

# SUNBURST MONTHLY Inspirations

FEBRUARY 2018

## Coming Events



### Dive Into Silence Weekend Retreat

THURS. – SUN. • FEBRUARY 15 – 18



### Regenerate Earth & Spirit Family Friendly Weekend

FRI. – SUN. • MARCH 9 – 11



### Kriya II Retreat Deepening Your Practice

THURS.– SUN. • MARCH 22 – 25

See page 4 for more events

My teacher, Paramahansa Yogananda, passed on to me the blessing of Kriya Yoga meditation, that taught me how to quiet myself and open up the inner eye of soul, the single eye that can perceive the Divine, blazing like that sun in the sky today. It comes blazing in your consciousness with love indescribable, beyond what you could ever conceive. This greatest encounter of all is presenting itself to you now!

– Norman Paulsen, Sunburst's founder

### From Our New Year's Kriya Retreat



"An amazing and quality event, with loving & caring hosts and guides. Thank you for all who helped the journey and process."

– retreat participant



## Love Takes Us There

And yet,  
 though we strain  
 against the deadening grip  
 of daily necessity,  
 I sense there is this mystery:  
 All life is being lived.  
 Who is living it then?  
 Is it the things themselves,  
 or something waiting inside them,  
 like an unplayed melody in a flute?  
 Is it the winds blowing over the waters?  
 Is it the branches that signal to each other?  
 Is it flowers  
 interweaving their fragrances  
 or streets, as they wind through time?

— Rainer Maria Rilke,  
*"Book of Hours"* (trans: Anita Barrows & Joanna Macy)

"Know you not that you are all gods?" Jesus spoke these words thousands of years ago, trying to lead people into the "upper chamber" to be with him. It wasn't the upper chamber in a physical dwelling he referred to. It was, and is the higher region of the brain that Divine Consciousness, I Am That I Am, has fashioned in each one of us to inhabit, to be with us.

Each one of us is a product of a special evolutionary process. Our bodies still contain the sensory motor brain that is driven by simple consciousness: the primal instincts to acquire food, shelter, and bodily comforts.

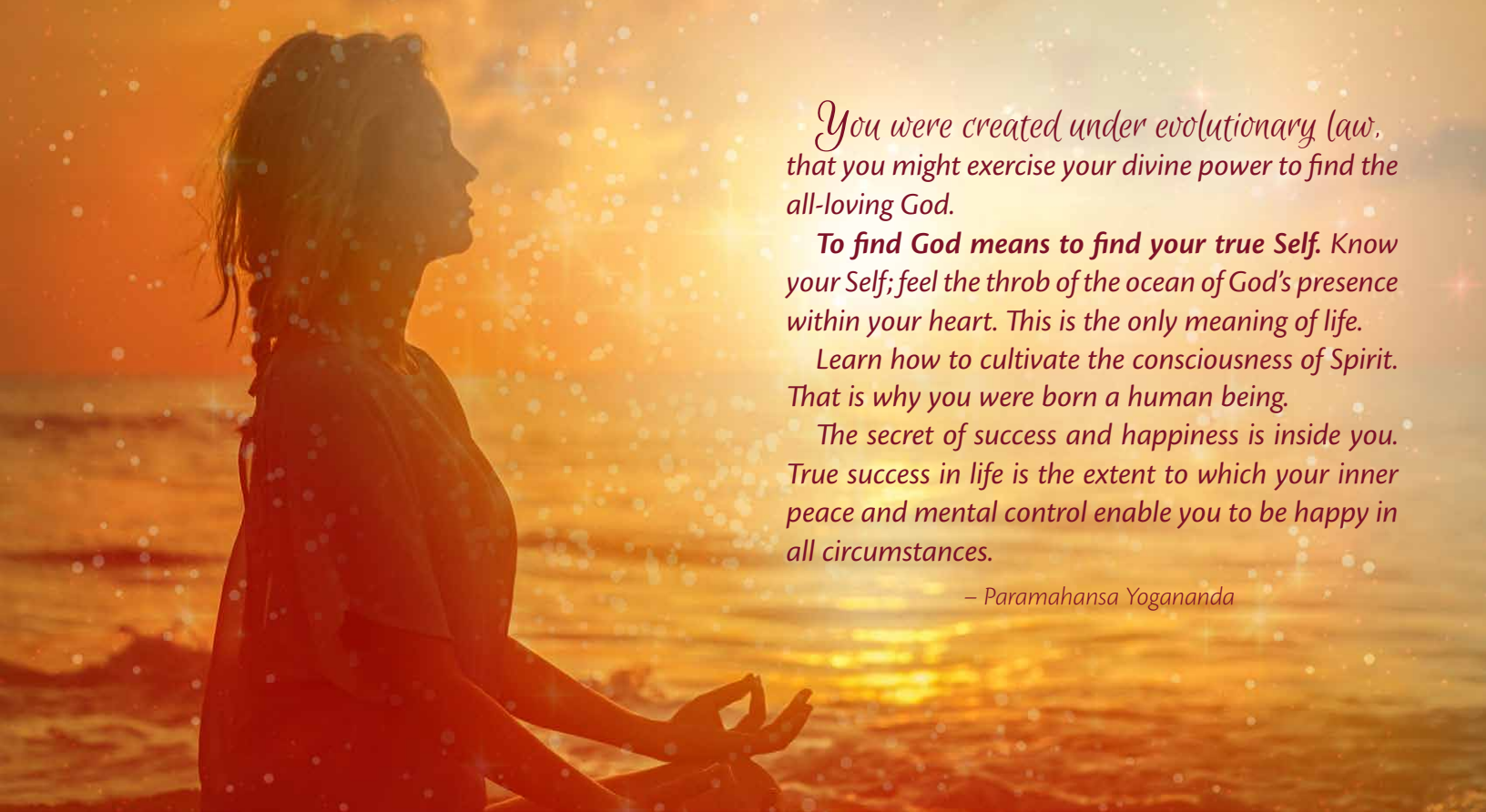
Over and above that structure, Divine Consciousness has brought, through the process of evolution, the dreaming, emotional, mammalian brain, which expresses self-consciousness: the awareness of self as a separate entity. This brain has developed over millennia, and today on this planet we are expressing it in its full potential.

The gift of I Am That I Am opens us to the upper regions of the brain [called in Sanskrit *Brahmarandra*, meaning "chamber of Spirit"]. This sacred place is the planned abode of Divine consciousness—enlightenment, God realization—in each one of us. This center has the capacity to be programmed with every image and energy structure that exists in time and space. It has the ability to see and know all.

This center sits within us right now, and exists, inner-dimensionally at the very point where light was first created. It is called the *Great Central Sun*, that smallest of all places from which life sprang forth and became everything we see, know, hear and feel. **This great knowledge is contained in us, and can unfold through the practice of solitude and meditation, conservation and transmutation of energy, and by desire. Love takes us there.**

In each human being, the whole picture of creation is contained, from beginning to end. If we exist primarily in simple and self-consciousness, we fail to find the point of light and ascend. But it is this search and ascension that we must all make eventually. I Am That I Am, who created all life forms on all worlds, wants to live 100% fully conscious in each of us—to walk, to express, to love, to feel, to caretake all images.

How can we accomplish this, that we might know? This is why we meditate.



*You were created under evolutionary law, that you might exercise your divine power to find the all-loving God.*

*To find God means to find your true Self. Know your Self; feel the throb of the ocean of God's presence within your heart. This is the only meaning of life.*

*Learn how to cultivate the consciousness of Spirit. That is why you were born a human being.*

*The secret of success and happiness is inside you. True success in life is the extent to which your inner peace and mental control enable you to be happy in all circumstances.*

*– Paramahansa Yogananda*

## Spiritual Camaraderie

Missy Collier, Sunburst

*Editor's Note: Much gratitude goes to Norm for founding Sunburst, an expansive community of souls. You, Dear Reader, are an important part of the Sunburst Family!*

There's a Turkish proverb that says, "No road is long with good company." Buddha is credited with the words: "Admirable friendship, admirable companionship, admirable camaraderie, is actually the whole of the holy life."

**Often, when we're on a spiritual path it can feel a bit isolating.** We have this burning desire for something more, but often we don't know what that is. We just know it's there, and we are striving to find the company of others who also feel that way.

Sometimes when you're in your day-to-day life working your job, trying to stay afloat, you think, "Where on earth am I going to find what's missing? Why doesn't everyone else feel the way I do, or see things the way I do?"

So when you're able to find the company of like-minded people, it is transformative and life-changing. I'm so grateful that I have the Sunburst Community in my life. I can rely on Sunburst

every day for friendship, companionship and spiritual sustenance.

**For each of us, it's such an important part of our spiritual growth to spend time with like-minded people.** Through Sunburst, we have common pursuits and a common goal, the most important and basic of those goals being Self-realization, Christ consciousness, oneness with God. The fact that we share that goal, practice a similar meditation technique, and come together on a regular basis to celebrate that with one another, is invaluable.

I'm so grateful for each person reading this today. You have that connection with Sunburst and the others involved. We all have a shared heart connection, and most importantly, a shared intention of what we want out of life—something more than just our day-to-day existence.

Together, we make our day-to-day existence something more through

meditation, through spiritual fellowship and spiritual camaraderie. It doesn't have to be coming together *just* for the purpose of meditation. We can enjoy the common purpose of a gratifying work, simply hanging out, celebrating life's special moments, singing, feeling joy, sharing insightful study.

It's the commonality that we share and the spiritual fellowship that unites us. We each can find joy in spending time and being in the company of others who are also on this path of embracing something more fulfilling.

Norman Paulsen wrote, "Those of like mind will be attracted to you, and you to them. Frequent the company of those who embody that persuasion you wish to attain." Paramahansa Yogananda said, **"In the company of other true seekers, it will be easier for you to meditate and think of God."**

# Events

## **DIVE INTO SILENCE • WEEKEND RETREAT THURSDAY – SUNDAY • FEBRUARY 15 – 18**

Treat yourself to inner Self-discovery and the joy of quietness at this group silent retreat. Yoga, guided walking and sitting meditations, practical take-home tools, and nourishing meals amid pristine natural beauty. [www.sunburst.org/silence](http://www.sunburst.org/silence)

## **KARMA YOGA PROGRAM**

*Service Exchange*

**FRIDAY – SUNDAY • MARCH 2 – 11**

**(up to ten days)**

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Help with varied activities such as gardening, cooking, cleaning, upkeep and more. Enjoy all 10 days or a shorter duration.

*Call to register; call or email for more details.*

## **REGENERATING EARTH & SPIRIT**

*Family Friendly Weekend*

**FRIDAY – SUNDAY • MARCH 9 – 11**

Do you crave a greater connection with the earth? Co-create with nature through a hands-on permaculture workshop about soil-building, composting, and seeding. Enjoy: a Wheel of Life gathering, yoga and guided meditation, drum circle; home-cooked meals, and children's activities throughout. [www.sunburst.org/earth](http://www.sunburst.org/earth)

## **KRIYA II RETREAT**

*Deepening Your Practice*

**THURSDAY – SUNDAY • MARCH 22 – 25**

Deepen your practice with the 2nd initiation of Kriya, a powerful tool for awakening. Learn to activate the healing power of your chakras. Enjoy interactive discussions with seasoned practitioners. [www.sunburst.org/kriya-ii](http://www.sunburst.org/kriya-ii)

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

*The mind can go  
in a thousand directions,  
but on this beautiful path,  
I walk in peace.  
With each step, the wind blows.  
With each step, a flower blooms.*

– Thich Nhat Hanh

*The word "listen"  
contains the same letters  
as the word "silent."*

– Alfred Brendel

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