

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

DECEMBER 2016



Seeds of Meditation

Light
must come from inside.
You cannot ask
the darkness to leave;
you must turn on the light.

– Sogyal Rinpoche

Oh Beloved, Dance with Us

Norman Paulsen, Sunburst's founder

*Divine Spirit, our Father, our Mother
We are your children, your sons and daughters.
We are residing in these bodies that we did not create.
Who are we, really?
Is this soul the chariot that encapsulates the pure Self, your Presence within us?*

*Are we that immortal energy within, that spark of your divine light?
When we lay this body down, will we fly away with you,
In your consciousness, in your energy?*

*Oh God, Mother, Father, reveal your presence to us.
We want you to be fully conscious in us,
That we may be fully conscious in you.
You have given each one of us that reflection of you.
Oh, let me find the center of your consciousness within me,
That brilliant pinpoint of light, that defines the exact center of my soul.
Let me find that light, let me gaze upon it and know who I really am.*

*I am this light, this spark, looking outwards in all directions
Into your infinity, full of love in every direction.
Let me swim in the sea of your cosmic consciousness,
Penetrating every atom, every image.*

*Oh Beloved, dance with us in this life.
Thou art bliss, thou art peace, thou art joy.
I hear you singing in the birds, and blowing through the trees.
In the clear blue sky I see your image blazing forth
As the light of the sun.
Descend into my soul where I wait for you, that we may be one,
That together we may caretake your garden world.
May your love shine forth from deep within,
Everywhere into the world, to all peoples.*

True humility is not thinking less of yourself; it is thinking of yourself less.

– C. S. Lewis

The Gift That Never Ends

Patricia Paulsen

May we bring the jewels of our past into the present—the stories, the wisdom, the love—and weave them into a future of peace for our earth and all beings. We are all here to help one another, as children of God, soul travelers riding on this magnificent orb attempting to find and understand the meaning of our life's journey. Given free will amidst so much distraction, restlessness and suffering, it is easy to feel lost, to forget the way back home to the source of our love, to the source of our existence.

Right here, now in the quiet calm of our minds, we can hear, we can feel—and at times we can see—the guiding light of love itself, calling us to wake up and realize who we truly are. We can realize the power we have to create heaven on earth—peace on earth right within us!

In each one of us is that spark of light, the image of our Divine Mother and Father. We are immortal spirit beings, but we must awaken this realization within us. We are not these bodies, not these minds; immortal pure Self we are.

As Brother Norman once stated: “We are each divinely created and sustained, like a wave upon the ocean—rising, crowning, dissolving and merging into the bosom of the eternal sea of life.”

There are those who walked the earth, conscious of this realization. Each of them knew through experience that the wave of their soul had merged into the ocean of God, and they taught from this state of consciousness, this state of love. It's a love ever-present, ever-knowing, ever-powerful, that never dies.

I do believe we are surrounded by angels, divine guides and teachers who are making an effort to communicate with us. We only need to slow down, listen, and become aware of all the little miracles that pass by so quickly, unless we capture the moment. These “helpers” live in the present, whispering words of wisdom to our souls. They are here to guide, to comfort. Their love never dies!



A wonderful, humble teacher and friend, Brother Norman Paulsen, left his earthly body ten years ago just before New Year's Eve. In his last days, he would say to me: “Don't look so sad; I'm not going anywhere.”

I didn't quite understand what he meant, for he looked like he was surely planning to leave. Brother Norman, along with other God-realized souls, came here to help free us all from suffering, and continue to be actively present in our lives if we but ask. I say this because I've experienced this, and continue to experience it.

A few months after Norm's passing, while driving away from the post office, I thought, aloud, “Norm, I sure miss you!”

Just before making my turn, a car pulled onto the road ahead of me. Nearing it, I could read the license plate; it said: “ILUVPAT.” This is one of the many little miracles that could have easily been missed.

People have miracles in their lives, because they ask for help and don't give up hope. They believe that they will be heard, and trust that they will find guidance. We can call on the gems of those that have walked this path before us, those who are here to help guide our way home to our divine true Self.

By cultivating an inner awareness of being present, and believing in yourself and the power you have to call on the masters, saints, teachers and angels, you become aware of the miracles. It is in the space between thoughts that love speaks to you, guides you, and can speak through you, for there is no separation from love. All souls are connected to the one Source.

At this special time of the year, may we be grateful for the ageless jewels of wisdom whispering to our souls, and know that we are not alone in this immense universe, that our prayers can be heard.

Thank you Norm; thank you Christ; thank you Yogananda; thank you all saints and angels!

To Practice Humility

Mother Teresa

These are the few ways we can practice humility:

To speak as little as possible of one's self.

To mind one's own business.

Not to want to manage other people's affairs.

To avoid curiosity.

To accept contradictions and correction cheerfully.

To pass over the mistakes of others.

To accept insults and injuries.

To accept being slighted, forgotten and disliked.

To be kind and gentle even under provocation.

Never to stand on one's dignity.

To choose always the hardest.

*In the course
of my life,
I have often
had to eat my words,
and I must confess
that I have always found
it a wholesome diet.*

– Winston Churchill



The Earth reminded us of a Christmas tree ornament hanging in the blackness of space. As we got farther and farther away, it diminished in size. Finally it shrank to the size of a marble, the most beautiful marble you can imagine. That beautiful, warm, living object looked so fragile, so delicate, that if you touched it with a finger it would crumble and fall apart. Seeing this has to change a man, has to make a man appreciate the creation of God and the love of God.

– James Irwin, Apollo 15 astronaut

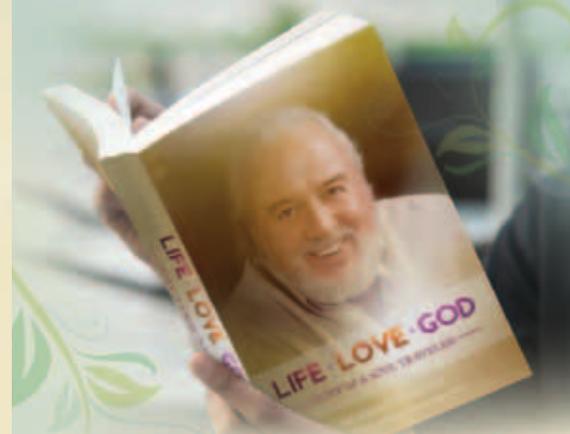
Let us make this Christmas a real celebration of the birth of the holy child by striving to realize the consciousness which he attained.

Let us use this occasion as a new impetus to inspire us on the Christ-path of truth and love.

Let us rejoice and give thanks for this wonderful gift of light and love from the Great Giver.

Peace. Joy. Peace.

— Paramahansa Yogananda (excerpted from *The Second Coming of Christ*)



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

We're excited to offer the new, updated edition of Sunburst founder Norman Paulsen's autobiography. Read his extraordinary life experiences and empower your own journey! To order, call Sunburst's office at 805.736.6528 or visit www.sunburst.org/lifelovegod.

We're Going Paperless; Don't Miss An Issue!

This is the last PRINTED issue of our newsletter, as we are going paperless starting January 2017. Just follow these simple steps for email delivery:

1. Go online to www.sunburst.org.
2. Directly under the banner photo, there is a section that reads: Stay in touch; receive our monthly inspirational newsletter. Type your name in the box saying "Name," and your email address in the box that says "Email".
3. Click on the *SIGN ME UP* button.
4. Shortly, you will receive an email to confirm that you want the newsletter. Please click the link. You are ready to go!
5. You can *unsubscribe* at any time.

Please call 805.736.6528 or email ContactUs@Sunburst.org if you have any questions, or need assistance.

We hope you enjoy our publication. We enjoy sharing with all of our community of spirit!

Blessings,

Your friends at Sunburst

Sunburst Events

WINTER SOLSTICE ALL DAY MEDITATION (AND MORE) Saturday, December 17

Celebrate the birth of the inner Christ, and begin a new solar year with Spirit.

Meditation: noon to 6 P.M. Come and go quietly on the hour.

Lasagna Dinner (RSVP): 6:15 P.M. \$10 donation

Labyrinth Luminaria Walk: 7:30 P.M. (weather permitting).

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 most events above. Camping is available. Please call for more information and to register.

SUNDAY MEDITATION GATHERING – Sundays, 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: Sunburst.org/upcoming/

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