

“Let there be Light!”

This first ignition of Light, the infinite Christ, is available to all who sincerely pursue it. Solar Winds is published monthly by Sunburst Publishing in an effort to inspire all along the pathway home.

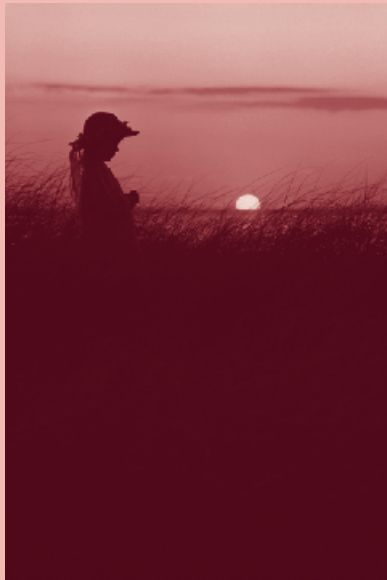
• FEBRUARY 2008 •

SEEDS OF MEDITATION

*Somewhere
in the most sacred
depths of our hearts,
the boundaries blur
between the lover
and the beloved,
the Infinite Divine and
the most precious one
who stands before us.*



Michele Pike



The Real You

by Norman Paulsen

GOD IS ULTIMATELY OUR ONLY TRUE FRIEND. WHEN WE REALIZE THIS wonderful truth, we can find him in others around us, waiting to do things with us. Yes, new friends are found, and old ones seem changed. God begins to communicate, work and play with us through all creatures and images. Nature becomes alive with God's presence!

The greatest moment of all occurs when we truly realize God is indeed alive. Yes, he is a living Being we can know and communicate with. He hears our secret thoughts, and knows our deepest desires. We are not alone in this creation. Our Divine Mother and Father are here with us, teaching us how to walk through life.

The eternal Christ Consciousness spoke through Jesus so long ago, and his words still ring through inner space, "I am the way, the truth, and the life. I am the light of the world."

The light of God, Christ, is in each one of us right now, as much as it is ever going to be. It has always been here. You were born from it. This is the inner light of soul, "the light that shines behind the darkness, and the darkness comprehends it not," spoken of by St John. This is the Pure Self within you, the real you. This light and life is what leaves your body when you take your last breath. It goes on to a new existence, where we see old friends and loved ones, and we meet our Creator face to face, if we so desire.

If you can see it, you know it exists. If you can't see it, you can feel it as great love that wells up within your heart and spills forth from your eyes as tears. That is God within you.

We must listen deeply for God's instructions on how to live correctly in all ways. Then happiness will come. God does not want us to suffer pain, physically, mentally, or spiritually. We create these circumstances in our lives by living outside of virtue. The law of cause and effect was not created to punish us, but to perpetuate the experience of love, ecstasy and virtue, over and over again!

God can make each one of us so strong and so successful in all the things we want to become and attain, through virtue. If we entertain God, whatever we desire to do, God will help us do it. We can be amazed at the latent potential that exists with us all, as God comes forth to show us what we can really do. That is what life is about. ❖

Charity, the Spirit of Giving

WE HAVE BEEN TOLD THAT IT IS BETTER TO GIVE THAN TO receive...but why? Why is giving such a big part of our spiritual development? To understand this, it's worth taking a moment to look at human growth. We know that throughout our lives we are constantly developing in three major areas: physically, mentally and spiritually.

When we are young, our parents teach us to share our toys and other things of value with our playmates. That is the beginning of our life-long relationship with charity. The physical act of handing over something that is dear to us becomes a lesson repeated throughout our lives. By trial and error in our growing up years, we learn that giving love to others makes us feel good inside. Mentally, we learn a pattern that creates a harmonious result in our lives. The love that is shared is felt in ourselves, and the more we give this love, the greater the effect in us.

As we grow older, we arrive at a stage in which spiritual development can really take off. We learn that if we want to search out God we must nurture devotion, and this can be done through prayer and meditation. *God is all around us; God is in us*—these sayings have deep meaning that inspires us to sit in contemplation and ponder the purpose of our lives. How are we immortal and what is our legacy? The desire to know the full scope of our being drives us to try to open the doors of these mysteries.

In meditation and prayer we ask the Divine Spirit to come close to us, to let us feel its presence. By our devotion and love we come again to a great truth: the only thing we have to give is ourselves completely: mind, body and soul. This truth has profound implications.

The truth about spiritual giving is that we get a hundred times more back! We have all heard this before,

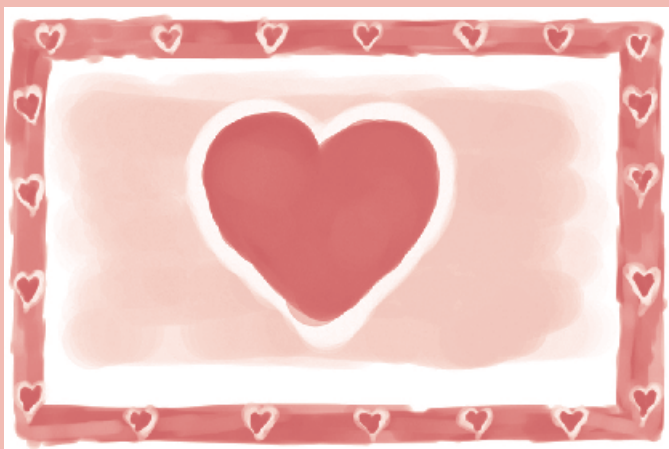
but take a moment and sit with this truth. If you are in meditation and prayer every day and offer up all that you are, you would receive back all that God is. The expanse of the universe and the smallest of all atoms is what you would receive. You and the Divine would be one.

We start our development by the simple act of giving love to others, then build on that foundation until we are able to give all that we are to the Divine. This in turn causes the Divine to open all of itself to us, bringing about a new level of awareness, and an even greater ability to give.

It is important to recognize that all of Nature is giving itself all the time. All things in nature give their entire existence in order to be in harmony with the Divine. The grass gives itself for sustenance to the cow. The cow gives of itself to feed microbes, and the microbes give of themselves to feed the soil, which feeds the grass. Charity is what all of Nature practices. Norman Paulsen stated: "Charity is the nurturing nature of the Divine Spirit."

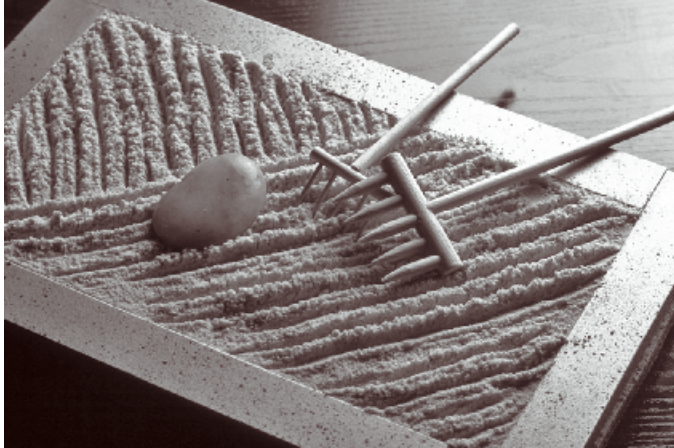
The only thing we have to bring to the table is our awareness, the power to witness God's creation, to allow God to live in the creation in full realization of him/herself through us. The only way we can make this happen is to release our independent desires and take on the dream of the Creator with the same all-encompassing love that created us in the first place.

Giving is a big part of spiritual development because once you start giving to Divine Spirit, you start receiving. And once you receive the baptism of spiritual awareness, you can begin to give to this Earth what is desperately needed. The love that created us is the same love that can heal this planet. ❖ Heiko Wirtz



*In the end
these things matter most:
How well did you love?
How fully did you love?
How deeply did you learn to let go?*

❖
Buddha



Remember, you are equipped atomically,
molecularly, cellularly,
right within your own body,
now at this very moment,
to fully experience cosmic consciousness,
divine illumination, oneness with God.
You don't have to go anywhere;
it's all right within you.
The whole creation is right within you.
How can you see it? Meditate on it.



Norman Paulsen

Live for the Healing of the World

Firmly establish your intention to live your life for the healing of the world. Be conscious of it, honour it, nurture it every day. Do not meet power on its own terms. See through to its real nature—mind and heart made. Lead your response from that.

Simplify. Clear away the dead wood in your life. Look for the heartwood and give it first call on your time, the best of your energy.

Put down the leaden burden of saving the world alone... As a bird flies on two wings, balance outer activity with inner sustenance.

With great patience to yourself, learn to make beautiful each action, word, and thought. Sit with hatred until you feel the fear beneath it. Sit with fear until you feel the compassion beneath that.

Do not set your heart on particular results. Enjoy positive action for its own sake and rest confident that it will bear fruit.



Staying open, staying grounded, remember that you are the inheritor of the strengths of thousands of generations of life. Staying open, staying grounded, recall that the thankful prayers of future generations are silently with you. Staying open, staying grounded, know that the deep forces of Nature will emerge in the aid of those who defend the Earth.

When you see weapons of hate, disarm them with love. When you see armies of greed, meet them in the spirit of sharing. When you see fortresses of narrow-mindedness, breach them with truth. When forces of power seek to isolate us from each other, reach out with joy.

In it all and through it all, holding to your intention, let go into the music of life. Dance!



John Wigham, "Akuppa"
of the Western Buddhist Order

Charity in Action: Two Stories

A NEBRASKA FARMER WAS FAMOUS FOR GROWING AWARD-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why Sir," said the farmer, "Didn't you know that the wind picks up pollen from the ripened corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination would steadily degrade the quality of my corn. But if I am to grow good corn, I must help my neighbors grow good corn."

The farmer is very much aware of the connectedness of life. Those who choose to live well must help others to live well, and those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all. ❖ *Sibylle Custer*



WHILE MEDITATING ON CHARITY, I REFLECTED UPON THE incredible, never-ending charity of the Living God. Spirit created an infinite variety of blessings: the most multi-faceted garden in life, the greatest adventure and the most divine joy. Through this adventure we have an all-pervasive, unconditionally loving, eternal parent. This is the most giving of all beings.

We live in a sea of Spirit, both seen and unseen. We live in a sea of life force that's constantly pregnant with change. Each moment, each breath, each time we open our eyes, each gust of wind, each time we touch and feel the presence of that Being is ever new joy, ever new change, ever new birth for us. In an instant, mistakes of the past are washed away, forgiving grace descends. God's love abides in us and for us. In an instant new life is born, new joy, new opening, new possibilities. This is a gift, ever present in our lives. This is the gift we can share, for the sea of love and possibilities is in us. We are very much a part of it, and it a part of us.

❖ *Sandy Anderson*

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Sunburst Publishing

P. O. Box 2008
Buellton, CA 93427

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