

Inspirations

January 2017

Coming Events



Light & Renewal Retreat with Kriya Initiation

DECEMBER 29, 2016 – JANUARY 1, 2017



Dive Into Silence Weekend Retreat

FRIDAY – SUNDAY • FEBRUARY 24 – 26

Celebrate Life Retreat Spring into Wellness!

FRIDAY – SUNDAY • MARCH 24 – 26

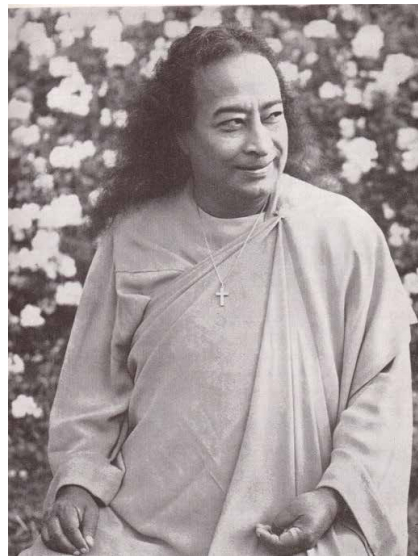
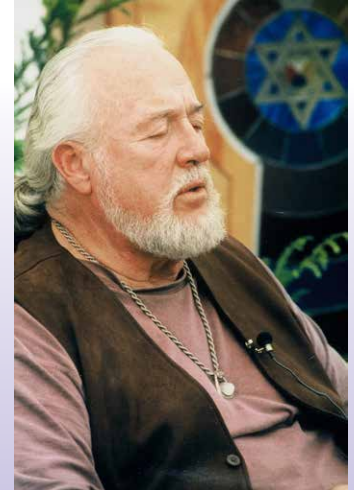


See [page 4](#) for complete details

Oh Light and Energy

You are spinning through each one of us,
through our bodies and minds.
Oh Beloved, we present our souls to you,
gathered up like a bouquet.
Bless us in this new year, that all those we
meet may be touched with your love.
Fill us abundantly with your light.

– Norman Paulsen, Sunburst's founder

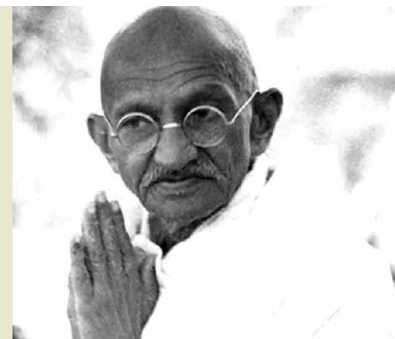


Whenever we came to Paramahansaji
with any kind of personal problem or
complaint, his answer would be, "Just keep
your mind here," he used to say, pointing to
the Christ Center between the eyebrows,
the seat of spiritual consciousness and of the
divine eye. "Keep your attention here, and
keep God in your consciousness."

– Sri Daya Mata, *Only Love*

*I will be truthful.
I will suffer no injustice.
I will be free from fear.
I will not use force.
I will be of good use to all men.*

– Mahatma Gandhi



Cultivating a Meditation Practice

Heiko Wirtz

At times people consider developing positive habits that will help them build a strong spiritual practice. In thinking about that, I realize it starts with devotion and inward connection.

When I was younger, in “Autobiography of a Yogi” I read about a time when Paramahansa Yogananda first had a glimpse, a vision, of the presence of the inner Sun. Reading this stirred something within me; I wanted to know God, too—wanted to have that connection. How could I get my focus and my love to come to a point where I was so open that I could receive the Divine?

Everywhere I looked—in the sunshine, in the glistening waters, in the trees—I could sense the vibration of God. Every cell of my body was created by God. But why did I have a consciousness that felt separate? These thoughts were beginning to deepen my spiritual quest.

It is always a good time to consider your own connection to the Divine, and remember how your search began. How did that evolve into your present moment? How close is Spirit? Each of us has to learn how to go within to answer that question. You have to unlock the doors inside, the chakras of your inner-dimensional spine. You have to become strong.

God will guide you every moment, but you have to trust, and inwardly believe you are on your path—you are walking it. Then no matter where you go, you have that connection. You have that inner goal, and it is calling you. Every time you stop to remember, you connect. You make the Light notice you, and you honor it.

In deep meditation, feel your energy moving inward, naturally pulling away from your outer limbs, your hands, your arms—inward to the center, to the core of your being. Your body is there, but your consciousness resides deeper than that, and with every breath, it becomes more concentrated.

Bring your energy, your love, all that you are, up to the third eye, the seat of your soul, as an offering, and focus on the Divine. Then feel the blessing of that offering. Feel it wrap you with a cocoon of healing energy. You can send that energy to those you love, to all you know, and the whole world. Align your will with Spirit’s will. “Be still, and know that I am God.”

Strength lies in this connection; it will show you how to live your life. All you need to do is to practice your meditations, to create a space in yourself where it can reside and teach you.

Let your consciousness remember the Divine always, and your journey. Listen when Spirit calls you.

May we all connect to that light in greater abundance, and share all that we’ve learned with this planet. Send out your love, within and without!



FOUNDER'S MESSAGE

Norman Paulsen

Open Wide Our Hearts

*Oh Mighty Spirit, I Am That I Am,
Let us see you face to face, brilliant like the sun,
Shining within the upper chamber of our minds.
What a miracle it is to be alive, and to contemplate you.*

*All we see, all we know,
came forth from your invisible Presence.*

*Open wide our hearts that we may receive you abundantly.
Bless us that we each become a light in this world.
Let this light spread to all those who are afflicted and lost.
This world needs your light so desperately
in all hearts and minds!*

*We pray for the cessation of wars, greed and suffering,
That this world can again be a garden of beauty.
Oh Beloved, we pray for the future of this beautiful planet,
for the sake of our children and their children –
let us love one another, help one another, and grow together.*

*We will meditate on you,
we will coax you to reveal yourself.
We will love you with all our hearts and our devotion.
You are even now beating in our hearts,
breathing through our lungs.
You gave us this life, and you can take it away – this we know.*

*We believe in the immortality of our consciousness,
Each so uniquely and divinely created,
Not by ourselves but by divine hands.
Let us realize our immortal souls!
Let us bathe in the Light of your presence.
Lead us into that realization,
That we may spread it to all we meet in the years ahead,
That we may see peace in this world.*

*Every tomorrow is determined
by every today.*

— Paramahansa Yogananda



What Keeps You on the Path?

Valerie King

Who am I? Where do I come from? Who are you, God? In deep meditation, does your heart cry out to understand these mysteries?

Can you reach back in your imagination—way back, beyond the boundaries of time and space, when we were all with God as One great infinity? Yes, here we all existed in the rapture of eternal, timeless peace, the formless sea of ever-new joy.

Then something inside this Presence moved and desired to see images again. From the smallest of all places a light burst forth and grew into a newborn universe! This first creation of Light contains all that ever was, is now, or ever will be, including each one of us.

This infinite Being of light and consciousness has been called by so many names—the *Divine*, the *Source*, *I Am That I Am*, the *living Clear Light of Reality*. It sustains all with love and life force, every microsecond of time. It is the presence of our divine Mother and Father, I Am That I Am. It is who we really are!

Miraculously, we are all attached



to this Being of Light. It sits inner-dimensionally upon the crown of each of our heads, waiting to be welcomed into our bodies, minds and souls. **This is what our meditation is for—to quiet us down, open us up, and invite our true nature to awaken and come forth.**

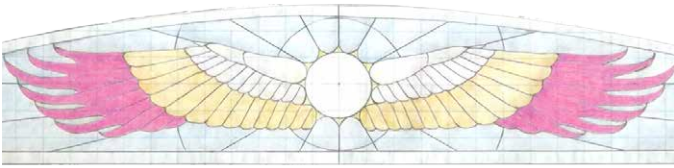
Someone once asked me, “What keeps you on the spiritual path? Why do you meditate?” Once you feel the Divine touch in the deepest part of your heart and soul, once you catch a glimpse of that indescribable brilliance and its all-consuming love penetrates you completely, when you hear the inner voice gently guiding you at a time you need it most, when you feel the comforting arms of Spirit softly holding you...why would you NOT meditate?

Once you have been touched by that divine light, love, and pure consciousness, you will find that you just want to share this incredible presence with everyone. You want to see this beautiful world living in joy and peace, as it was always intended to be. Then the work truly begins.

And I said to the man who stood at the gate of the year: “Give me a light that I may tread safely into the unknown.” And he replied: “Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way.”

— Minnie Louise Haskins





News and Events

LIGHT & RENEWAL *Kriya Meditation Retreat*
THURSDAY – SUNDAY • DECEMBER 29, 2016 – JANUARY 1, 2017
Be the change! Empower your journey with Kriya meditation, yoga, inspiring music and community. Set your 2017 intentions in a transformative New Year's Eve fire ceremony.

DIVE INTO SILENCE *Weekend Retreat*
FRIDAY – SUNDAY • FEBRUARY 24 – 26
Treat yourself to inner Self-discovery and the joy of quietness! Relax and be rejuvenated with yoga, walking meditation, and sacred music amidst peaceful natural beauty.



CELEBRATE LIFE RETREAT
featuring: Spring into Wellness
FRIDAY – SUNDAY • MARCH 24 – 26
Learn the spiritual and scientific benefits of purification for improved health and wellbeing with Dr. Greg Anderson. Enjoy yoga, meditation, music, meals, and fellowship.

KRIYA INITIATION & RETREAT
Spring Renewal –
Unlock your true potential!
THURSDAY – SUNDAY • APRIL 27 – 30
Learn the liberating art and science of Kriya meditation, or attend again to renew and re-energize your practice. Experience the support of a group of like-minded seekers.



Pre-registration is required for all events above. Camping is available. Please call for more information and to register.



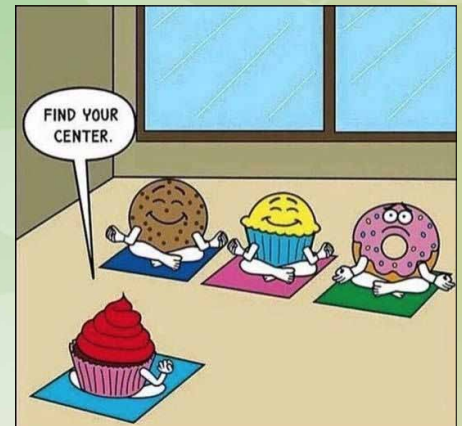
SUNDAY MEDITATION GATHERING
Sundays, 10:30 a.m.
Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspired company, and a delicious vegetarian meal. A children's program is offered for ages 4+.

Words to Live By

Everything in excess is opposed to nature.

– Hippocrates

Cosmic Humor



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and hope you'll comment and/or send your pictures after visiting Sunburst. Mail to: ContactUs@Sunburst.org
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