

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

SEPTEMBER 2016



Seeds of Meditation

Change
the way you look at things,
and the things you look at
change.

— Wayne Dyer

A Quantum Leap

Norman Paulsen, Sunburst's founder

*I AM THAT I AM, you are my Mother, you are my Father.
Together, you have stretched forth this vastness of universes,
Galaxies and star systems, this planet, my body,
All my brothers and sisters, each face I see, fashioned by you.*

*O Mother Divine, O Father, reveal thyself to me
In that inner vision where your Light, your featureless face,
Shines forth brilliant, like the Sun.
Reveal thyself to me.*

We, as the human race, today stand on the threshold of a quantum leap into a dimension of consciousness we've only dreamed of, wherein we begin to experience God, I AM THAT I AM, existing in every face we look at. As it grows in us, it's as if every face becomes our own, every brother and sister a reflection of ourselves. **We are all one in this divine consciousness.**

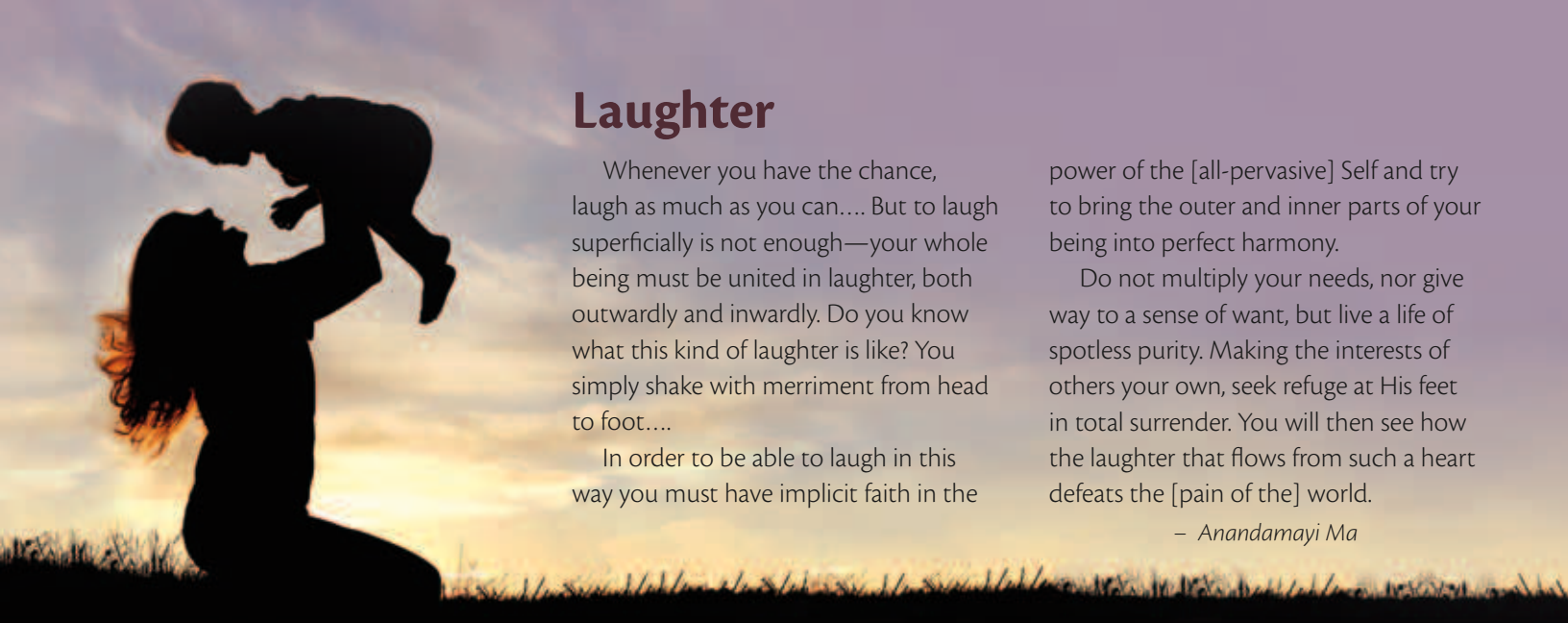
Two energies in time and space, the masculine and feminine, are in evidence before us every day, man and woman, I AM THAT I AM. The true relationship between man and woman is that those two divine concepts live in these physical bodies, fully conscious. This is the reason all was created, and this is the evolution ahead for our planet that we are looking into, and we're only seeing the beginning of it.

God is love; the love that each one of us feels for another, and for many. We all have attributes of the Divine. We now need that consciousness, that vision which enables us to see the interior of all created images, to see God in everything. **The space between the atoms in our bodies is filled with the Divine.**

Spirit is present everywhere, but our ego-conscious minds are so busy going after our desires in this world that we don't slow down long enough to look within and meditate upon the miracle of our own existence.

The self-conscious mind always wants to be disobedient. It doesn't want to sit and meditate, to spend the time. It doesn't want the inconvenience. It always wants to pursue restlessness, running after this and that—for what purpose? There is no place to go and nothing to do, really. A hole in the ground waits for each one of us. We'd better find out now. Rein in that self-conscious mind; make it sit and be still.

Remember that each one of you is equipped atomically, molecularly, cellularly, right in your own body, at this very moment, to experience—totally experience—cosmic consciousness, illumination, oneness with God. **You don't have to go anywhere. It's all right within you;** the whole creation is right within you. How can you see it? Meditate on it.



Laughter

Whenever you have the chance, laugh as much as you can.... But to laugh superficially is not enough—your whole being must be united in laughter, both outwardly and inwardly. Do you know what this kind of laughter is like? You simply shake with merriment from head to foot....

In order to be able to laugh in this way you must have implicit faith in the

power of the [all-pervasive] Self and try to bring the outer and inner parts of your being into perfect harmony.

Do not multiply your needs, nor give way to a sense of want, but live a life of spotless purity. Making the interests of others your own, seek refuge at His feet in total surrender. You will then see how the laughter that flows from such a heart defeats the [pain of the] world.

– Anandamayi Ma

Mistakes are the portals of discovery.

– James Joyce

Claim Your Divinity!

Paramahansa Yogananda

The law of karma is not fatalism. The kind, omnipresent God never punishes nor rewards you, for God has already given the power to punish or reward yourself by the use of your own reason and will.

In past years you have probably suffered enough.

It is time now to parole yourself from the prison of your own undesirable habits. Since you are the judge, no jail of suffering, poverty, or ignorance can hold you if you want to liberate yourself.

Speak the words: "Be thou free!" Make the jailer of your wrong convictions obey your command and set you free.

Do not discourage yourself by entertaining the thought that you are a sinner and that God will never come to you. You then paralyze your will.

Wrong-doing is temporary, what is done is finished. **It doesn't belong to you anymore.** But resolve not to commit the same error again.

You do not have to accept karma. If I tell you that somebody

is standing behind you ready to hurt you because you once hit him, and you meekly say, "Well, it is my karma," and wait for him to strike you, of course you will get a blow! Why don't you try to mollify him? By pacifying him you may lessen his bitterness and remove his desire to strike you.

Since all effects or seeds of our past actions, our karma, can be destroyed by roasting them in the fire of meditation, concentration, the light of super-consciousness, and right actions, there is no such thing as fate. **You make your own destiny.** God has given you independence, and **you are free to shut out God's power or let it in.**

You have more strength to overcome difficulties than you have troubles to overcome. You can remedy your mistakes because God has given you reason and will. First you must make up your mind; then hold your will steadily to your purpose until it is completed. Discipline yourself to develop your powers. Claim your divinity! Unite your consciousness with God, and receive blessings direct from Spirit's hand.



Ceremony at the Wheel of Life

Experience Sunburst!

Have you ever wondered what it's like to live in cooperative community? It's an opportunity, once taken, that is never forgotten.

Sunburst hosted a ten-day June program for folks who wanted to experience the rejuvenation, healing and inspiration that comes from living, working, playing, and meditating together. It included deeply touching ceremonies around the Wheel of Life, and an inspiring and informative permaculture session. One of the hands-on activities was fruit tree planting.

Residents, locals, and program participants enjoyed the camaraderie that's created in sharing group meals, work projects, and daily meditations (sometimes with live music). A new edible garden, complete with artwork, was created in the lodge planter boxes. We gave the community garden some TLC, and fixed up the A-frame retreat cabin—a peaceful,

quiet place at the top of the ranch, perfect for secluded meditations.

It was fun sharing our experiences (and challenges) in the twelve virtues, learning more about their corresponding astrological signs, and the energies of our planetary "neighborhood." We talked about how to use this knowledge to help balance and navigate our lives successfully.

By the time Sunday meditation and brunch came around, individuals had bonded into a family. Love and appreciation for each one's presence was evident. It was just too hard to say "goodbye." So, instead, we all said, "See you soon!"

Our hearts and souls stay bonded in friendship no matter where we are. We're all brothers and sisters in Spirit. Let's enjoy more community! See Sunburst's Events each month for upcoming opportunities to share the joy of being together.



Garden Work Project



Prayer around the Hopi corn



Dinner Party with Entertainment



Hike to the Wheel of Life



Permaculture Instructor Sean Fennell

*I will do everything
with deep attention:
my work at home,
in the office,
in the world—
all duties great and small
will be performed well.*

— Paramahansa Yogananda

Sunburst Events

EARTH & SPIRIT WEEKEND, featuring *Permaculture as Spiritual Practice*

Friday – Sunday, September 2 – 4

Unplug & reconnect! Enjoy yoga, meditation, and music. Explore permaculture principles and practices with Sean Fennell, Certified Permaculture Designer.

KRIYA II MEDITATION RETREAT – THE RAINBOW PATH

Thursday – Sunday, Sept. 29 – October 2 (Prerequisite: Kriya I)

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

EARTH & SPIRIT WEEKEND, featuring *Celebrating Wellness through Ayurveda*

Friday – Sunday, October 28 – 30

Learn wellness practices from Clinical Ayurvedic Specialist Michelle Schaefer. Reconnect with yourself, Spirit, and our sacred Earth. Enjoy yoga, meditation, and music amidst the spacious, peaceful setting of Sunburst's Sanctuary.

EARTH & SPIRIT WEEKEND, featuring *Sacred Geometry Workshop*

Friday – Sunday, November 18 – 20

Discover the sacred patterns within nature, guided by Craig Hanson. Enjoy yoga, meditation, music, and Sunburst Sanctuary's pristine natural beauty.

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 – Sundays at 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+.*

Life • Love • God *The Story of a Soul Traveler*

"There is a place to go within yourself, to the Light that created you and is manifesting you today. You have the ability to experience your Creator face to face within, to know who you truly are, to receive that knowledge and guidance, that wisdom, peace, and love."

We're excited to offer the new, updated edition of Sunburst founder Norman Paulsen's autobiography. Read the story of an extraordinary life, including childhood with a blind Buddhist father, youth in Paramahansa Yogananda's ashram, profound experiences of cosmic consciousness, culminating in the founding of Sunburst. To order, call Sunburst's office at 805.736.6528 or visit www.sunburst.org/lifelovegod.

Find out what's happening at Sunburst: www.SunburstOnline.org/sunburst-fellowship/

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