

# SUNBURST MONTHLY *Inspirations*

DECEMBER 2017

## *Coming Events*



### **Winter Solstice**

*Meditation & Labyrinth Walk*

SATURDAY • DECEMBER 16



### **Kriya Initiation & Retreat**

*Transform Your Life!*

THURS. – SUN. • DECEMBER 28 – 31



### **Dive Into Silence!**

*Weekend Retreat*

THURS. – SUN. • FEBRUARY 15 – 18

*See page 4 for more events*

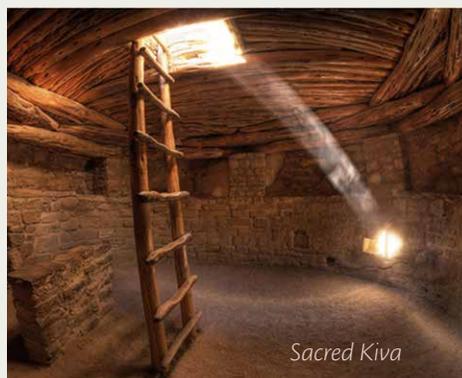


*Oh Cosmic Christ, you are the Beloved Light, and Pure Consciousness, the radiant Presence in all images. We ask today for peace for our planet. Let your great Love stream forth from our hearts and minds to everyone who lives and breathes on this Earth.*

*– Norman Paulsen, Sunburst's founder*



November's YogaFest was a hit and is already being requested for 2018. Various instructors offered classes in Restorative, Vraaja, Kundalini, and Ayurvedic Yoga. Thai Yoga Therapy with partners, Dr. Khalsa's talk, and yummy vegetarian meals were also special.



*Sacred Kiva*

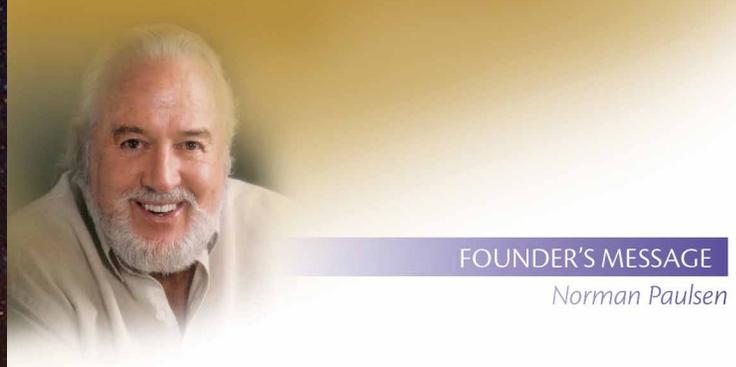
*The greatest explorer on this earth never takes voyages as long as those of the man who descends to the depth of his heart.*

*– Julien Green*



*The first day or so,  
we all pointed to our countries.  
The third or fourth day  
we were pointing to our continents.  
By the fifth day we were aware  
of only one Earth.*

*– Sultan Bin Salman-al-Suad, astronaut*



FOUNDER'S MESSAGE

Norman Paulsen

## *Are You the Real Me?*

*This is my soul calling You, Beloved;  
Can you hear me?*

*How can I express humility,  
Or should I say, how can I not,  
Observing the immensity  
That surrounds me?  
Its awesome vastness,  
With spheres of living light,  
Blink at us from their distances!*

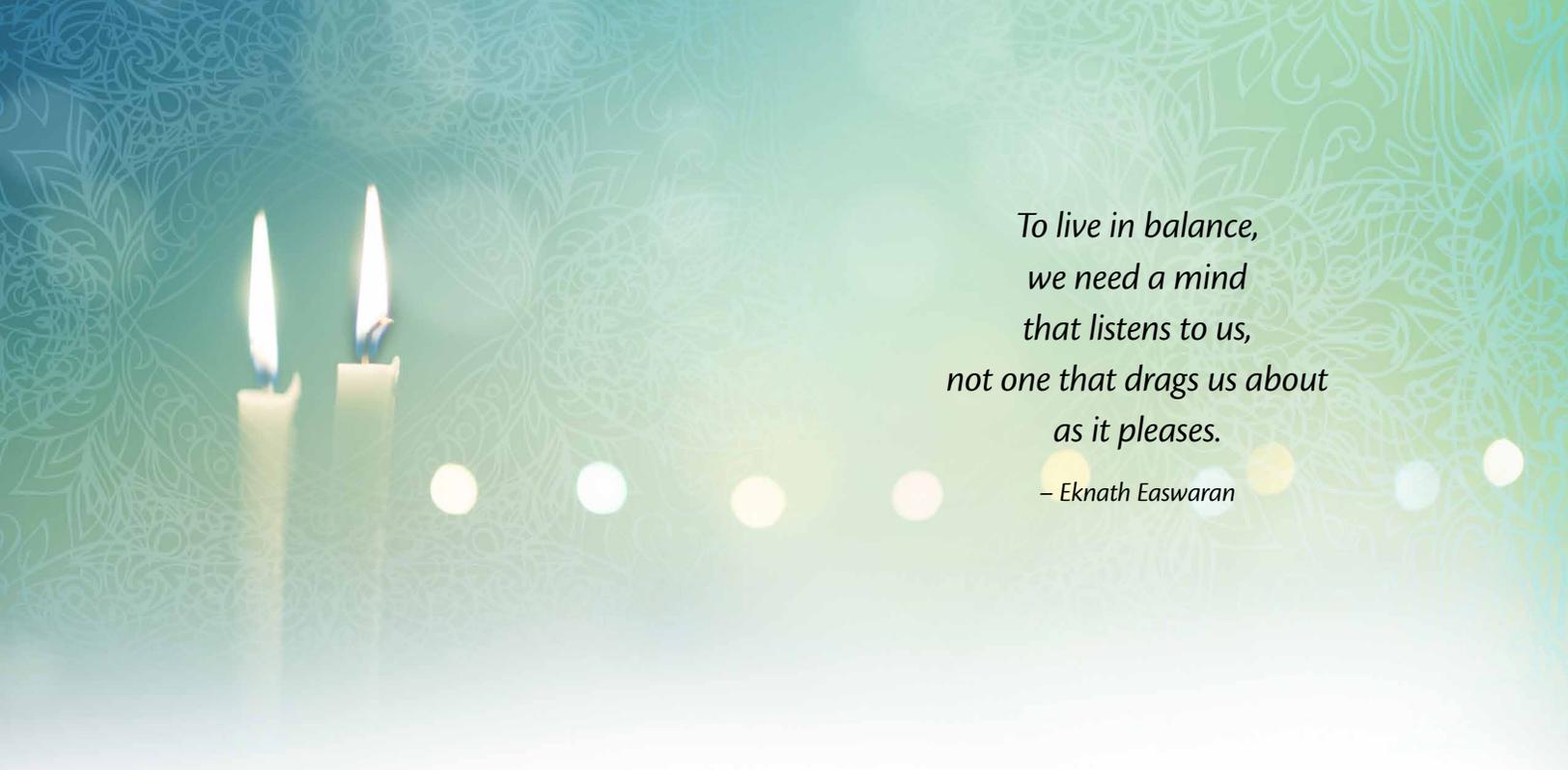
*And me, who am I?  
So tiny, so small,  
In all this boundless immensity.*

*You, the Creator of me and all that I see,  
You are out there somewhere,  
But are You not also in here with me,  
Silently residing within this small temple,  
This house of my soul?*

*Are You the consciousness  
From which I think and speak?  
Are You the real me?*

*You, dreaming what I think is me,  
When it has been Your dream all along?*

*I am humbled by Your presence  
And all that I see.*



*To live in balance,  
we need a mind  
that listens to us,  
not one that drags us about  
as it pleases.*

*– Eknath Easwaran*

## **A Knowing Beyond the Mind**

*Patricia Paulsen, Sunburst*

*This is the reason we were born, that we might know love, and understand our Creator. . .that we might become sons and daughters of I Am That I Am, that we, like William Blake, “can see a world in a grain of sand and heaven in a wildflower.” – Norman Paulsen*

How can we realize our soul’s divinity? How is it possible to attain this with a mind that pulls our consciousness outward into a sensory world filled with all our desires, thoughts and attachments?

Can we, through a practice of deep meditation and a listening mind, reverse the flow of our life energy back to the consciousness and bliss of our soul and Spirit? Yes! This is the art and science of yoga and the great path of Kriya Yoga.

All true paths leading to the wisdom of our soul’s divinity and the inner knowing and love of Divine Spirit have stressed that a moral life—including surrender, devotion and detachment from the fruits of one’s actions—is important.

Learning to sit still and listen,

quieting the restlessness of the body and mind, will unfold naturally as you embrace the practice of virtue and take care of the body temple. Nourish it not only with conscious meals, but also conscious thoughts, words, environments, friends, and recreation.

You gain the power of discipline by sitting every day and making a practice of meditation. The minute the mind makes excuses, saying “Later!” remember that the ego, the false self that envelopes the soul, doesn’t want to surrender, doesn’t want to meditate. It doesn’t want the light of soul, your true Self, to shine through and take command.

It’s in moments of focused meditation and receptivity that the divine breath of life moves through you. The more you practice, the more

you’ll feel the Presence of God, which brings us to surrender and devotion. And once you have a taste of the Presence of God, you’ll never forget it. It satisfies the hunger in the heart like nothing else. You experience a peace that surpasses all understanding.

St. John of the Cross, in deep contemplation, entered into what he called “a knowing beyond the mind,” that perfect knowledge of peace and wholeness which comes from Divine absorption. This is where the vibration of God speaks to your soul. This is where we feel the love of the Divine with all our mind, all our soul, all our strength—one hundred percent!

And here we truly say:

*May Thy will be done through me,  
Oh Lord.*

# Events

## WINTER SOLSTICE CELEBRATION SATURDAY • DECEMBER 16

At this darkest time of year, celebrate the return of the light through quiet hourly meditations, a joyous group dinner, and an evening labyrinth walk with luminaria.

[www.sunburst.org/solstice](http://www.sunburst.org/solstice)

## KRIYA INITIATION & RETREAT

*Transform Your Life!*

THURSDAY – SUNDAY • DEC. 28 – 31

Longing to find deeper meaning, or change the direction of your life? **The power's in your hands!** Experience your true Self through Kriya Yoga meditation. Activate your deepest intentions at a New Year's fire and seed ceremony.

[www.sunburst.org/new-year](http://www.sunburst.org/new-year)

## DIVE INTO SILENCE!

*Weekend Retreat*

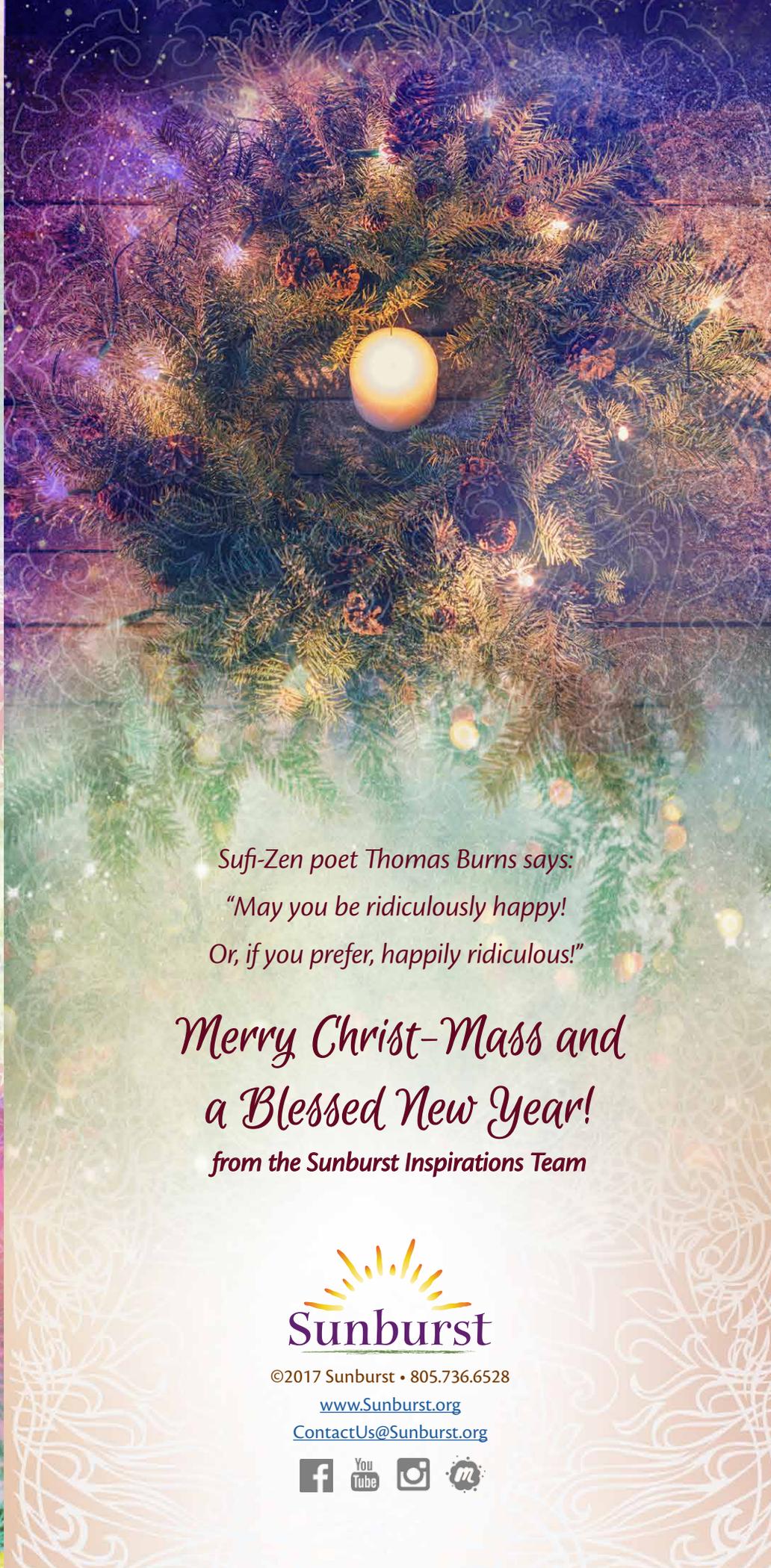
THURSDAY – SUNDAY • FEB. 15 – 18

Treat yourself to inner Self-discovery and the joy of quietness! Yoga, guided walking and sitting meditations, nourishing meals, sacred music. [www.sunburst.org/silence](http://www.sunburst.org/silence)



*The body itself is a screen  
to shield and partially reveal  
the light that's blazing  
inside your presence.*

– Coleman Barks



Sufi-Zen poet Thomas Burns says:  
“May you be ridiculously happy!  
Or, if you prefer, happily ridiculous!”

*Merry Christ-Mass and  
a Blessed New Year!  
from the Sunburst Inspirations Team*



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