

SUNBURST MONTHLY

Inspirations

July 2018

Coming Events



Karma Yoga Program Service Exchange

JULY 13 – 22 (Stay up to 10 days)



Healing Symposium Secrets for Vibrant Health

THURSDAY – SUNDAY • JULY 19 – 22



Star Party Spectacular

SATURDAY • AUGUST 11

See page 4 for more events

The most important thing
is the way we act
from moment
to moment
in our everyday life,
just as it happens.

– Arnaud Desjardins



To walk the spiritual path,
the utmost discipline is required.

Threefold development must be pursued:
physical, mental and spiritual.

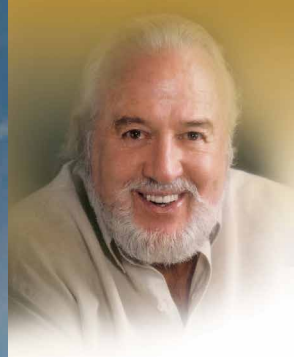
Many begin, but fail to make
the continuous effort
toward Self-realization.

– Norm Paulsen, Sunburst founder

Hope begins in the dark,
the stubborn hope
that if you just show up
and try to do the right thing,
the dawn will come.
You wait and watch
and work:
you don't give up.

– Anne Lamott





FOUNDER'S MESSAGE

Norman Paulsen

The Greatest Practice

If you ask yourself *Who am I?*, you find you are surrounded by the walls of a body of bones and flesh, but your thoughts are free to travel through any part of your body—right foot, left foot, hands, the top of your head, through your eyes or your ears. **You are the eternal spirit of God**, but thoughts have become images, and information collected through the senses surround our physical brain cells. Our thoughts tell us we are separate individuals, that we need security, that life in the body is precious and must be protected. When the soul thus identifies itself with the body only, selfishness and greed is born.

If we lose contact with Spirit, which is God in us, then ego consciousness arises. Ego will send all our energy outward through the senses, going after things outside that we can see, feel, and touch, to try to satisfy our desires. But ego consciousness can never know God; that is why the scriptures say "Man cannot see God." But Spirit within us *can* see, hear, touch, and converse with a divine Creator.

We can see a divine drama unfolding all around us, within us and in our friends, our towns, countries, and all across the Earth. There will always be a positive and negative side.

The older I get, the more I realize what great, deep love God has for us all, and how forgiving God is. **If we persist to the end in faith and love, no matter how many times we stumble and fall, no matter how many mistakes we make, if we never give up, God never gives up on us.** Say, "I desire to try again, Oh Lord." You will be forgiven and strengthened, to go on.

There is no affliction in anyone's life that cannot be overcome by asking, by faith, and by self-sacrifice. It doesn't work to just sit and wait for God to fulfill your prayer. But if you get up and go to work for God to help others, suddenly you will find your own problems vanish. Why? Because you turned over every atom, cell, molecule, thought, deed, and every conscious moment to God.

To forget one's troubles and selflessly go to work to help someone else is the greatest of all methods. God watches and says, *That one was so sick, but they have forgotten themselves, and are trying to help someone else. They are reaching out to help their neighbor.* In this way are we miraculously cured.

My heart has a crack in it.
Yes...there is a lot of horrible in the world.
But deep down, I know there are 100 tons
of wonderful, too.
Don't let the horrible steal your hope.
Don't let the horrible steal your power.
Instead, let's use the horrible to grow bigger
in how much wonderful we give.

– Shawn Anderson



All Of Your Questions Will Be Answered...

Jake Collier, Sunburst

Years ago, when I hadn't been with Sunburst very long, Norm Paulsen was leading a meditation at our first property, in the mountains above Santa Barbara. At one point during the meditation, Norm said: "All of your questions will be answered if you stick on this path, if you practice meditation. Divine Spirit will reveal all the answers." I was happy to hear this as I had many questions.

One of the questions I had at the time was: "How could ancient civilizations achieve such a high level of evolution, then fall into the dark ages only to evolve again?" Through the grace of Yogananda's teacher, Sri Yukteswar, I was given an answer in his book *The Holy Science*. In the Introduction, Yukteswar goes into great detail on why this cycle happens. Just as we are subjected to the energies of the planets and the moon, so it is with our planet and its relationship to all other celestial bodies within the creation.

It takes twelve months for our planet to go through each sign of the zodiac. It takes 24,000 years for this earth to travel through the grand cycle of cosmic energies. These 24,000 years are divided into six periods of various lengths called *yugas*, as well as twelve astrological ages, each consisting of about 2,000 years.

Civilizations across the planet reach a high level of evolution in the *Satya Yuga*, or *Golden Age* of people living in harmony with the Earth and with each other—no wars, no famine, no disease. As our solar system moves through other *yugas*, the energies become denser, and civilizations can decline into what finally becomes a dark age, the *Kali Yuga*. And on the cycle goes, only to arrive back at another golden age of harmony and oneness with the Creator.

Each individual who embarks upon the spiritual path has their own unique story to tell. But the common underlying energy of all of them is: *I'm trying to find out who I am, why I'm here, and where I'm going when I leave*. This is the essence of the *yuga* and

astrological age that we've recently moved into. The previous age was the Age of Faith. We can look back at previous generations; faith was the prevailing energy. Churches swelled to huge congregations, all having faith that if they just "believed," they'd go to heaven. We see it also in the guru-disciple relationship.

But now we're moving into the Age of "*I want to: personally experience the Creator deep within me; to know that she is alive; to hear his voice; to feel him beating in my heart, and taking every step with me*."

Turning the wheel of meditation accelerates our spiritual evolution here. It burns up past deeds that we aren't proud of; it consumes negative thoughts and energies. It heals the cells of the body, expands them with light, opens up the spiritual centers (chakras) and reveals to us dimensions of consciousness. As spiritual astronauts, we begin to travel through different dimensions of consciousness, seeing and feeling God's expression through them. We begin to understand energies seen and unseen, and how to harness them for God's purpose here.

When children are beginning to learn to walk, we see their indomitable determination. The child will get up and take one step; fall down, get back up and take another step; fall down again, yet not give up. Usually, they don't even get upset when they fall; they just get back up and try again, and again, and again, until they're off and running at last. That is the determination we need in turning the wheel of meditation.

We are now in the monthly vibration of the virtue of Perseverance. In this zodiacal vibration of Cancer, turning the wheel takes perseverance. Keep setting goals to sit in meditation longer and longer. Keep turning the wheel with patience and perseverance. All questions will be answered. We will know who we are, why we are here, and where we are going when we leave.

Events



KARMA YOGA PROGRAM

Service Exchange – up to 10 days

JULY 13 – 22 (Also: Oct. 25 – Nov. 4)

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Varied activities such as gardening, cooking, cleaning, upkeep and more. Come for 10 days or a shorter stay. *Call or email for details.*

HEALING SYMPOSIUM

Discover Secrets for Vibrant Health

THURSDAY – SUNDAY • JULY 19 – 22

Learn ways to improve spiritual, emotional, and physical wellness with experienced, multi-disciplinary practitioners. Relieve stress, unlock your purpose and passion, understand and reconnect with the life-force within you, and live an empowered lifestyle.

sunburst.org/healing



SUMMER STAR PARTY SPECTACULAR

SATURDAY • AUGUST 11

Explore astronomy through interactive presentations and activities. Watch the Perseid meteor shower after dark! School-aged children with adult welcome. sunburst.org/stars

REGENERATING EARTH & SPIRIT

Preserving the Harvest

FRIDAY – SUNDAY • SEPTEMBER 14 – 16

Reconnect with yourself, each other, and the Earth. Learn food preservation techniques and enjoy yoga, meditation, nourishing meals, heartfelt camaraderie and more. sunburst.org/earth



KRIYA II MEDITATION RETREAT

Deepen Your Practice

THURSDAY – SUNDAY • OCTOBER 4 – 7

Advance and deepen your Kriya meditation practice. Receive the second initiation of Kriya; learn to activate the healing and balancing power of your chakras; and discover ways to help consciousness evolve. 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

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+.

Spring 2018 at the Sanctuary



Firewood gathering at the Family Campout



Kriya offerings



Pizza straight from the oven



Egrets visit the horses



Loving hands brought gardens to life.



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www.Sunburst.org

ContactUs@Sunburst.org

