

SUNBURST MONTHLY

Inspirations

June 2017

Coming Events



Living With Spirit Experience Sunburst

SUNDAY – SUNDAY • JUNE 18 – 25



Celebrate Life Retreat Tune In To Your Fire!

FRIDAY – SUNDAY • JUNE 23 – 25



Kriya Initiation & Retreat Awaken the Light Within – Discover the indwelling Divine!

THURSDAY – SUNDAY • JULY 27 – 30

See page 4 for more events

The first step to being honest
is to be present,
to be in the observer's seat—
not to judge, but to love.

– Heiko Wirtz, Sunburst



We are all time and dimension travelers,

but have lost contact with the pure Self, which takes us
safely from one dimension to another.

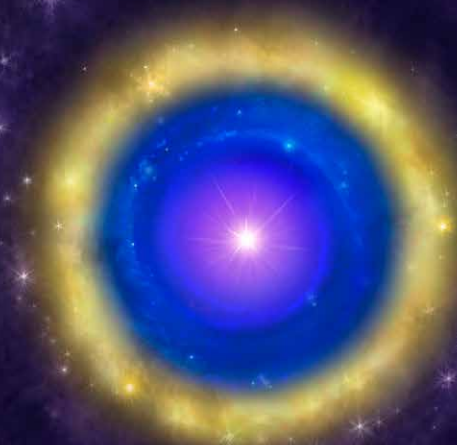
The total journey and story of creation is locked up
within your own inner-dimensional body. Yes, it is all
within you, but only your soul and the pure Self can reveal
it to you. Just meditate on that. You do not have to die
and go searching for heaven—it is within you now!

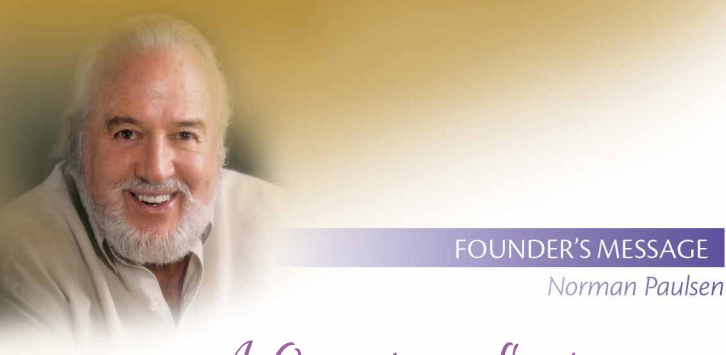
– Norman Paulsen, Sunburst's founder



When
you cannot see
what is happening,
do not stare harder.
Relax
and look gently
with your inner eye.

– Lao Tzu





FOUNDER'S MESSAGE

Norman Paulsen

Wise Words From the Past... for the Present

In 1949, while Norman Paulsen was living at Paramahansa Yogananda's ashram in Los Angeles, a local newspaper interviewed Yogananda. How appropriate his message is, to this day!

Wearing an orange robe, speaking in a spiritual vein and with earthy humor, Yogananda declared, "Politicians have made a mess of things! We must lead exemplary lives. The lives we lead, not our theories, are what count."

"My greatest task is still ahead of me. It is this: to establish a Golden World City as a kind of pilot plant wherein to work out a formula by which the human family can learn to live in amity and peace. We aim at a United States of the World, with God as President."

Yogananda planned to educate war orphans from World War II at his Encinitas ashram, giving them "special training to make them citizens of the world."

"We must teach all men that religion should be a bridge instead of a barrier."

Sunburst, along with many other centers, carries forth this vision and projection of a world full of peace, love and understanding, now and into the future.

A Quantum Leap

The future of humankind, I think, is extremely hopeful. We stand on the threshold of a quantum leap into a dimension of consciousness we've only dreamed of. We are each the offspring of the Divine, the encapsulation of the whole creation. It exists inner-dimensionally within each one of us.

Ultimately, there is no place to go "out there." There is a place to go within yourself, to that Light that created you and is manifesting you today. You have the ability to experience your Creator face to face within, to know who you truly are, to receive that knowledge and guidance, that wisdom, peace, and love.


The savior of humanity is the Cosmic Sense, the fully awakened consciousness of the divine pure Self within each one of us. This Cosmic Sense grows in you as an evolving realization that destroys selfishness, along with the sense of sin, shame, guilt, and fear—henceforth divested forever.

The emergence of the immortal pure Self, if attained by the multitudes, will literally create heaven on earth. In the light of this Divine Consciousness, the human spirit will be revolutionized: "Not my will, but Thy will be done." Old concepts will be done away with; all will become new!

This will not be a new religion or an "ism" of any sort. It will be people who are each guided within themselves by the same divine intelligence, the same wisdom, the same light. There will be no efforts to save people from their sins by the promise of a heavenly abode after death. All depends on the realization of one's individual soul, the reflection of God within.

The dawning of the new consciousness will convey the realization that one has already attained the kingdom of heaven. There will be no doubt of the Absolute Godhead, as every soul shall see and know God, *I Am That I Am*, face to face. Each soul will now know its oneness with all of life and the expanding spheres of creation.

The most profound aspect of all this is the soul's sense of immortality. This is not a conviction that one shall attain eternal life, but the absolute realization that one already has it! Only our own personal experience of this state, along with the continued study and meditation on those who have attained it, can ever enable us to realize what the Cosmic Sense truly is.



May the sun
bring you new energy every day;
May the moon softly restore you by night;
May the rain wash away your worries;
May the breeze blow new strength
into your being;
May you walk gently through the world
and know its beauty
all the days of your life.

– An Apache Blessing

Experiencing God

Al King, Sunburst

When I was young, I heard people talking about God, saying either they believed, or they didn't believe in God. I don't ever recall anybody talking about *knowing* God.

One of the things that attracted me to Sunburst is that Norm, Sunburst's founder, talked about knowing God—really knowing that God existed. He said that it was every person's birthright to experience the presence of God, to know God like a child knows its parents.

How do we come to really know God? How do we come to experience that Presence? The lineage of teachers that Sunburst is part of has had one primary focus, and that focus is meditation—using meditation to know God. This is the tool we can use to have that perception.

Our days are filled with activity. Our minds are constantly active. We need to stop this constant mental activity and still these thoughts so that we can “look beyond the veil,” look from this place of illusion into the reality of God's presence.

It's been said that prayer is *talking*

to God, and meditation is *looking or listening for God*. So often I've heard prayers that sounded more like a laundry list of chores for God to do. Prayer is important, but once we've prayed and made our desires known, then it's time to be quiet and listen for God's answer.

The Kriya meditation that's taught at Sunburst is a method to train the mind into focusing on one thing, so that we can look beyond the mind.

The ancient yogis realized that there's one thing we all do constantly, and that's breathe. They realized that we could use that breath as a tool, as something for the mind to focus on. Give the mind a chore to do, and while it's occupied with this chore, hopefully it's not continuing to race from thought to thought.

After practicing the meditation technique for a while, the mind is calming down, settling down. In that time, we can really concentrate our focus on trying to perceive God's presence. For some, it might be a light; others might hear audible instructions. Some may experience an

incredible peace, a wonderful joy. So after performing the technique, we can be quiet and bask in the bliss.

Meditation is like learning to be an athlete or a musician. It takes daily practice. So it's important, if we really want to have a regular experience of God's presence, to practice the meditation on a regular basis. It's been recommended that we meditate at least twice a day—at the beginning of the day and at the end of the day.

Make meditation a habit, something that you don't even think about, you *just do it!* You'll get to the point of feeling like you've missed something if you haven't sat in meditation and contacted God and the peace beyond thinking.

I Am That I Am, please be with us in our efforts to experience your presence. We desire to see your light, to hear your voice, to feel your touch, to know your love. Be with us now in our efforts.

Mother Father, Christ, we are so grateful to know that you are with us now, and in every activity. Help us to remember your presence always, that it will influence all our actions. Thank you. Amen

News and Events

LIVING WITH SPIRIT • Experience Sunburst! SUNDAY – SUNDAY • JUNE 18 – 25 (8 days)

Explore Sunburst's holistic spiritual path with kindred souls on 4,000 acres of natural beauty. Live, work, meditate, learn, have fun together! Event includes yoga, discussions, morning and evening meditations, nourishing meals, and hands-on group projects revitalizing the ranch 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.



RELAX, RENEW, RECHARGE WEEKEND

featuring: Guided Nature Hike
FRIDAY – SUNDAY • SEPTEMBER 1 – 3 (Labor Day Weekend)
Reconnect and immerse yourself in beautiful natural surroundings. Enjoy yoga, meditation, music, and community. Family-friendly, with scheduled activities for children ages 4 and up.

KRIYA II MEDITATION RETREAT • The Rainbow Path THURSDAY – SUNDAY • SEPTEMBER 28 – OCTOBER 1

Take your Kriya meditation practice to the next level using Kriya II. Learn about the baptism of fire, and explore the connections between your chakras and dimensions of consciousness.



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. You're responsible for most of your own meals, attending morning meditations and offering four hours of service daily, alone or with others. Opportunities are scheduled periodically throughout the year; 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.

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

*Pray as though everything
depends on God.*

*Work as though everything
depends on you.*

– Saint Augustine

Cosmic Humor

*Many things are
opened by mistake,
but none so frequently
as the mouth.*



Honor Another

Sunburst Sanctuary invites your further participation in daily meditation services through flowers. You're invited to donate toward flowers, or flowering plants for the temple. This is a way to honor a special person or day (an anniversary, birthday, passing, graduation, etc.). At Sunday service special mention of the honoree will be noted in the announcements. Your donation will be a blessing to all. Thank you. Please call the office to participate.



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