

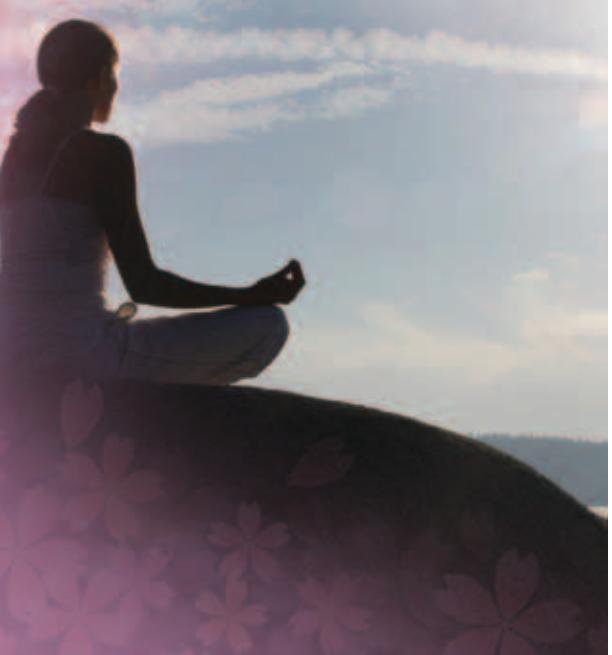
Realize who you truly are,
and the power you have
to create heaven on earth today
through spiritual practice,
supportive community,
and selfless service.

OCTOBER 2016

Seeds of Meditation

What a blessing it is
to sit in meditation
at the point of balance.
There we are no hunter,
and we are no prey.
We can experience
a state of equilibrium,
where all opposites
merge into one.

— Sibylle Custer



Astronauts of Inner Space

Norman Paulsen, Sunburst's founder

From the time I was a child, I had an insatiable desire to know and see God face to face, and I would not take "No" for an answer. It was this deep driving desire that led me at age eighteen to my teacher Paramahansa Yogananda, who invited me to live at his retreat. I packed and went there immediately.

Yogananda was traveling at the time, so about three weeks passed before he sent word one evening that he would like to see me. When I went up to his apartment he said, "Big Boy, I'm going to meditate with you." (Yogananda loved nicknames and always called me Big Boy.) He pointed to a chair and I sat down. He continued, "I want you to **repeat: 'Father, Father, reveal thyself to me.'**"

As he reached up and shut off the light, inwardly I began to chant. For a while I saw nothing, only darkness.

Suddenly there was a flaring of gold light in front of me, like a cloud. The light transformed into a big gold ring, like the entrance to a tunnel. The gold was fading away into green and blue. Way off in the distance I saw a tiny star spinning and twinkling. I was totally immersed in this vision when I heard a voice calling me, as if from a distance.

The light clicked on and Yogananda spoke: "Now you have seen. Always remember, as you go through life, that you have to penetrate that light. Then you'll have salvation, and you'll know what Christ consciousness really is. That's the journey; that's the way. Now go and meditate."

I went to work using the Kriya meditation tool, pursuing my practice diligently each day and night, for as many hours that I could squeeze in. Six or eight months later, after many nights of getting up at midnight and meditating for two or three hours, then catching some more sleep, I thought I was about to give up. Then one evening, I was resting, sitting with my eyes closed, when there it was! I was looking into the brilliance of that light in front of me again.

It was years later that I succeeded in traversing that distance and penetrating the light. I felt my small self merging with the Cosmic Being of light. The incredible ecstasy, joy and love—there's no way you could ever describe what you really feel! The self-conscious mind goes reeling away from all its former concepts of what the world is, what God is, and what life's about. All concepts are destroyed in the immensity of this stupendous reality, in this divine immersion.

I now call that experience "the astronaut's journey into inner space." We, who attempt to traverse this distance and see God face to face, are really the astronauts of the future, the astronauts of inner space. And we all have that potential...everyone!

I AM THAT I AM, Primordial Self,
the dreamer of all that we see and
experience around us, be with us today
in our efforts to realize you.

– Al King

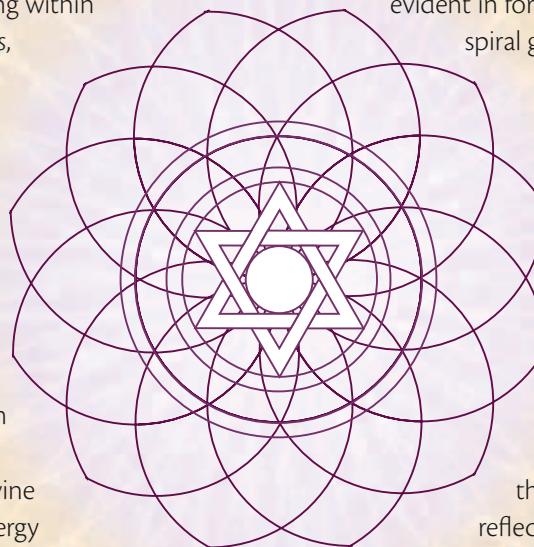
Divine Geometry

Norman Paulsen

Before the great expanding sphere of creation appeared, the Spirit of God, Mother and Father, existed in a state of ever-new joy and bliss. The vast, endless, primordial sea of life and consciousness lay unmoving in the rapture of eternal, timeless peace. Not one thought-form danced within the sea of life and energy. The Spirit of God, Mother and Father, I AM THAT I AM, were conscious of their existence, floating within the eternal sea of life, the sea of *Thatness*, Cosmic consciousness!

Spirit desired to see visible moving images take form again within the vast eternal sea of life and energy. Thus the movement and awakening of pure consciousness (life force) produced images of light and sound in the vast eternal cosmic sea of life and consciousness. Spirit, Mother and Father, would now move outward and dance in the images of creation.

It is from these sacred forces that Divine Spirit spins and weaves life, light and energy particles into visible images, consciously reflecting the expanding spheres of creation. **All of creation is endowed with the sacred geometry of Divine Mind** that moves in vortexes and spirals on themes that follow the golden proportion. This divine geometry reflects the thumbprint of God in all images from atoms to galaxies.



Sacred Design

Craig Hanson

Nature is the greatest teacher. She springs forth from divine imagination. Observation and study of the natural world can help us recognize the physical manifestation of the sacred forces that wove the visible universe into form. This study reveals the “thumbprint of God,” a golden proportion existing throughout the universe. The thumbprint of God is evident in forms from the smallest atoms to the great spiral galaxies.

“Sacred geometry” means: sacred Earth measure. The word “sacred” conveys a reverence for the natural world, and “geometry” deals with measurement, properties and relationships of points, lines, and angles.

A flower speaks to us of the geometrical patterns of the universe. Through the practice and application of sacred geometry we can assist in the balancing and healing of our divine Earth through the creation of art and structures reflecting Nature’s designs.

Join with friends, those new and familiar, to rejoice and co-create sacred geometry with Spirit—November 19th (pre-registration required).

You are never alone or helpless.

The force that guides the stars guides you, too

– Shrii Shrii Anandamurti

Open Heart, Open Arms

Sibylle Custer

Handling this world in a balanced way can be very hard. Jesus, however, made it easy to understand saying, "Love God with all your heart; love your fellow beings with all your heart, and by loving them you are loving me." Putting this love into practice can sometimes stretch us to our limits.

Last year news came to me from Germany, my home country. When the turmoil in the Middle East was at its height, Germany was flooded with refugees. They streamed in, getting themselves out of the danger they were experiencing in their home countries.

The town of Berlin was filled with people who had recently arrived, and many people in Berlin with more than two rooms in their living space generously opened their homes to let one or two refugees stay there. I don't know if they had any discussion about a religious theme or virtuous living beforehand but, deep in their consciousness, a feeling must have stirred that was telling them: "There's plenty of housing. One person doesn't need that much space; we can always make room. It doesn't have to be for always; but for now, in an emergency, we will make room."

The government paid people for having refugees in their homes. Still, it could have been considered an intrusion on the hosts' comfort. They would have no idea what the person's character would be like coming into their home. Being encouraged to open your home to people from a different country and culture, and overcoming any fear or hesitation you might have, is almost unprecedented for a government to ask.

The story felt really close to me because, as a young kid, with my mom I was a refugee, too. We fled East Germany shortly after the war because it was getting politically too dangerous. We escaped to West Germany, into a refugee camp. A family in a village miles away opened up a room in their mill so my mom and I could leave the refugee camp and live there for a few years. That family didn't know us, but it felt, for them, right to do it.

We all have, deep in our consciousness, this knowing of what is the virtuous thing to do. It can be something very different in different times. But this notion of helping your fellow human beings is there, and it comes from God. And the stronger our connection to God, the more the desire to care for our fellow human beings is in us, in our actions.

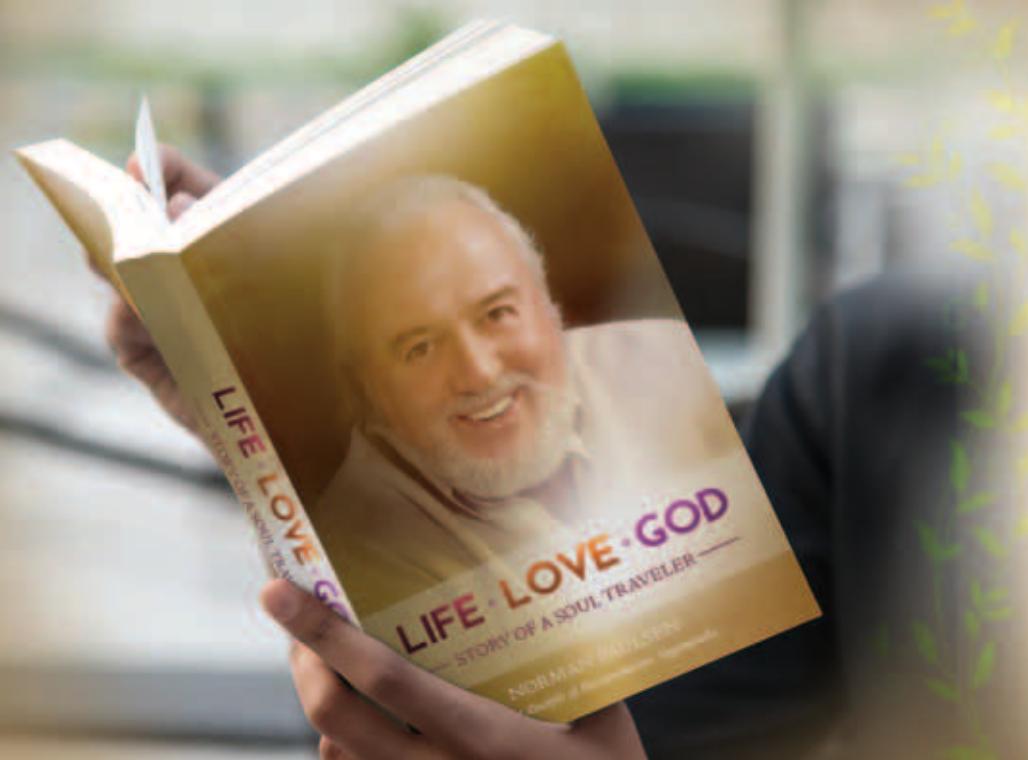
We are required to be worthy of our freedom [of choice in this world], which means that we have to impregnate it with the maximum creative energy, to fire it with the most genuine spiritual zeal, and to transform it into action, into the ceaseless work of love.

— Mother Maria Skobtsova, quoted
in "Women of Power and Grace"
by Timothy Conway, Ph.D.

*What can we gain
by sailing to the moon
if we are not able
to cross the abyss
that separates us
from ourselves?*

*This is
the most important
of all voyages
of discovery,
and without it,
all the rest
are not only useless,
but disastrous...*

— Thomas Merton



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 know who you truly are, to receive that knowledge and guidance, peace, and love."

We're excited to offer the new, updated edition of Sunburst founder Norman Paulsen's autobiography—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.

Sunburst Events

KRIYA II MEDITATION RETREAT – THE RAINBOW PATH

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

Deepen your Kriya practice amidst a supportive community to create a fulfilling, purposeful life. Discover the healing, transformative power of your rainbow body.

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

Explore 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! Empower your journey with Kriya meditation, yoga, music and community. Set your intentions in a transformative New Year's Eve fire ceremony.

DIVE INTO SILENCE – WEEKEND RETREAT

Friday – Sunday, February 24 – 26, 2017

Unplug and treat yourself to inner Self-discovery! Relax and rejuvenate with yoga, guided meditations, sacred music and more, amidst peaceful natural beauty.

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+.

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

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