

SUNBURST MONTHLY

Inspirations

August 2018

Coming Events



Star Party Spectacular
SATURDAY • AUGUST 11



Regenerate Earth & Spirit
Preserving the Harvest
FRI. – SUN. • SEPTEMBER 14 – 16



Equine-Guided Self-Discovery
Equine Therapy Workshop
SATURDAY • SEPTEMBER 29

See page 4 for more events



Meditation practice
isn't about trying
to throw ourselves away
and become something better,
it's about befriending
who we are.

– Ani Pema Chodron

A moment's insight
is sometimes worth
a life's experiences.

– Oliver Wendell Holmes



Love the moment and the energy
of that moment will spread
beyond all boundaries.

– Corita Kent



FOUNDER'S MESSAGE

Norman Paulsen

The Heart's Longing

Think not lightly that God is calling you because of your own heart's desire. Exercise it...take full advantage of it! Hear the call now and pursue God with the strength of youth, or with the determination of old age. The message of the heart's longing to know God exists in you and every created life-form. Even the moth is inexplicably drawn toward the bright light to its own inevitable metamorphosis. All life particles came forth from the initial burst of light and energy, and, like homing pigeons, eventually must return to that point in the end. So, the flow of life is forever outward and inward: I Am That I Am exhaling and inhaling creation with the breath of life, moving in and out of duality, the unmanifest to the manifest and back to the unmanifest.

My purpose here is to try to give you a momentary glimpse of your own potential. Meditation will reveal this fact, if practiced with the same powers and energies you use to obtain food, clothing, pleasure and shelter for yourself. You have to desire it; you have to develop love in your heart for God. **In making the effort every day to practice virtue, you demonstrate respect for your own soul and the pure Self within.**

We are all time and dimension travelers, but have lost contact with the pure Self, which takes us safely from one dimension to another. The total journey and story of creation is locked up within our own inner-dimensional body. The distance from the place you are now sitting to the place in space where creation began, the beginning point that scientists call *the Big Bang*, is the same as the distance from the end of your spine to the crown of your head, inner-dimensionally. You, are already there, but only your soul and the pure Self can reveal it to you. Just meditate on that. **You do not have to die and go searching for heaven—it is within you now!**

Only the pure Self, the consciousness of Christ, can lead you, the soul, into this divine realization and vision. You have to make the effort. You have to ask for revelation and illumination in your meditations and prayers. All teachers and prophets, past and present, who have attained enlightenment, are nearby to assist you, if you but ask.

*When the mind
is full of memories
and preoccupied by the future,
it misses the freshness
of the present moment.
In this way, we fail to recognize
the luminous simplicity of mind
that is always present
behind the veils of thought.*

– *Matthieu Ricard*



Kriya Yoga Meditation Retreat • June 21 – 24, 2018

The answer to my prayers. Once again I can fulfill my purpose for God here on this planet, bringing the light of love and the joy of the spirit. – M. Schubert

Dawn King of Sunburst:

It was Saturday, and the day of Kriya initiation. I walked through the entrance to the temple. A large platter of fruit and container of flowers sat on a table near the inner doorway. I carefully chose a golden colored pear and a sprig of purple carnations. Before taking my seat, these would be offered to the Divine, a symbol of my intentions to dedicate my life to a greater good.

I entered the meditation room. A silver fruit tray and crystal flower vase were in the center of the room amidst encircling fresh rose petals and some very large lighted crystals. An air of reverence saturated the quiet room. Some meditating participants were already seated. There had been wonderful sessions of yoga, pranayama, meditation, and discussion since everyone arrived Thursday night.

Bowing my head before placing my fruit and flowers, an inner dialogue began with what felt like an old friend. "God, you and I go way back...long before the Bible." I felt the eternal connection of my spirit with the Creator of All. I felt ancient, yet ageless, and like I had repeated this act of dedication through eons of lifetimes. "Thank you! Thank you for this beautiful moment in time."

Never mind that an hour earlier I'd been on my knees with towels trying to dry the floor at home, where my washer had sprung a leak and gushed water into the laundry room. Never mind that everything still had to be moved, all the cabinets and their contents, to be dried out over the next 24 hours. Did I say I live at Sunburst Sanctuary? I do.

Soon after the misplaced water appeared, I thanked God for this great, and very present opportunity to thoroughly clean house. Everything that happens in life is an invitation to make improvements in ourselves, in our attitudes, and in our world. Whatever obstacles we overcome, we do so for all of humanity. Our breakthroughs shake the ethers, making the way clearer for everyone. And truly nothing we do goes unnoticed. It lives in collective experience, collective memory.

The prayer, "Lead us not into temptation," had jumped into my consciousness during the weekend. These words had not come to mind for a very long time. Yet, we each are so tempted to stay in our rut, to ignore the good deed we could do, or the needed change we could make in ourselves. I'm reminded to pray each day, "Lord, please give me the wisdom and strength to do what is right every moment today." In acting this way, I would find my deepest, and most lasting and satisfying happiness.

Reserve now for Kriya Yoga Meditation Retreat of January 3 - 6, 2019.



Events

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

Do you crave a greater sense of connection with the earth? Reconnect with yourself, each other, and Mother Nature. Learn food preservation techniques and enjoy yoga, meditation, nourishing meals, heartfelt camaraderie and more. Family-friendly.

sunburst.org/earth

EQUINE-GUIDED SELF-DISCOVERY

Equine Therapy Workshop

SATURDAY • SEPTEMBER 29

Journey toward connection with your soul and the Earth, led by Equine-guided educator Natalie of Shakti Ranch, and connecting with the horses of Sunburst Sanctuary. sunburst.org/equine



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

KARMA YOGA PROGRAM

Service Exchange – up to 10 days

OCTOBER 26 – NOVEMBER 4

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Activities vary, such as gardening, cooking, cleaning. Includes Unplug & Recharge silent retreat dates.



UNPLUG & RECHARGE *An Exploration of Silence* – OCTOBER 26 – 28

CELEBRATE LIFE RETREAT *with Sacred Geometry* – NOVEMBER 16 – 18

NEW YEAR'S KRIYA YOGA MEDITATION RETREAT – JANUARY 3 – 6, 2019

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+.

Rivers
and rocks and trees
have always
been talking to us,
but we have forgotten
how to listen.

– Michael Roads




Sunburst

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