

SUNBURST MONTHLY

# Inspirations

February 2017

## Coming Events



### Dive Into Silence Weekend Retreat

FRIDAY – SUNDAY • FEBRUARY 24 – 26



### Celebrate Life Retreat Spring into Wellness!

FRIDAY – SUNDAY • MARCH 24 – 26

### Kriya Initiation & Retreat Spring Renewal – Unlock your true potential!

THURSDAY – SUNDAY • APRIL 27 – 30



See page 4 for more events



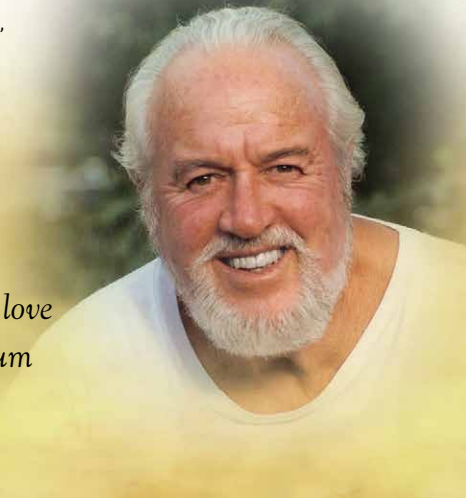
*Cherish and appreciate  
the chance to be with other  
spiritually minded folks.*

*We give each other strength of purpose  
and encouragement during  
life's many trials and temptations.*

*– Barbara McCaughey, Sunburst*

*Oh Mighty Spirit, we thank you for our lives,  
here in the light of your presence,  
in the beauty of nature. We love you,  
each in our own way. We desire you  
in our hearts, in our minds, in our souls.  
Walk with us, whichever direction we go.  
Always remind us you are within us, and love  
us so dearly, each and every one. Om...Aum*

*– Norman Paulsen, Sunburst's founder*

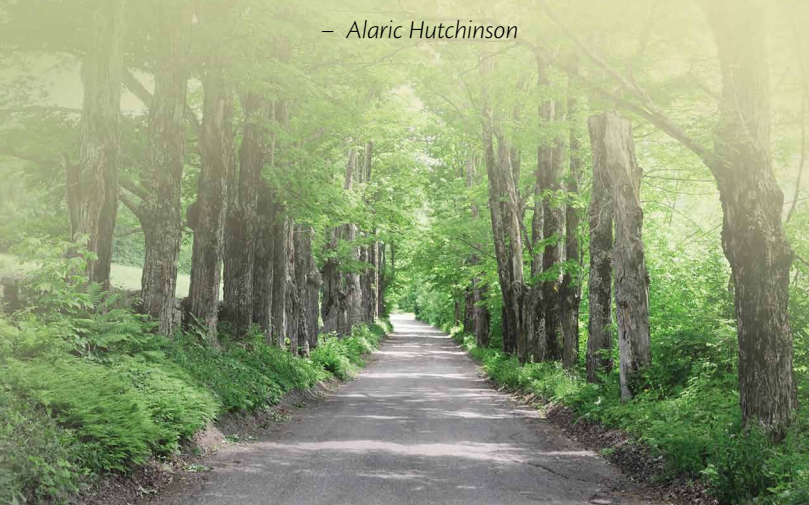


*We all are so deeply interconnected;  
we have no option  
but to love all.  
Be kind and do good for any one  
and that will be reflected.  
The ripples of the kind heart  
are the highest blessings  
of the Universe.*

*– Amit Ray*

On the road to success, there is always room to share appreciation and gratitude for other people's successes. Feeling gratitude for other people raises our own vibration, while adding cement to the bricks we lay. Finding the best qualities in others allows us to build those qualities within ourselves. And when we focus on our personal growth with open hearts and minds, the speed with which we construct dramatically increases, because all the while, we are attracting more like energy and like-minded people into our lives to assist us.

– Alaric Hutchinson



## The Power of Love

Through love bitter things taste sweet.  
Through love pains become as healing balms.  
Through love thorns turn into roses.  
Through love vinegar becomes sweet wine.  
Through love hard stones turn soft like butter.  
Through love soft wax becomes hard iron.  
Through love grief has the flavor of joy.  
Through love stings are like honey.  
Through love lions are harmless as mice.  
Through love sickness is health.  
Through love the dead come to life.  
Through love the king is humble as a slave.

– Rumi



## So Miraculously Alive!

We are all immortal soul travelers, journeying through this life,  
having recently come from another life.

What a wonder it is, this life we have.

Unseen hands have fashioned us,  
and support us every microsecond of time.

God is within us, and around us.

We observe the uniqueness of each one of us,  
each one exhibiting a different expression of the Divine.

“The kingdom of heaven is within you.”

If the kingdom of heaven is within, how do we find it?

“Follow me to the upper chamber.”

Where is this upper chamber? Is it right within us,  
The place where the last supper is eaten,  
Where we meet God face to face?

“Enter your closet when you pray.”

Be alone and observe who you really are, in meditation.

Feel the anointment on the crown of the head,  
like warm oil flowing.

The life and breath of God descend into you.  
Pray unceasingly for God to reveal himself to you!  
Open your heart to receive that breath of life,  
that unimaginable love.

What a wonder that you are sitting here today,  
meditating upon God,

On this tiny world floating in infinity,  
the infinity of galaxies and stars,  
Spreading away from you in every direction...  
the immensity of God's creation.  
Here you are, so miraculously alive!

# Practicing Charity and Kindness

David Adolphsen, Sunburst

Through meditation and conscious living, we seek to evolve these bodies, these nervous systems, and minds, so that the pure consciousness which is already deep within us might awaken. And in this awakening, it is our goal to bring the greater light of consciousness, Divine Spirit's will, Divine Spirit's ideas, into a living reality. We can literally be part of helping create a planet where people truly do care about one another and about their connection with their Creator, more than they care about themselves.

In thinking about charity, I realize that everything we experience is an act of charity. The very creation we live in, and experience, would not be here if it were not for a giving-natured consciousness that wanted to express itself in images, and wanted to share that

experience through a human body. This consciousness wanted to experience its very own creation while IN the creation.

Sunburst's founder, Norman Paulsen, spoke about meditating and offering our life force to Spirit as an act of tithing. This is the truest form of tithing we can perform, to turn our life force inward towards its source. It brings an inner calm, a deep peace, when we give back to the great Giver of all life.

Doing this every day is not easy. Some days we feel more inspired than others to sit down and offer our time to God in meditation. But we can develop an attitude and a discipline that says we're going to do it, even if we don't feel like doing it. We know that just because you don't feel like giving, doesn't mean it's not important.

It's the same way in our relationships

with one another. Some days we just feel that energy flowing, and some days we don't. But the needs are always there. We can see them sometimes, and sometimes we can't. Through meditation and associating with the consciousness of Divine Spirit, we can be given greater insight into human circumstances, and it's amazing how quickly our heart can be opened. Gandhi summed up this attitude of kindness, generosity and love with this brief sentence:

***The simplest acts of kindness are far more powerful than a thousand heads bowing in prayer.***

Our daily tithing to Spirit in the silence of our meditations, and our desire to be a vessel for pure consciousness to flow through, gives us the ability to express such kindness.

# Finding Peace...Finding Joy

Valerie King, Sunburst

The Divine One does not want to see suffering; it wants to have a joyful existence here through us, but this takes work. We've got to work through where we find ourselves today, in this moment. We can help one another do this. **Just by making that effort, sitting in meditation with others or alone, it causes a ripple in the Force for good.**

Another practice that is available all the time is prayer. Someone once said that the most powerful prayer in the universe is also the simplest: "Help me, God; help me!" **The Divine One is just waiting for each of us to open and ask for help, and will respond to your heartfelt cry.**

There's another tool I like to use to calm myself so that I am able to feel and hear the divine guidance. It's called *The Lovingkindness Prayer*. In this practice, first you say the prayer for yourself. The second time through you say it for someone that you love. The third time you say it for someone you are having a hard time with.

For yourself, you say: *May I be happy; may I be peaceful; may I be safe. May I awaken to the light of my true nature. May I be free.*

Now, visualize a loved one: *May you be happy; may you be peaceful; may you be safe; may you awaken to the light of your true nature. May you be free.*

Now, think of someone you might feel uncomfortable with: *May you be happy; may you be peaceful; may you be safe. May you awaken to the light of your true nature. May you be free.*

In our meditations, we can visualize the beautiful globe of planet Earth. Visualize the brilliant light of Spirit, surrounding this planet touching her in her very core.

***O sacred light, I see you before me now, shining within and all around me—within, and all around everything I see.***

***I pray that this beauty, this light, this love, can come and dance upon this world through me, and through lots of others.***

***O Divine Spirit, I pray for our earth for peace, for awakening of all souls. O Beloved, come dance with me. OM....***

# News and Events

## **DIVE INTO SILENCE** *Weekend Retreat* FRIDAY – SUNDAY • FEBRUARY 24 – 26

Treat yourself to inner Self-discovery and the joy of quietness! Relax and be rejuvenated with yoga, walking meditation, and sacred music amidst peaceful natural beauty.



## **CELEBRATE LIFE RETREAT**

*featuring: Spring into Wellness*

FRIDAY – SUNDAY • MARCH 24 – 26

Learn the spiritual and scientific benefits of purification for improved health and wellbeing with Dr. Greg Anderson. Enjoy yoga, meditation, music, meals, and fellowship.

## **KRIYA INITIATION & RETREAT**

*Spring Renewal – Unlock your true potential!*

THURSDAY – SUNDAY • APRIL 27 – 30

Learn the liberating art and science of Kriya meditation, or attend again to renew and re-energize your practice. Discover ways to bring your practice “off the mat and into the world.” Empower your journey with the support of like-minded seekers.



## **KARMA YOGA PROGRAM** *Service Exchange Opportunities*

TUESDAY – SUNDAY (flexible schedule: stay up to 13 days) • MAY 23 – JUNE 4

MONDAY – SUNDAY (flexible schedule: stay up to 14 days) • JULY 24 – AUGUST 6

TUESDAY – SUNDAY (flexible schedule: stay up to 13 days) • AUGUST 29 – SEPTEMBER 10

Infuse your daily actions with Spirit as you live, work, and meditate in cooperative community. Help caretake the retreat center with varied activities such as cooking, gardening, cleaning, upkeep, and more.

*Pre-registration is required for all events above.*

*Please call 805.736.6528 for more information and to register.*

*Find details and more events at [www.Sunburst.org](http://www.Sunburst.org).*



## **SUNDAY MEDITATION GATHERING**

*Sundays, 10:30 A.M.*

Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspired company, and a delicious vegetarian meal. A children's program is offered for ages 4 and up.

*We are here upon this Earth to bond with God, our Divine Mother and Father. God wants to experience the creation and express joyfully through each one of us.*

What a wonderful privilege it is to have these bodies, these eyes, these hands, these hearts—to love one another, to care for one another, to become true caretakers of the Earth garden with our Divine Mother and Father, I Am That I Am.

*– Norman Paulsen, Sunburst's founder*

## Did You Know?

Articles in Sunburst Monthly Inspirations are written by Sunburst ministers or gleaned from ministers' talks during Sunburst's Sunday Services (unless credited otherwise).

All are welcome every Sunday at 10:30 A.M. for joyful music, an inspirational talk, and quiet meditation at Sunburst Sanctuary.

Can't join us in person? Consider meditating at Sunburst's meditation time, wherever you are, on your own or in your own group.

*We love to hear from you*  
and hope you'll comment and/or send your pictures after visiting Sunburst.

Mail to: [ContactUs@Sunburst.org](mailto:ContactUs@Sunburst.org)

Find more inspiration on our blog [here](#), and add your comments to the conversation.



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[ContactUs@Sunburst.org](mailto:ContactUs@Sunburst.org)