

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

JULY 2016



## Seeds of Meditation

*The person  
who removes a mountain  
begins by carrying away  
small stones.*

– Chinese Proverb



## We Are the Ones

*Norman Paulsen, Sunburst's founder*

We have each asked ourselves where we came from, why we are here, and where we are going when we leave. Are there any real answers to these questions? We have scriptures of the past to turn to, the words of men and women who attained states of consciousness called *enlightenment, God-realization, nirvana*. We can read, we can hear, and we can try to believe. But we are the ones, today, right now at this moment, faced with ourselves and what we are doing with our lives up to that time when we most assuredly are going to leave.

We want to believe God is alive, that God 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 are leaving here to face eternity, that great beyond of which we know so little?

We spend our lives pursuing the desires of our self-conscious minds, growing up, raising our families, fulfilling the demands of life. But is it possible to see, meet and know, personally, this divine Being, this intelligence who has fashioned the world we are riding on today, who has fashioned the very body we are sitting in? **Is it possible to see and know God?**

Records state that some men and women have seen and known God. But for each one of us, records and statements aren't enough. **We need to have it happen to us personally. Is there a way?**

The fact is that a good meditation tool exists, and this experience is available for each one of us. **I believe in a meditation tool that will give each individual the ability, according to personal will and desire, to go within themselves and meet the Divine face to face.** This has been my experience, and this is the experience for each one who cares to pursue it. What a wonderful thing!

This is not a new religion. This is never going to be an "ism" of any kind. It's going to be people who know and are guided within themselves—each one guided by the same Light, the same divine intelligence and wisdom. The things we do, the things we create, can be done with divine guidance. Instruments of war will be abolished forever.

Yes, a simple meditation tool, if practiced faithfully, with love that you feel for God—whatever your own image of God is—will lead you to Him, to Her, to It. Yes, you can experience the Divine that you are going to face when you leave here for the last time. And you can understand why it all came about.

# MEDITATION



- M** – **Mindfulness:** awakening to the possibility of each moment
- E** – **Enlightenment:** seeking knowledge, teaching knowledge
- D** – **Daily intention:** one thought, one breath, one action at a time
- I** – **Inner balance:** centering the deepest part of your spirit
- T** – **Tranquility:** looking within to find the calm you need
- A** – **Acceptance:** accepting all thoughts without judgment
- T** – **Trueness:** authenticity in all aspects of our lives
- I** – **Inner peace:** peace in oneself, peace in the world
- O** – **Oeness:** realizing you are greater than yourself
- N** – **Namaste:** recognizing the divine spark within every being

*Remember that beyond classmates, guides, and teachers, the only leader of your spiritual journey is yourself. If you desire to meditate, find the times and places that work best for you. A group may serve your needs, or individual practice may suit you best. Regular meditation has been shown to increase mood, boost physical well being, and improve relationships with others, among many, many other benefits. If you want to get started, take ten minutes now, close your eyes, and begin to breathe...*

*Adapted from: [www.mindfueldaily.com](http://www.mindfueldaily.com)*

*Your problem is how you are going to spend this one odd and precious life you have been issued. Whether you're going to spend it trying to look good and creating the illusion that you have power over people and circumstances, or whether you are going to taste it, enjoy it and find out the truth about who you are.*

*– Anne Lamott*

*If  
you think  
you're too small  
to make a difference,  
you haven't  
spent the night  
with a mosquito.*

*– African proverb*



*Ask those who love Him with a sincere love,  
and they will tell you that they find no greater or prompter relief  
amid the troubles of their life  
than in loving conversation with their Divine Friend.*

*– Alphonsus Liguori*

## Developing Desire and Devotion for God

*Barbara McCaughey*

Paramahansa Yogananda used to say to his disciples, “Get devotion!” But with this admonition, he also gave them practical ways to accomplish that goal. To nurture devotion, he encouraged them to practice the meditation techniques they had been given. In doing so, they would be willing to set aside time to quiet the mind, to interiorize the senses, and give the subtle life force a chance to find its way into their consciousness in a very personal way. The experience of God is love, and once you experience it, devotion naturally flows from that. You are forever devoted to love.

Another thing Yogananda talked about was the importance of practicing the presence of God. In our silent meditations, we are looking for the light of pure consciousness and trying to feel life force moving through our bodies. In practicing the presence of God, we are using the magnificent vehicle of the body in order to bring divine love into the creation. **Practicing the Presence expands our idea of God as being the fabric of creation.** There was a naturalist who used the term, “The Spirit that moves in all things.” When we look at all life forms in this way, how could we not feel devoted to God in every manifestation?

In order to feel the Spirit that moves in all things, we have to slow down. We have to do all our actions with intention. The Buddhists use the term “mindfulness.” We’re not scurrying from one activity to the next; we are acknowledging the presence of God in every moment.

In the traditional Japanese Tea Ceremony, the attention to detail, the purposeful placement of every single item, almost confounds the untrained mind. It’s all done to express the beauty and order of the divine universe, and it’s meant to honor the guests that are attending. The idea behind it is, “One moment, one opportunity.” There will never be another moment in all of eternity that is configured just like this present moment. Think about that for a minute: not one moment in eternity just like this one!

I saw a movie several years ago that was set in old Mexico. There’s a point in the movie where the main character recognizes the strange power that her cooking evokes. She says, in a very passionate voice, “There is only one ingredient—and that is love.” **Certainly, when we’re acting from our pure Selves there is only one ingredient in life, and that is love.**

Yogananda talked about the need to purify the heart, from the lower emotions of jealousy, anger, greed, and so on, because all those things block love. Jesus said that when you stand praying, if you have a grudge against your brother or your sister, you need to forgive them, and in forgiving them you are forgiven. It’s not that there’s some Being somewhere that’s judging you and saying, “Okay, now you’re worthy of being forgiven.” It’s just that the nature of God is love, and when we remove the blocks to love (like negative emotions) then they’re dissolved. It’s as if it never happened, and we’re back in tune with where we want to be.

Lastly, there is the need for humility. When we recognize this creation as the blueprint of our divine Creator, then we can only pray that we courageously, humbly, and harmoniously fit in to this wonderfulness. One life form cannot be above or below another, because we’re all from the same Source. So many people who have an experience of God—either through meditation or through a near-death experience—are transformed by love, but they also then have a greater desire to learn. When you study the natural universe, I think the word that you always come to is “Wow!” God is so present in his creation, in her creation. The more we know, the more we can appreciate it.

*Almighty Spirit, we thank you for this wonderful adventure that we call life, and for this magnificent creation. Might we recognize you in ourselves, and in others, and in every life form. By your grace, and by our efforts, may we see your face shining everywhere. Amen*

## Now Available

"Within each one of us exists the consciousness that can change this world, and ourselves, in a positive way. We each have the ability to establish communication with this consciousness, the very mind of God."

Order your copy of this **newly updated** edition of Sunburst founder Norman Paulsen's inspiring autobiography. Call Sunburst's office at 805-736-6528 or visit:

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

*Norman Paulsen's book launched me onto a path of rapid spiritual growth that brought immense changes in my personal life and a new understanding of my purpose and place in the world. The beauty...is that it transmits Norm's powerful energy, love, and awareness. To read it is to be immersed, as Norm was, in the light of divine Love.*

– Amanda Lambert

*This book is a clarion call to all spiritual seekers to get busy and achieve enlightenment in this life.* – Herman Granz

*For me Norman's experiences continued the legacy of Yogananda in a very special way. Norman...set the record straight for me.... Anything is possible, including heaven on earth. The combined destiny of the ascension of this planet and ourselves is happening right now.*

*I believe the contributions of brother Norman, a true spiritual master, will become more evident and crucial to people entering the Christ consciousness on a massive scale. Thank you, brother Norman!* – Michael Reed

*My husband and I couldn't put it down; we both treasure your book and feel we know you.* – Ruth Rogers



## Sunburst Events

### EARTH & SPIRIT WEEKENDS

**Friday – Sunday, June 24 – 26 AND September 2 – 4 – Unplug & Reconnect**

Enjoy heartfelt camaraderie as you reconnect with yourself, Spirit, and our sacred Earth. Saturdays include *Exploring Permaculture* with Sean Fennell.

### EXPERIENCE SUNBURST – Friday – Sunday (10 days)

**June 24 – July 3 – Living With Spiritual Intention**

Join like-minded souls exploring the teachings of Self-realization, learning meditation, offering energy and enthusiasm to improve and beautify the sanctuary.

### AWAKEN THE LIGHT WITHIN – KRIYA MEDITATION RETREAT

**Thursday – Sunday, July 28 – 31**

Discover the healing power of your own personal relationship with the Divine. Learn Kriya meditation, or refresh and deepen your practice by attending again.

### KRIYA II MEDITATION RETREAT – THE RAINBOW PATH

**Thursday – Sunday, September 29 – October 2** (Prerequisite: Kriya I)

Empower your spiritual journey, creating a fulfilling, purposeful life.

### EARTH & SPIRIT WEEKEND

**Friday – Sunday, October 28 – 30 – Unplug & Reconnect**

Learn to build optimal winter wellness. Reconnect with yourself, Spirit, and our sacred Earth through yoga, meditation, music, and *Wellness with Ayurveda*.

### LIGHT & RENEWAL – KRIYA MEDITATION RETREAT

**Thursday – Sunday, December 29, 2016 – January 1, 2017**

Be the change! Learn Kriya meditation (or refresh your practice) with enriching classes, spiritual fellowship, transformation. Set your intentions for the new year.

*PRE-REGISTRATION is required for all events above. Camping is available. Please call for more information and to register.*

### SUNDAY MEDITATION GATHERING – Every Sunday, 10:30 A.M.

Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspiring company, and a delicious vegetarian meal. *Children's program offered for ages 4+.*

Find out what's happening at Sunburst: [www.sunburstonline.org/sunburst-fellowship](http://www.sunburstonline.org/sunburst-fellowship)

©2016 Sunburst Church of Self Realization • 805.736.6528 • [www.Sunburst.org](http://www.Sunburst.org) • [ContactUs@Sunburst.org](mailto:ContactUs@Sunburst.org)