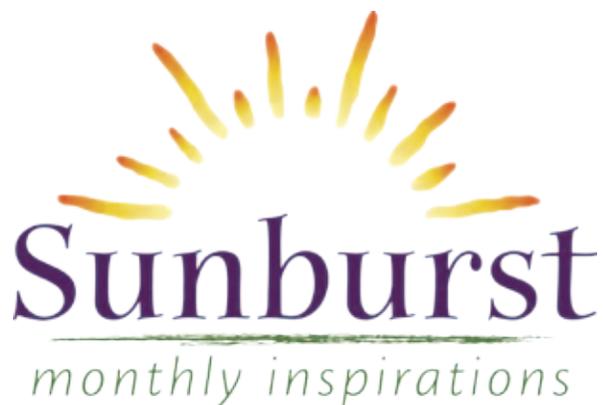


**Realize who you truly are,  
and the power you have  
to create heaven on earth today  
through spiritual practice,  
supportive community,  
and selfless service.**

MARCH 2016



## Seeds of Meditation

Jesus said,

“The kingdom of heaven is within you.”

This is the incredible truth  
that is revealed  
as you practice meditation  
and contemplate the miracle  
of your own existence.

– Norman Paulsen

## To the Cosmic Christ

*Norman Paulsen, Sunburst's founder*

O Great Light, Almighty Spirit,  
our Father, our Mother, I Am That I Am,  
and all beings of Light contained therein,  
descend upon me now.

Let your light touch the crown of my head.  
Let it descend to my heart  
to meet the fires of the underneath arising.  
Let me be reborn in you again and again,  
that I never forget, that I always feel  
that you are here with me.

We ask for peace for our planet, for all beings.  
Help us spread that great love you have for this world,  
for all men and women.

Let it stream forth from our hearts and minds in this moment  
to everyone who lives and breathes upon this Earth,  
and to all those who witness, who have gone before and watch.

O Light of Christ, we offer our life force,  
our energy, our consciousness,  
that our consciousness might be touched by yours;  
that it might expand into your body of light in your eternity.

We are here on this earth such a short time,  
only a moment in your eternity.

Let us see you face to face; let us know you.  
Let us see that place where we go when we leave here.  
Let your love be with us eternally.

Our world is in a state of upheaval and mighty changes.  
You and your angels, your forces of light,  
are here to see the world transform and be filled with  
peace, love, growth, and understanding.

O Beloved Christ, receive our love,  
our desire to be with you, to be of service to you.

Our divine Mother, our divine Father,  
Show us how we can help and do the most good  
through this transition our world is now entering.

AUM...

# The Best of All Habits

Dawn King

We are often listening to our own thoughts. Sometimes they run like a recording that keeps playing over and over. The only way I know to jump the track of that recording is to sit in meditation and direct my mind to some aspect of divinity—be it a mantra, looking for the light, or practicing Kriya.

Daily meditation is one of the best habits that we can form. Even if, at the beginning, we seem far from feeling we have any kind of a relationship with something greater than ourselves, upon persevering, we will find that relationship. We realize we did not create ourselves; something greater has created us, and that something is so powerful and has such wisdom to share with us. It is in the silence that we have these realizations and more. It gives us strength, and we become happier. It creates miracles in our lives.

Thinking back on my own journey, I started meditating in 1967, and wasn't sure why. A very emotional person, I knew it was calming. I was struggling for direction in my young life. Meditation was like entering the magical mystery tour of sorts, both inwardly and outwardly. I was living in New York City at the time. It was probably not even a year later that I was led to move to Spain. It seemed almost whimsical—living on the Mediterranean island of Mallorca, traveling through Europe and North Africa.

In spring of 1969, I was given a book called "Autobiography of a Yogi" by Paramahansa Yogananda. I had been searching quite a while for a teacher, because I knew on my spiritual journey I needed a good guide. Now I'd found him.

Someone, who'd met me before I studied and applied Yogananda's teachings, later said, "Wow! You've really changed!" It was true. I hadn't been a person who was very open to others, not as compassionate or caring—not especially interested in getting along with others. But something happened along the way. I learned that everyone had the same spark of life in them, as had been given to me. This spark has such potential to be so much greater than I had realized.

As time went on, I found emotions didn't sweep me away. Circumstances became easier to deal with. There were solutions to problems that came up. Then I was compelled to find a spiritual community to live in. Living in community was a perfect

choice for me. We each have our own path—that's why it's so important that we meditate and find what that path is for ourselves.

All the way from Spain, I was shot like an arrow to Sunburst in California. It was a miracle, and there've been many more since. All those miracles inspire me to an attitude of gratitude. What else can you do but say "Thank you!" There are glimpses of how bad it could have been.

Meditation is a wonderful tool. It leads us into living Sunburst's Virtues and Paths. Assimilating these into our lives we find more appreciation of every day, more love, and compassion growing in our hearts, and coming our way. We understand in our own lives how we can make improvements. We find a deep joy that we can draw on whenever it's needed—the joy of Life. And we also find tremendous peace. We feel the underlying support of the Universe. We know that we are being taken care of, no

matter what happens. No matter how it seems, God, our Creator, has a plan for us. If we are open to it, we will be guided along the right path to experience more love, more joy and more peace.

Meditation is a security blanket of sorts. You can cling to it in times of trial. You can go to it and pour your heart out because God is listening. If you *listen* as well, you will hear, see, or feel that guidance, that strength and wisdom which is always coming your way from the Divine.

*Oh Mighty Spirit, give me the strength  
to embrace those good habits  
that would lead me onward to realizing my true Self.*

*Help me overcome the mental cobwebs  
holding me back, so that I might go forth  
embracing my own divinity.*

*May I know the One who gives me breath  
every moment of my life.*

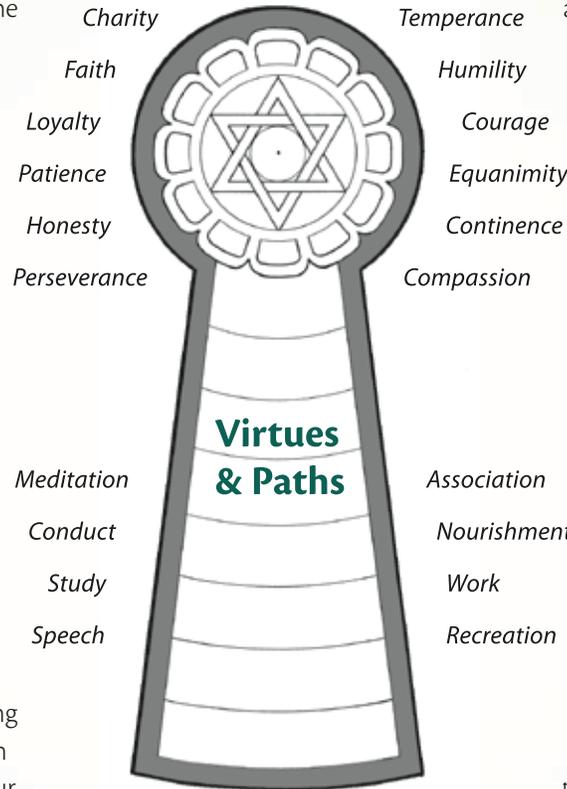
*Let me know your limitless Spirit, which is enlivening me.*

*Oh Mighty Spirit, open my heart and pour in your love.*

*Let me feel ecstasy in the joy of your love.*

*You are my creator, Mighty Spirit. I am your child.*

*Let me grow in your light. Amen*



*Faith  
is taking  
the first step  
even when you  
don't see  
the whole  
staircase.*

– Martin Luther King, Jr.

*Spirituality  
can release blocks,  
lead you to ideas,  
and make your life artful.  
Sometimes when we pray  
for guidance, we're guided  
in unexpected directions.  
We may want a lofty answer  
and we get the intuition  
to clean our bedroom.  
It can seem so humble  
and picky that you don't  
necessarily think of it as  
spiritual guidance.*

– Julia Cameron

## Never Give Up Trying!

Norman Paulsen

Each one of us, each soul, faces a separate and different set of images and circumstances on its journey. There are never two that travel in the same way. Our present and past actions determine our future on earth, and in other dimensions.

No matter how hard the path, you must continue on in love and virtue as best you can to the end. Never give up trying! Christ consciousness is awaiting us all, but we must seek it every day. We all are the captains of our soul ships. We must set the course on the pole star, the light of Christ at the end of the inner-dimensional tunnel within us.

The good news is that the light of Christ, exists deep within our souls. This is the pure Self of each one of us, the reflection of I AM THAT I AM. We must bring it forth and live and walk in virtue as best we can each day.

My own search for God and a face-to-face meeting did occur for me, but I had yet to perfect virtue, which is the very nature of God. I hope by revealing my experiences, struggles and revelations, you, traveler, will be aided on your life journey toward Self-realization.

The indomitable will of our divine Parents will be given to each of us if we ask earnestly for it. Hide not from your divine Parents. Every day reaffirm with greater love and prayer your determination to overcome obstacles, and be successful in their eyes.

*Oh Christ, come forth!  
You are my strength, my life, the light of my soul!*

*In  
my deepest, darkest  
moments, what really got me  
through was a prayer. Sometimes my  
prayer was "Help me." Sometimes a prayer  
was "Thank you." What I've discovered is that  
intimate connection and communication  
with my creator will always get me through  
because I know my support, my help,  
is just a prayer away.*

– Iyanla Vanzant





## The Key to Enlightenment

*Swami Beyondananda – the cosmic comic alter ego of writer, humorist, performer and uncommontator, Steve Bhaerman*

**Lou to Swami:**

I'm a bit confused. For millennia the Buddhists have been telling us that the key to enlightenment is

achieving emptiness, but physicists are now saying that empty space isn't empty at all, but filled with enormous amounts of energy. So Swami, what is it? Fullness or emptiness, and, whatever it is, how does one go about achieving it?

**Swami answers:** Dear Lou – Let me first say that you came to the right swami with this question. Not to brag, but many times I have been told, "Swami, you are so full of emptiness." You can only imagine how tempting it is to take on an "emptier than thou" attitude....

True emptiness is nothing more or less than infinite fullness. The void is so full of everythingness you cannot distinguish anythingness, so it might as well be nothingness. The scientist,

looking for something sees fullness, the Buddha, looking for nothing, sees emptiness. Same difference....

So how does one achieve this state of full emptiness? By ceasing to identify with a separate identity, or ego. In this regard, too, you have come to the right Swami. As one who takes great pride in my humility, twice a finalist in "America's Most Humble," I will share my secret, a mantra guaranteed to banish ego in three easy steps: "Ego, egoing, egone!"

## Faith in Everyday Life

*Letha Kiddie*

The way that faith helps me in my everyday life is by knowing that there is a divine Presence with me every moment. Believing in this Presence is a huge source of comfort to me, and the more I remember to include it in my life, the more I feel blessed by it.

No matter how or what I am doing, I always try to remember my Spirit companion. Whether I am working, playing, driving a car, or reading a book, I can contact this Presence that is always with me. I can sing to it, cry to it, or converse with it. I feel its unconditional love for me and its voice of wisdom speaking behind my own thoughts.

Having faith is about believing in our God-selves. It is the realization that there is a divine order at work in our universe, in our world, and in ourselves. It is this force that allows us to transcend the mundane and experience upliftment and illumination, our natural state of being.

*God meets daily needs daily.  
Not weekly or annually.  
He will give you what you need  
when it is needed.*

– Max Lucado

## Easter

*Easter is...*

*Joining in a birdsong,  
Eying an early sunrise,  
Smelling yellow daffodils,  
Unbolting windows and doors,  
Skipping through meadows,  
Cuddling newborns,  
Hoping, believing,  
Reviving spent life,  
Inhaling fresh air,  
Sprinkling seeds along furrows,  
Tracking in the mud.  
Easter is the soul's  
first taste of spring.*

– Richelle E. Goodrich,  
"Making Wishes:  
Quotes, Thoughts, & a Little Poetry..."