

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

JANUARY 2016



## *Seeds of Meditation*

*Divine Father,  
Thy cosmic life and I are one.  
Thou art the ocean,  
I am the wave;  
we are one.*

*I demand my divine birthright,  
intuitively realizing  
that all wisdom and power  
already exist in my soul.*

*– Paramahansa Yogananda*

## **This Is Cosmic Consciousness!**

*Norman Paulsen, Sunburst's founder*

For you who make the journey homeward,  
Seeking reunion with your divine Mother and Father—  
As you grow in cosmic vision and awareness,  
All creation becomes your home.  
You can observe it; you can feel it.  
In your extended awareness, you can partake of it,  
And you are enjoined by it to be its caretaker.  
This is Cosmic consciousness!

What else is there to seek in this life?  
When we see those before us  
Disappearing over the horizon and into the grave,  
We realize the material pursuits are for nothing.  
But God is everything.  
When we lay down our energy in this pursuit,  
The reward is all space, all time, all images to play with.

The greatest encounter of all is presenting itself to humanity now.  
Yes, there is salvation for our planet, *through* God's children.

**Now is the time to make that journey, make that search.  
“For as many as would receive, to them is given the power  
To become the sons and daughters of God.”**

All mysteries will be made known;  
Each and every soul will know you, Divine Spirit.  
This world again will be heaven.  
Yes, heaven on this planet, growing from this day forward  
Into a divine society of beings that no longer pollute,  
But caretake this garden of beauty, and care for each other—  
Building structures, exploring the arts and sciences  
Which demonstrate your mighty design:  
The fabric inherent in time and space  
In the structure of atoms and galaxies—  
Total attunement with You,  
I AM THAT I AM.

# The Temperate Place

John McCaughey

If you picture the earth, we can see that the planet has three types of climates: the equatorial area of the tropics with extreme heat, the polar areas of the Arctic extreme cold realms, and the two temperate zones that exist in between. Temperate zones are more comfortable for human habitation.

That's the physical, but what about our inner climate? We can see a wide range of possible ways that we can be experiencing consciousness—all the way from deep depression to frenetic hyperactivity. In the middle ground of all that possibility is the temperate place, the place where we can trust our perceptions, a place where decisions are made which can be fruitful.

The value of dwelling in the centered place, I think, is understood by all of us. The actual effort and strength that it takes to live there can be hard to find sometimes, can be hard to generate. We, of course, always propose that meditation is our primary tool for keeping our consciousness in that centered, temperate place. But we find ourselves living our lives, day after day, in situations where we have to have the purpose of self-mastery firmly committed in our consciousness.

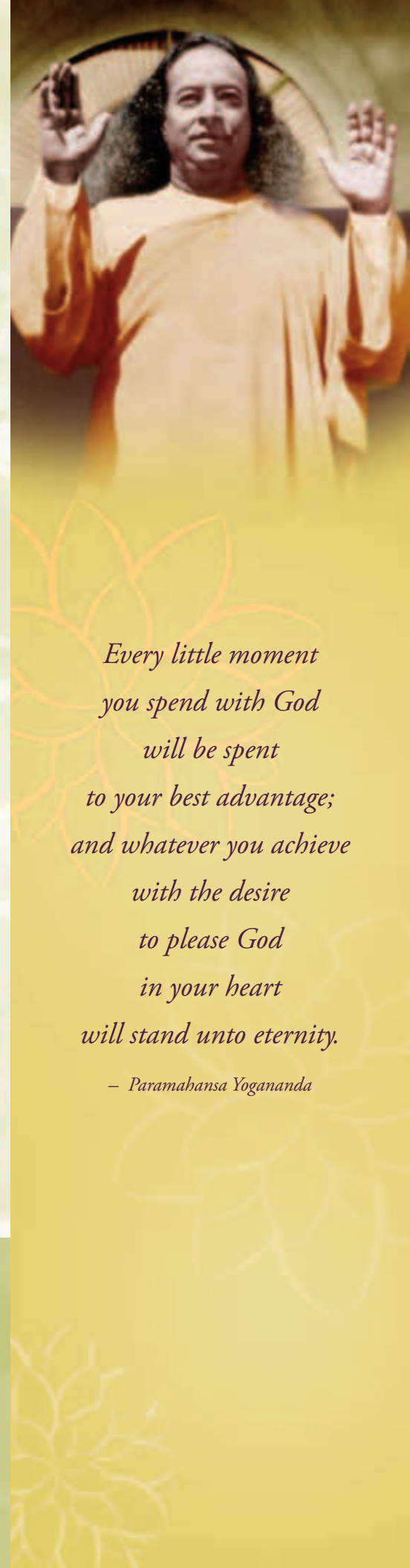
Our commitment to the goal of self-mastery reminds us, when we feel ourselves moving from side to side in our consciousness, who we really are, what is real. We need tools that are unique to each one of us, tools we can

employ and bring our consciousness back to that middle ground and allow Spirit to help us.

When we're in that place, that centered place, and we ask for help, there are a multitude of spirits who are listening at that moment. It is their responsibility to come to our aid, and they are always there. We have to be there, too. We have to get ourselves into that place where we can hear what they're saying.

Guidance and comfort probably won't be coming in booming voices or burning bushes. More than likely, it will be something that's very subtle. But in that temperate, centered place, we can perceive it. **The dialogue that goes on between our souls and the spirit world, over time, helps us guide our lives and helps us see that goal of self-mastery coming closer and closer to manifestation.**

I don't know how many of you have heard the term tempered steel, but here's the way steel is tempered. It's first heated to extreme temperatures and then immediately cooled with ice-cold water. The result of this extreme heat-cold combination results in a product that is useful, durable, and beautiful. And that's the way our consciousness functions in the temperate place. It produces beautiful decisions and actions and allows us to receive the direction that Spirit would have us walk.



*Every little moment  
you spend with God  
will be spent  
to your best advantage;  
and whatever you achieve  
with the desire  
to please God  
in your heart  
will stand unto eternity.*

— Paramahansa Yogananda

*I keep sacred the daily habits that make me feel good  
and allow my cells to vibrate at their highest potential.*

— Cheryl Richardson

*From the depths of silence  
the geyser of God's bliss shoots up unfailingly  
and flows over man's being.*

– Paramahansa Yogananda

## The Unthinkable

Dawn King

How many times have I heard “unthinkable” followed by “horrors”? We’ve heard this from the media and some recountings of history. But, how much better if I recall that we live in a world of duality, and thus equally possible is “unthinkable joy.”

In fact, so much of what we experience is subjective: Is the glass half empty, or half full? In other words, we choose our reality. A good example is the stock market. Every day there are buyers and sellers of the very same stock. The stock’s value is in the eye of the beholder.

Try to imagine the greatest life experience you could have. What I am proposing is beyond the realm of the rational mind. It would lead to what Paramahansa Yogananda has described as “the boundless realm of Reality...enthroning oneself within the unalloyed happiness of the soul.” Another term for this “greatest life experience” would be “realizing one’s immortal pure Self.”

Yogananda continues: **“The masters of India ask: ‘What are you going to do when you are confronted with pain and sorrow? Are you going to cry helplessly, or are you going to practice those techniques that give even mindedness and transcendence while you are treating the malady?’**

**“They urge commonsense remedial action and simultaneous control of the emotions so that, if health does go away and pain comes, you do not give in to despair. In other words, they stress the importance of enthroning oneself within *the unalloyed happiness of the soul.*”**

When I was fourteen, I was gifted with an experience of “the unalloyed happiness of the soul,” which I would call

“unthinkable joy.” This joy transcends mundane human experience. It is beyond the reach of the rational mind, and in the “boundless realm of Reality.”

My own desperation and hopelessness pushed me to this experience; I chose to throw myself into intense prayer at the feet of God, instead of committing suicide. If only others in such need know that direction is open to them, and give it a try. Many do and find solace, healing, or direction. All these blessings were bestowed on me, and I treasure and have gratitude for them by recalling them today.

It pains me to hear of people who deny the existence of something greater than themselves. Do they think they created themselves and the miraculous body they live in, that life here and our consciousness of it is simply a chemical reaction? My solace every day is in knowing I’m trying to embrace and radiate God-realization the best I can, that it might ripple outward on the pond of human life and touch others, as all such efforts must. And I’m not the only one so engaged.

Yoganandya tells us: **“If you are attached to human happiness, you are in for a lot of trouble, because nightmares are inevitable along with the beautiful dreams. ...When you realize that life is a dream, then you are free.**

**“This world is God’s *Lila*, or divine play. The Lord, it seems, like a little child, loves to play, and His *Lila* is the endless variety of ever-changing creation. ...It seems that suffering is a necessary discipline to remind us to seek union with God. Then, like Him, we will be entertained by this fantastic play.”**

*One joy scatters a hundred griefs.*

– Chinese proverb



# The Resurrection of Paramahansa Yogananda

Yogananda was born on January 5th, 1893; we are honoring him in this issue.

Weeks after Paramahansa Yogananda passed from this world, Los Angeles papers announced: “Yogi Defies Death! ...The absence of any visual signs of decay in the dead body of Paramahansa Yogananda offers the most extraordinary case in our experience...even twenty days after death. ...This state of perfect preservation of the body is, so far as we know from the mortuary annals, an unparalleled one.”

A few months after Yogananda’s passing, Norman Paulsen was resting in his apartment reading Walt Whitman’s Leaves of Grass when: “...A gust of wind hit the door. I looked up to see the beloved figure of Master Yogananda walk into the room, closing the door behind him. ...He walked to the foot of my bed and looked down at me; the same lustrous eyes of my childhood visions again met my gaze.

“As he stood there, a figure materialized on each side of him. They were floating in the air in lotus posture, their only garb a loincloth. ‘They must be the Himalayan yogis of Master’s childhood visions,’ I thought. ...Yogananda had on his familiar orange robe of the Swami Order, and seemed as real and solid as the walls of the room surrounding me. Immediately I sat up in lotus posture. Paramahansa

Yogananda was now fulfilling his promised return.”

[excerpts from “Life, Love, God: Story of a Soul Traveler”]

Norm was later asked about this experience:

**Q:** How is it that Yogananda was walking in his body after he was embalmed?

**NP:** What I was trying to pass on to everyone about Yogananda’s body is that his resurrection was manifested in the cells of the body because of his union with the Christ consciousness. The cells had the ability to withstand the normal processes of decay, even after he was embalmed. Say, for instance, he hadn’t been embalmed—could he have returned physically? It’s possible. It’s possible he could have returned and made the body get up and walk. But having been embalmed, he couldn’t do that.

**Q:** When he walked into your room, did he materialize the body?

**NP:** He materialized it, yes. Because the door handle didn’t turn and open by itself.

**Q:** So, I guess then that materialization and resurrection is a different process.

**NP:** That’s right.

## Sunburst Events

### NEW YEAR’S EVE

THURSDAY, DECEMBER 31

*Begin a new year with spiritual resolve.*

7:00 P.M. Intention-setting seed ceremony.

Let obstacles go; enliven your projections.

Call to inquire about dinner option.

### EARTH & SPIRIT WEEKEND

FRIDAY – SUNDAY, FEBRUARY 26 – 28,

APRIL 22 – 24, MAY 27 – 29, JUNE 24 – 26

*Unplug & Reconnect*

Join together in heartfelt camaraderie as you reconnect with yourself, with Spirit, and with our sacred Earth. Enjoy yoga, meditation, music, and more.

### EASTER KRIYA I MEDITATION RETREAT

THURSDAY – SUNDAY, MARCH 24 – 27

*Unlock Your True Potential!*

Learn the transformational Kriya meditation, or renew and refresh your practice. Explore the teachings of the inner Christ and ways to apply them in your life.

*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 and up.*