

SUNBURST MONTHLY

# Inspirations

March 2017

## Coming Events



### **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



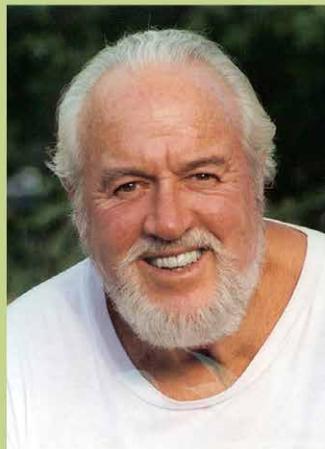
### **Living With Spirit Experience Sunburst**

SUNDAY – SUNDAY • JUNE 18 – 25

See page 4 for more events

*Behold, my friends,  
the spring is come;  
the earth has gladly received  
the embraces of the sun,  
and we shall soon  
see the results of their love!*

– Sitting Bull



*Mighty Spirit,  
I know I am a being of consciousness,  
beyond form, beyond light. I am a part of you.  
Come forth within me; hide no more!  
Help me not to forget, in the moment I am here,  
that I must enter your eternal abode  
with my pure consciousness,  
and fully realize I am infinite, like you.*

– Norman Paulsen, Sunburst's founder

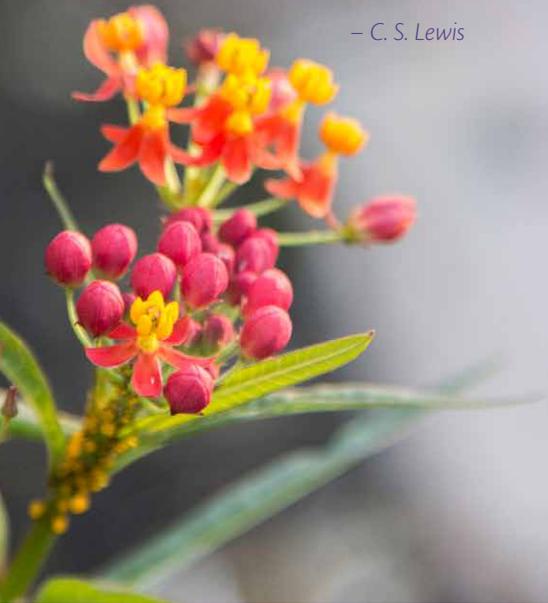
*It is time for each of us to take our place  
as world citizens, to reach out and find  
our point of unity with all beings, for truly,  
we are all created of one Source, and  
reuniting with that source is our destiny.*

– Dawn King, Sunburst



*I know now, Lord,  
why you utter no answer.  
You are yourself  
the answer.  
Before your face  
questions die away.  
What other answer  
would suffice?*

– C. S. Lewis



*Faith*  
**is like**  
**Wi-Fi**



It's invisible  
but has the power  
to connect you  
to what you need.



FOUNDER'S MESSAGE

Norman Paulsen

## *The Promise*

**My teacher, Paramahansa Yogananda, passed on to me the great blessing of Kriya Yoga meditation. This practice taught me how to quiet myself and open up the inner eye.** This eye of soul can see “the light that shines behind the darkness, and the darkness comprehends it not.” Meditation brings us to awareness of this single eye that can perceive, know and experience God. That Light and Presence comes blazing in your consciousness, filling you with the greatest love that you could ever conceive of.

**Why seek to meditate? To find God within yourself, to follow a purpose-filled spiritual life—a virtuous life—to be of service to the Divine and help others, and to support our world that so much needs everyone’s support today.**

Meditate on the fact that when Jesus was baptized in the waters by John, Spirit was seen descending like a dove upon him. What was actually seen was the sacred dual vortexes, the right and left hands of God, the ineffable white fire of Spirit that will descend on you as you meditate.

This baptism of spiritual fire will reveal itself to all the sons and daughters who seek oneness with the Divine. It is watching and waiting to settle upon us as we open our hearts and minds to receive. It brings the divine conception and the second birth, the birth of the Christ child inner-dimensionally in our hearts of love.

**Yes, Jesus spoke of the new being we can all become if we but receive and believe. That Christ energy, the divine child, is waiting in the center of our souls to be reborn in its light and ascend to the throne of consciousness within each one of us.** This can happen for each and every soul in this lifetime. This is the promise; this is the pledge that Spirit has made to all the children.

**We are all children of Mother-Father Divine! Each one is a special creation, equipped with everything we need in order to know I Am That I Am face to face—**so we can get our hands on God and give him (and her!) a hug. In oneness with I Am That I Am we can commit our lives to the wondrous creation we find ourselves in, and to the liberation of all souls.

# Visualization & Projection

John McCaughey

What I've learned in my years of meditation, is that we can focus our visualization and projection powers on virtually anything and make it come true, but the wisest of all things to focus on is Self-realization, letting other things follow along in their time. **The abundance that we seek in our lives all comes from one source, and that source is the liberation of our small self and the realization of our real Self.**

Most of us have some kind of electronic device that wirelessly communicates with other devices. Over the years, the challenge with these things was that they got so powerful, and just couldn't store all the information being crammed into them. So someone figured out this thing called "the cloud," which isn't a cloud at all; it's a bunch of servers somewhere in Texas. But the imagery is this: that little device is now connected to a huge device, and they're talking back and forth, which gives them tremendous capability.

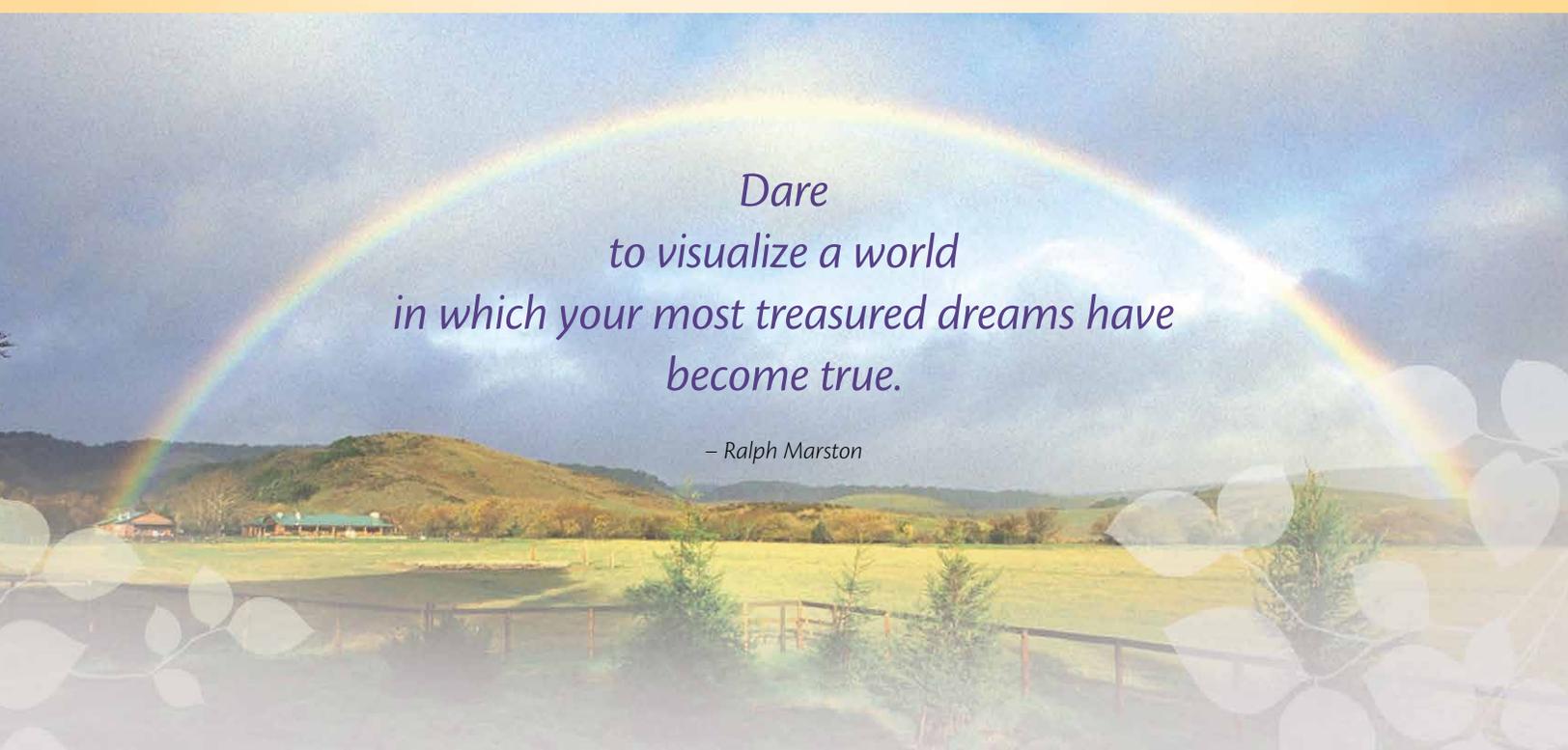
The idea to create this thing was really nothing more than a realization of what's going on in this universe every moment of every day. **Our personality selves are just the tip of the iceberg when it comes to our pure Self, who we really are.** That pure Self exists in a field of wisdom and all-knowingness that we can call the "Great Central Sun." It's above our heads, and it's full of all the information and experience that ever has or will happen. As Jesus said: *Our heavenly Father knows what we need before we ask*; so, it's all there, available to us.

Each idea that we have is truly a miracle; each one is a representation of the miraculous connection between I Am That I Am and ourselves. Every once in a while an idea will come to us that's truly exceptional. When I was twenty years old, I was filled with the idea that there was nothing I couldn't do. This was not a message just for me, because I'm no different than anyone else. It's a message for everyone. There's truly nothing that you can't do.

The best example I can give is that of a nuclear reactor. The farther the fuel rods are pushed into the core, the bigger the reaction, the more energy is given off, the more steam, more power. And so it is with us. **We're like nuclear reactors, in that the closer we come to realizing who we truly are, the more power we have, the more ability we have to give.**

When we hear of Jesus healing the sick and raising the dead, there's always been a part of me that wishes I could do that, because I want to help people. But the real desire behind that thought is knowing that to be able to do the things that Jesus did means we would be Self-realized; we would know who we truly are, and that's a joyous vision.

*Oh Great Spirit, thank you for the gift of these lives, for showing us the way homeward to you. Thank you for the grace that you give to each one of us, and thank you for knowing what we need before we know it. We love you, and we love our lives, and we love our Selves as we truly are. Amen*



*Dare  
to visualize a world  
in which your most treasured dreams have  
become true.*

– Ralph Marston

# News and Events



## CELEBRATE LIFE RETREAT

featuring: *Spring into Wellness*

**FRIDAY – SUNDAY • MARCH 24 – 26**

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

## JAYA LAKSHMI & ANANDA

*Prayformance with the Saraswati Dream Band*

**FRIDAY, APRIL 21 – Sunburst Temple, 7 P.M.**

Immerse yourself in heart-blossoming kirtan and healing music, followed by a meet-and-greet in the Lodge.



## KRIYA INITIATION & RETREAT

*Spring Renewal – Unlock your true potential!*

**THURSDAY – SUNDAY • APRIL 27 – 30**

Learn the liberating Kriya meditation, or attend again to 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*

**TUESDAY – SUNDAY • MAY 23 – JUNE 4**

(flexible schedule: stay up to 13 days) Infuse your daily actions with Spirit as you live, work, and meditate in cooperative community. Help caretake the retreat center with activities such as cooking, gardening, cleaning, upkeep, more.



## CELEBRATE LIFE RETREAT

featuring: *Hands-On Permaculture*

**FRIDAY – SUNDAY • MAY 26 – 28**

Integrate inner and outer spiritual practices through hands-on permaculture projects, with Sean Fennell. Enjoy yoga, meditation, music, and community.

## LIVING WITH SPIRIT • *Experience Sunburst!*

**SUNDAY – SUNDAY • JUNE 18 – 25 (8 days)**

Connect with kindred souls on 4,000 acres of natural beauty. Live, work, meditate, learn, and have fun together! This lively event includes yoga, discussions, meals, and hands-on projects revitalizing Sunburst ranch's watershed.



*Pre-registration is required for events above. Call 805.736.6528 for more information and to register. Find details and more events at [www.Sunburst.org/upcoming](http://www.Sunburst.org/upcoming).*



## 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.

## Exciting News!

Sunburst is now on Meetup. Have you joined our community yet? It's easy: just go to [meetup.com/Sunburst-Community](http://meetup.com/Sunburst-Community) and click the red “Join Us!” button. You'll be asked to create your own free account and then automatically receive invitations to our retreats, workshops, and other wonderful events.

As we grow our online presence, we truly appreciate your support to get the word out about Sunburst's soul-awakening teachings. It's so important today for all of us to work together toward peace. See you on Meetup!

## 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](http://here), and add your comments to the conversation.



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