nerve in the brain, works in conjunction with the optic nerve, to project images onto the cosmic screen out in front of our foreheads.

I thought to myself, "No, that can't be!" because I'd always had this idea that spiritual things were spiritual, and things of the body were physical.

He explained to me that, as we develop our inner faculties through the process of meditation and right living, the pituitary and other centers located within our spines start to evolve and develop.

Everybody, no matter what their condition or situation, has the ability to experience more than what we're able to

see and hear with just our two physical eyes and ears. We have a set of inner senses that allows us to receive, perceive, and project the very consciousness of God.

As we go through life, we find ourselves faced with questions at different times: *Who am I, really? Where did I come from? Where am I going?*

Our physical bodies are temples wherein we can experience the pure Self that lies deep within; these bodies house the very consciousness of God. It is our opportunity to work on opening up the inner chambers of that divine temple, and finding answers to our deepest questions. We speak of God as our Father and our Mother; if we are truly children of that Divine Spirit, then we must have the ability to perceive the same way as the Spirit who created us does.

Through meditation and seeking to live a virtuous life, we each can develop an ability to transmute our karmas, the mental images that lie buried deep within our book of life. Those images can be raised up through our inner-dimensional spine and released into the eternal light. As we meditate and live virtue, letting go of false ideas of who we think we are, it creates space within our

temple for the living spirit of God, who is always there, and has given us free will to choose pure consciousness.

Paramahansa Yogananda composed a chant called *Who Is In My Temple*; the words are:

*Who is in my temple? The Lord today.  
All the doors do open themselves;  
All the lights do light themselves.  
Darkness, like a dark bird,  
Flies away...flies away.*

I imagine, when he wrote this simple chant, that it expressed what he was experiencing. When God-consciousness was able to possess his mind and body, all the spinal doors opened and became bright; darkness truly did fly away in the presence of the Light of God.

So, let us each pray to know, beyond a shadow of a doubt, that we are divine, and we can evolve this God-given vehicle to receive, understand, and project the divine images that so desperately need to be expressed on this planet. This is the healing energy that will help all people and all nations; it starts with each one of us.

What more important or meaningful thing could we do in this life than to work diligently at helping evolve the consciousness that we came into this life with! It is such a gift, and such a blessing.

*The world is transformed by those who love all people,  
just as you love yourself.*

– The Tao Te Ching

# New Designs Created By New Consciousness

Permaculture teacher Warren Brush, excerpted from "The Moon Magazine"

It's like Einstein said: **You can't solve a problem using the same consciousness that created it.** We have to change our consciousness—and I believe design is the way to do it, because it's endlessly creative. There's not one way—every situation will have its own solution.

One thing I want to emphasize: permaculture is not a farming or gardening technique. It's a design methodology—in this case applied to agriculture. But you could apply it to anything—to buildings, to waste cycling, to water harvesting. I think people get confused about that. They say things like, "Should I do organic gardening, or should I do permaculture?" If you want stability and resilience for your family and community you need a diverse, local food system. Organic gardening can be incorporated; biodynamics can be incorporated.

A really big story, is rejuvenating our

springs. [At Quail Springs there] was just a trickle nine years ago—and then, only at night when the trees weren't transpiring. Now we're getting sixty gallons a minute.

Permaculture is a decentralizing movement. It can't be done on a large scale without involving many people, which is an entirely different way of farming that looks more like times past, when we had communities of small farmers. Rather than one farmer having five thousand acres, permaculture has a thousand people each farming five acres, which is a much more stable way of producing food—for people, if not for profit.

Culture used to derive from our landscape, which affected everything—our food, our architecture, our clothing, our music—it all came from place. Now we're part of a globalized homogenized

culture—which is to say, no culture. I think that's a loss for humanity. When you no longer have culture it means you've lost your sustainable way of living.

But change will come. We can either design our way out of our present situation, or change will be forced upon us as a result of crisis. The permaculture approach is to focus on the positives, the opportunities that exist rather than the obstacles, even in the most desperate situations. We designed our way into this mess, and now that we know better, we can design our way out. **We can apply conscious design to whatever the conditions and circumstances of our lives are now.** And that, I believe, is exciting. What we want to do is forge into the future in a way that's never before been seen [and] that also honors where we've been. The reason we'll be successful is that we're a grassroots movement.

## SUNBURST: Awakening Spirit – Building Community



### YOU ARE INVITED...

Immerse yourself in the camaraderie of like-minded souls. This fertile environment will encourage you to uncover and explore who you truly are, and the power you have to create heaven on earth today, through spiritual practice, community, and service.

Sunburst facilitates opportunities for you to deepen your path through group meditations and workshops, including meditation instruction, yoga and Self-realization classes, permaculture education and hands-on instruction, and more. Please contact the office for further information.

< *Group Meditation*

New! Click here to find out what's happening at Sunburst: <http://sunburstonline.org/sunburst-fellowship/>

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