

SUNBURST MONTHLY

# Inspirations

May 2017

## Coming Events



**Celebrate Life Retreat  
With Hands-On Permaculture**  
FRIDAY – SUNDAY • MAY 26 – 28



**Living With Spirit  
Experience Sunburst**  
SUNDAY – SUNDAY • JUNE 18 – 25



**Celebrate Life Retreat  
Tune In To Your Fire!**  
FRIDAY – SUNDAY • JUNE 23 – 25

See page 4 for more events

*My heart found its home long ago  
in the beauty, mystery,  
order and disorder of the flowering earth.*

– Lady Bird Johnson



*Loyalty and devotion  
lead to bravery.  
Bravery leads  
to the spirit of self-sacrifice.  
The spirit of self-sacrifice  
creates trust in the power of love.*

– Morihei Ueshiba

*Look at that sun shining out there!*

Look at that blue sky, and the waters upon the earth.  
What a miracle!

Look at the mountains and valleys  
covered with Mother's natural images,  
Her garden of life-forms.

Look out into space, into infinity  
stretching away from us in every direction,  
filled with planets, stars and galaxies.

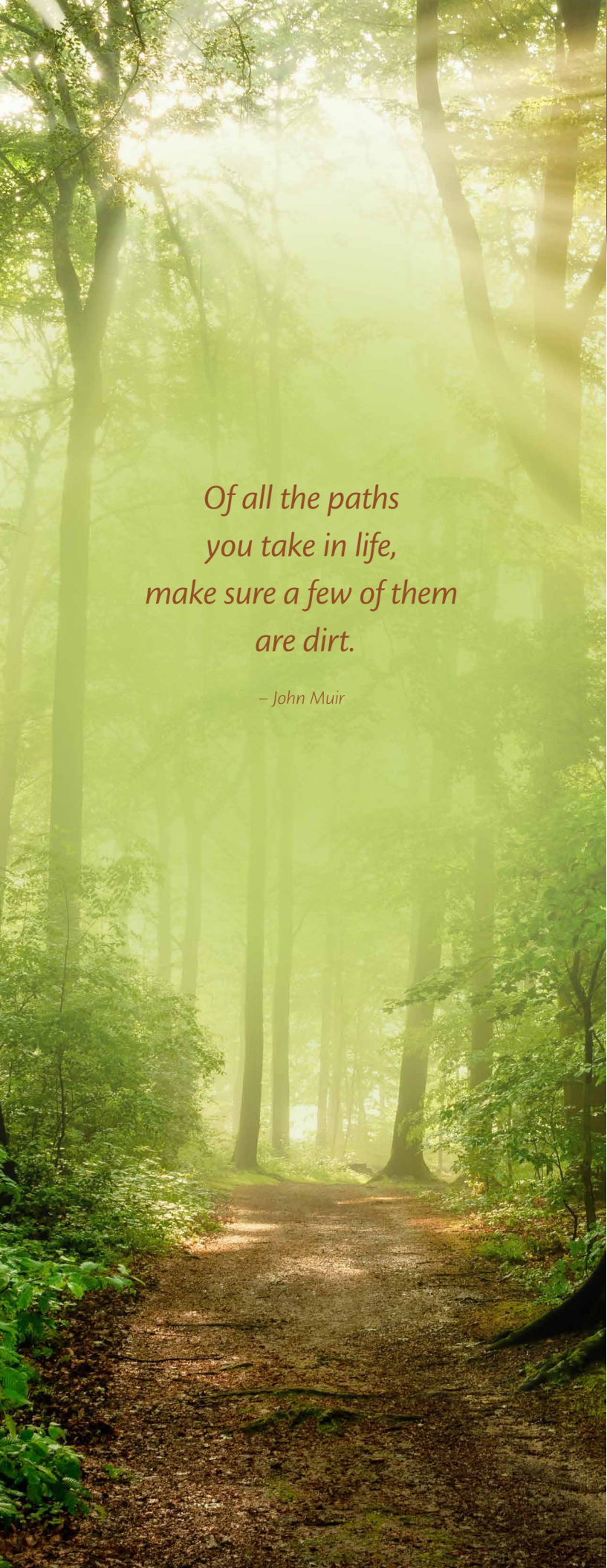
Yes, just look at you and me.

Oh, what a miracle life is that we are here.

We are surrounded by the living presence of God  
in all images and life-forms.

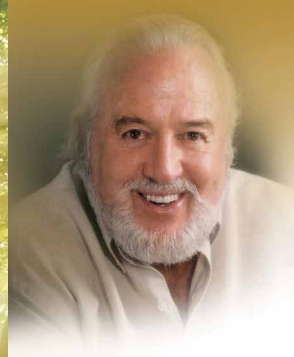
– Norman Paulsen, Sunburst's founder





*Of all the paths  
you take in life,  
make sure a few of them  
are dirt.*

– John Muir



FOUNDER'S MESSAGE

Norman Paulsen

## *Living Joyfully*

*An Interview with Norman Paulsen by Cheryl Haley, 1987*

**NP:** In the beginning, the Pure Consciousness that ignited the universe, which we'll call *I Am That I Am*, desired to walk in physical form, fully conscious, on the worlds that it projected. Infinite Spirit visualized and projected humankind endowed with full possession of Cosmic consciousness, walking on this planet; growing, picking, and tasting the fruit of the trees; looking at the sun it had created and feeling the warmth; bathing in the waters—all the enjoyments of the five senses—yet at the same time totally aware of the whole cosmos. This is the ultimate evolution of consciousness on this planet!

**CH:** That speaks to a very joyful way of living, where we're in harmony, and we're able to partake of all the beauties and joys of this planet. The question that arises in my mind is: *Are we off track?* If you look at what we have done, collectively as a species at this point, we're not there yet.

**NP:** The Cosmic-conscious Being, who is projecting everything, has allowed itself to be encased in human form. In most of humanity, it is aware of itself as being only this body, identifying itself as separate from everything it sees. In this self-conscious state, protection systems are set up to perpetuate this consciousness, to attain the things needed—food, clothing, housing—which can also promote selfishness. Because most people are being impelled by self-consciousness for self-preservation, we have a very unhappy world. We have a world where people mistreat each other to gain things, and to protect their self-interest.

But, **if an individual touches the “hem of the garment” of the Divine Consciousness, the consciousness that created all, that person begins to become conscious of the cosmos. They are awakening to their own oneness with everything they behold,** knowing they were a participant in the creation of the universe, stars and galaxies. That person becomes unselfish in this world.

Humanity has the ability, as we exist today, to move into this consciousness. In this state, everything we see becomes very dear to us: our bodies, the people around us, our surroundings, the whole universe. Our hearts open and divine love awakens! We become true caretakers of this beautiful world, and of one another.

# Receiving Spirit

Patricia Paulsen

As we sit in silent meditation, we begin to purify our hearts and minds, and the manna from heaven feeds us. The clear life force and awareness that comes upon us, and moves through us, lifts and fills our souls.

The lower nature of our consciousness, that thinks it's separate from God, doesn't like to sit still and meditate. It fights and struggles, because it's going to find out it's no longer the king or queen who rules our bodies, minds and souls. This ego nature has to step aside and support the awakening of the pure Self, the Christ consciousness, the image of God growing within each of us.

Once you have tasted the manna from heaven, you're going to feel the tug. No matter how much you struggle and move away from the center of consciousness within you, it's going to be tugging at you. The Fisher of Souls calls you back home to oneness.

Feel the peace that you are, the light that you are, the wisdom that comes through you. You can read about it in books, but that doesn't give you the actual experience of it.

It does take work; it doesn't just happen. You've got to want it. There's got to be a desire every day to listen to the higher nature of your being and make decisions in harmony with the life and the love of God that moves through you.

So in utmost gratitude each new day, remember the freedom and liberation of all souls as one people under one God. And may this abolish the wars and injustices in this world.

*May we each see peace on this earth, real peace, with our brothers and sisters. This, O Lord, we pray.*

*Let us walk our consciousness together into the upper room of our souls and receive the feast that is awaiting us, to see the crystal streams of our life force free from all the bonds that hold us back. Break it free, O God, and let us be with thee in these moments of silence. Open our hearts to receive you fully. This we pray.*

*No longer do we carry the cross on our shoulders with heaviness, and keep condemning ourselves for all our misdeeds. Let us free ourselves every day by coming back to this place of peace within. This we pray, O Lord.*

*May we have the courage to move into the uncomfortable parts of our new growth, our new development, pushing forward into the parts of life that grow our souls for the betterment of the whole. This we pray, O Lord.*

*This is a happy, beautiful day, as we go forward with spiritual rebirth within us. Nurture the seed that is here. Let it grow; let the child of Christ grow in each of us every day of our lives. Amen.*

## Finding Focus

Barbara McCaughey

Norm was the first person who made me aware of a door to eternity sitting right on top of my head, and this door could be opened while I was alive in my body. Through this door comes life more abundant, joy, wisdom, and a peace we cannot know with our ego consciousness.

When he first heard Paramahansa Yogananda speak at the Hollywood Church in Los Angeles, Norm was sitting in the congregation, but felt that Yogananda was speaking directly to him. He felt his soul stirring from the message that he heard.

The first time I heard Norm speak, I was also sitting in a gathering of people, and I felt he was speaking directly to me. I had a question that wasn't even really formed in my mind. I'd had a very

pleasant religious upbringing that was, I thought, really doing something good for me up to a certain point in my life.

When I became a teenager, and life became a little more complicated, I started to feel that my religious instruction was more historical than practical for everyday life. Now I realize that, had I taken the time to be quiet and contemplate it, even then it would have been clear that I was being guided and supported by the Spirit world.

What I heard Norm say that changed everything for me was his words about the message of Jesus: *The things that he did, we can do also, and greater things.* Then I knew what the focus of my life was—I had to make the journey I so admired. It was for me, and it is for everyone else who chooses it.



# News and Events

## CELEBRATE LIFE RETREAT

featuring: *Hands-On Permaculture*

**FRIDAY – SUNDAY • MAY 26 – 28**

Integrate your inner and outer spiritual practice through hands-on permaculture projects, with Sean Fennell. Enjoy yoga, meditation, music, and community.



**LIVING WITH SPIRIT • Experience Sunburst!**

**SUNDAY – SUNDAY • JUNE 18 – 25 (8 days)**

Connect with kindred souls on 4,000 acres of natural beauty. Live, work, meditate, learn, and have fun together! This lively event includes yoga, meditation instruction, discussions, meals, and hands-on projects revitalizing Sunburst ranch's watershed.

**CELEBRATE LIFE RETREAT • featuring: Tune In To Your Fire**

**FRIDAY – SUNDAY • JUNE 23 – 25**

Erika Eddy, L.Ac., MSAOM, RYT, leads you in an exploration of Chinese medicine's fire element, and how to harmonize body and mind with the influences of the summer season. Enjoy yoga, meditation, music, and sacred ceremony.



## KRIYA INITIATION & RETREAT

*Awaken the Light Within • Discover the Indwelling Divine!*

**THURSDAY – SUNDAY • JULY 27 – 30**

Is it possible to directly experience the Divine? Learn Kriya meditation, an effective tool to help you realize the light and truth within you. If you already have a practice, refresh and deepen your journey by attending again.



**KARMA YOGA PROGRAM • Service Exchange**

*Stay for a few days, or up to the full duration.*

**TUESDAY – SUNDAY • MAY 23 – JUNE 4**

**MONDAY – SUNDAY • JULY 24 – AUGUST 6**

**TUESDAY – FRIDAY • AUGUST 29 – SEPTEMBER 1**

Infuse your daily actions with Spirit as you live, work, and meditate in cooperative community. Help caretake the retreat center with activities such as cooking, gardening, cleaning, upkeep, and more. Throughout the year, opportunities are scheduled periodically; contact the office for details and to apply.



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

## Words To Live By

*Be a gardener.*

*Dig a ditch, toil and sweat,  
and turn the earth upside down  
and seek the deepness  
and water the plants in time.*

*Continue this labor  
and make sweet floods to run  
and noble and abundant fruits to spring.*

*Take this food and drink  
and carry it to God  
as your true worship.*

*– Julian of Norwich*



## Sunburst Videos Online!

- Hear Sunburst Founder Norman Paulsen's voice.
- Find out more about Sunburst's history.
- Take a virtual tour of Sunburst Sanctuary and more!

Go to [YouTube.com](http://YouTube.com) and search for "Sunburst Sanctuary".



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