

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

AUGUST 2016



Seeds of Meditation

Let everyone
who is thirsty come.
Let anyone who wishes
take the water of life as a gift.

– Revelation 22:17

I AM THAT I AM, Your True Nature

Norman Paulsen, Sunburst's founder

*I AM masculine; I AM feminine;
I AM "Thatness,"
the Infinite Spirit from which both came forth.*

Why are we here today, in these bodies, on this planet? Why did divine Spirit create all which we see, including ourselves? It becomes obvious to me that divine Spirit, I AM THAT I AM, wanted to walk on the worlds it projected and created within these bodies we find ourselves in today. The Divine set forth to create an existence for Itself on this world, being fully conscious in each one of us.

Over millennia, animal forms have been evolving from primal, simple consciousness into the higher reaches of self-consciousness. Humankind now stands on the threshold of Cosmic consciousness, Christ consciousness, enlightenment. If we allow, the power of divine Spirit will enter in and walk within each one of us upon this Earth. This is the reason for the creation! **Every man and woman can know their true immortal nature, I AM THAT I AM.**

It's hard to conceive what this world would be like if we were able to open up to this potential. We get glimmerings of it in the sixth sense—feelings of intuition, dreams, visions, voice communications from Spirit. But through Kriya meditation, there is a way to open the astral door on the crown of the head. The power of I AM THAT I AM, the masculine and feminine sacred vortexes, the right and left hand of God, can enter in and begin to feed us with divine information, the information of the cosmos, the geometric structure of atoms and galaxies, the wisdom, the infinite knowledge. We can begin to receive and express God-consciousness on this Earth, now, today.

I hear people say, "If there is a God, why did he create such a mess? Why does he allow this world to go on like it is, with people killing each other every day because they belong to a different religion or creed or race. Why?" But God did not create it that way. Man has made it that way. **I AM THAT I AM created this planet to come here and live fully conscious in us.**

"Know you not that you are all gods? These things I do, you can do also." What did Jesus mean? He meant that we can become true sons and daughters of God, because we are created in that image, and it lives within us.

Pray for the Divine to reveal that Light. Reach up to the crown of your head and open that door. Let those powerful vortexes of life force spin into you. That's what sustains us here. It will give power to the higher consciousness to rule over the self-conscious mind. It will let you evolve into your true nature.

*May
every living being,
seen and unseen,
those dwelling far-off,
those near-by,
those already born,
those waiting to be born,
may all
attain inward peace.*

– The Sutta Nipata

Love Life - Inhale It Deeply

Sharon Ray

I am making a study of healthy ways to increase my energy, and share this with my Wednesday Sunburst stretch class. Here's a sample. You will often find that people who care about their health have a strong spiritual life. **Loving God and loving life go hand in hand with loving and caring for the body temples that we live in.** Building and maintaining good health is a way to honor the gift of life we have been given. When we are full of energy and vitality, it is easy to be joyful, and it is a sign that we have a strong nervous system.

Our bodies are like light bulbs, and the nerves are the pathways upon which energy travels. To feel vital and alive we have to have pathways in good repair and lots of energy travelling down them.

One thing we can do to increase our energy and sense of well-being is to be sure we are oxygenating our blood through diaphragmatic breathing. This way of breathing is different from chest breathing where the rib cage rises in

response to our inhales and exhales. With diaphragmatic breathing, the abdomen rises and falls with each breath. The oxygen goes deep into our lower lungs, and not just the upper. **Oxygen fuels all the processes in the body and makes them strong and vibrant. Oxygen helps to keep the nervous system strong too.**

We can practice diaphragmatic breathing by lying on our backs, hands on our lower abdomens, consciously breathing in through the nostrils, sending the air into the lower abdomen. Feel the abdomen rise. Now, exhale and feel the abdomen deflate. After a week, begin this practice sitting up. After another week, do it standing, then walking. It will soon become your natural way of breathing. When you catch yourself chest breathing, start moving the breath into the abdomen.

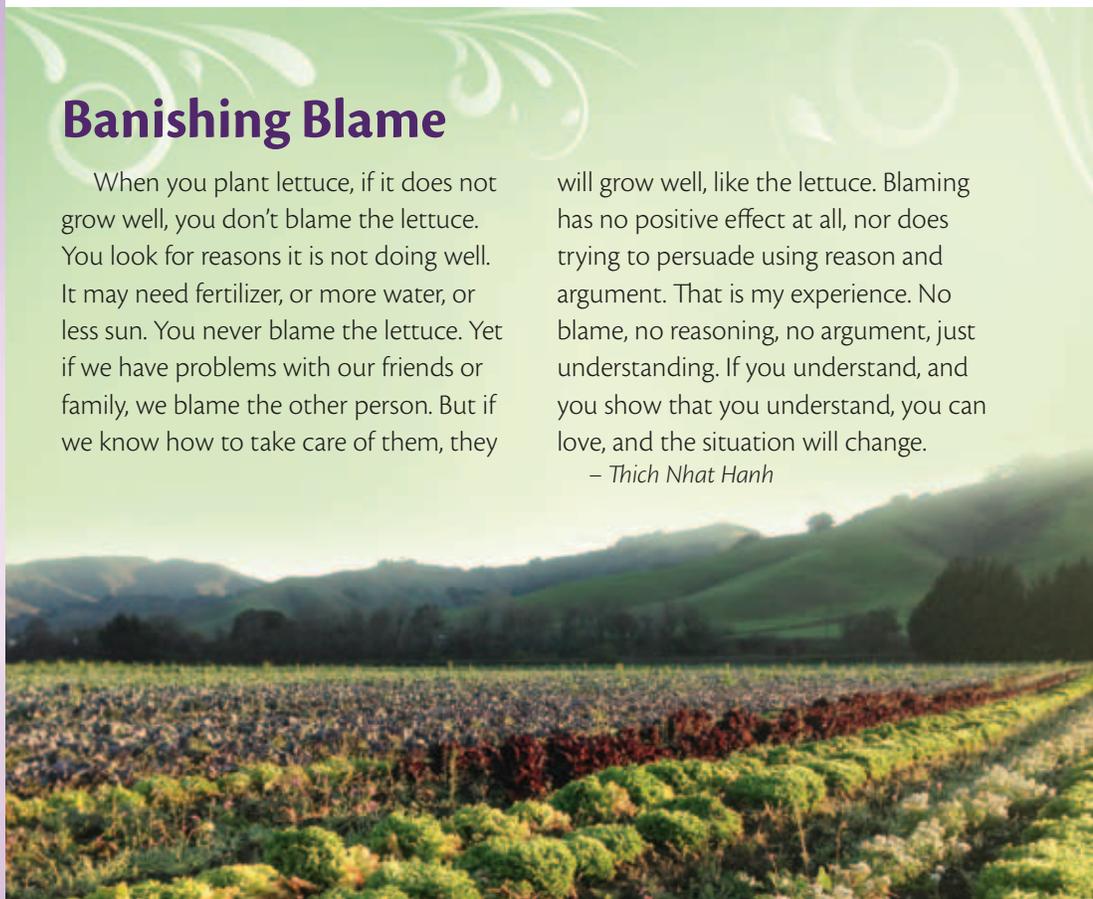
So, in the name of joy, and in the name of loving life, let us embrace deep breathing!

Banishing Blame

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they

will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change.

– Thich Nhat Hanh





May we open
to a deeper understanding
and a genuine love
and caring
for the multitude of faces,
who are
none other than ourself.

– Wendy Egyoku Nakao

Developing Understanding & Compassion

Jake Collier

As we dive deep in meditation, we begin to understand that Compassion is a force. It's powered by love and will overcome many obstacles that appear before us.

One of the greatest examples of this is Gandhi's accomplishments in India. The country had been ruled by England for many, many years; but through non-violent, compassionate demonstrations, eventually India was able to achieve independence. In the United States, Martin Luther King, through compassionate acts of non-violent demonstrations and marches, was able to advance the understanding that we're all one, regardless of skin color and ethnic background.

How do you and I become more compassionate? How do we increase our understanding of why people react in different ways, or why certain events happen? Paramahansa Yogananda often made the analogy that each of us is like a wave, or a ripple, on the ocean of the Great Spirit, the Creator. A wave arises out of the ocean. Some waves are mighty, tall, and strong; some waves are very small, and just lap up on the shore; but all waves are part of the ocean. All images in creation are like waves rising up from the Great Spirit.

Many times, as soul travelers, we can find ourselves feeling loneliness, and possibly despair. It seems we're isolated, alone, wandering aimlessly through our lives. How do we get out of that mindset, those feelings? How do we break free and unlock the mysteries—the truths—of life? How do we find our purpose here—what we're to do with this precious gift of life? Where are we going when we leave here?

Through the practice of meditation, one can begin to understand the relationship that Yogananda talked about—that every one of us, as soul travelers, is part of the Great Spirit. Each of us is unique in our personality and physical appearance. Each of us has a unique life history and karmas, but we all are part of the ocean of life, and are experiencing this great drama of duality that God has created.

Through the process of going within, turning the searchlights of the senses inward during meditation, we begin our journey of exploring our individual inner space. A new understanding emerges of where we've come from, and where we're going when we leave. We begin to understand others in a new light—why people act certain ways, why certain events happen. And our compassion for others begins to grow and deepen.

As the Bible suggests, "Before you take the speck out of your brother's eye, take the log out of your own." Those things that might drive us crazy about others are often the very things we need to work on within ourselves. Understanding comes through this process of meditation and introspection. We develop a new understanding of our relationships with others, with the world, the creation, and our Creator. Compassion for all "waves of the ocean" evolves.

We are all fully equipped, mentally and physically, to achieve a divine reunion with our Creator and discover our own pure Self. In the process of meditation, our awareness and compassion evolves, blessing all life forms, and most especially ourselves.

*Compassion
is a force.
It's powered
by love and
will overcome
many obstacles.*

*Be a fundamentalist;
make sure fun
always comes
before the mental.*

– Swami Beyondananda



Sunburst Events

SONGS OF THE SPIRIT, with Amitabhan

Wednesday, August 10, 7 P.M. Story and song, humor, insight, and original devotional lyrics—Ami will open our hearts to the grace that is always present.

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

Friday – Sunday, September 2 – 4

Unplug & reconnect! Enjoy yoga, meditation, music, and exploring permaculture principles and practices with Sean Fennell.

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, featuring: *Celebrating Wellness through Ayurveda*

Friday – Sunday, October 28 – 30

Learn wellness practices from Ayurvedic specialist Michelle Schaefer. Reconnect with yourself, Spirit, and our sacred Earth; enjoy yoga, meditation, music.

EARTH & SPIRIT WEEKEND, featuring: *Sacred Geometry*

Friday – Sunday, November 18 – 20

Discover the sacred patterns within nature, guided by Craig Hanson.

Enjoy yoga, meditation, music, and 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 most 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+.*

Now Available!

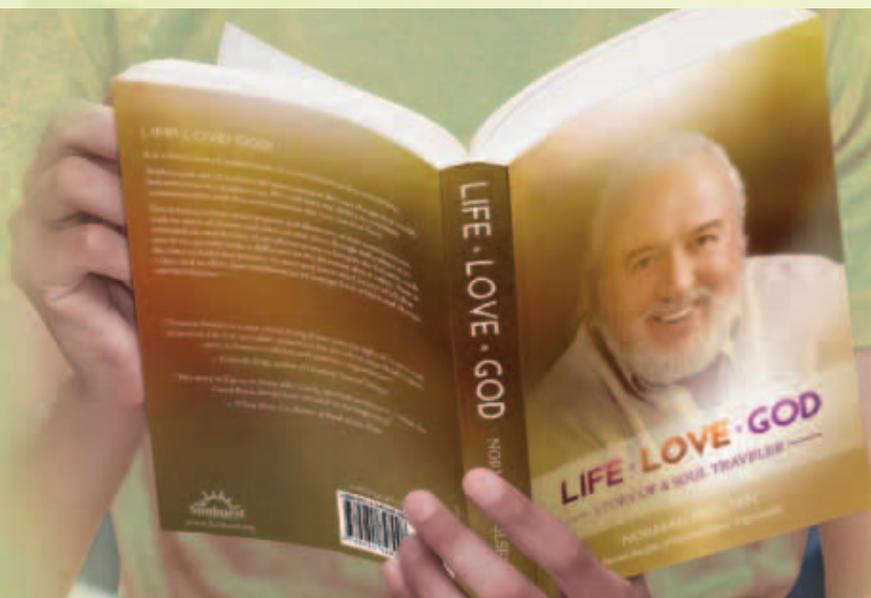
Within each one of us exists the consciousness that can change this world, and ourselves, in a positive way. We each have the ability to establish communication with this consciousness, the very mind of God.

Here is your opportunity to read the **newly updated** edition of Sunburst founder Norman Paulsen's inspiring autobiography.

To order, visit:

www.Sunburst.org/LifeLoveGod

or call Sunburst's office at 805-736-6528.



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

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