

Inspirations

July 2017

Coming Events



Kriya Initiation & Retreat
Discover the indwelling Divine!
THURSDAY – SUNDAY • JULY 27 – 30



Relax Renew Recharge
Family Friendly Weekend!
FRIDAY – SUNDAY • SEPTEMBER 1 – 3



Kriya II Meditation Retreat
The Rainbow Path
THURS. – SUN. • SEPT. 28 – OCT. 1

See page 4 for more events

*Through selfless work, love of God grows
in the heart. Then, through his grace, one
realizes him in the course of time.*

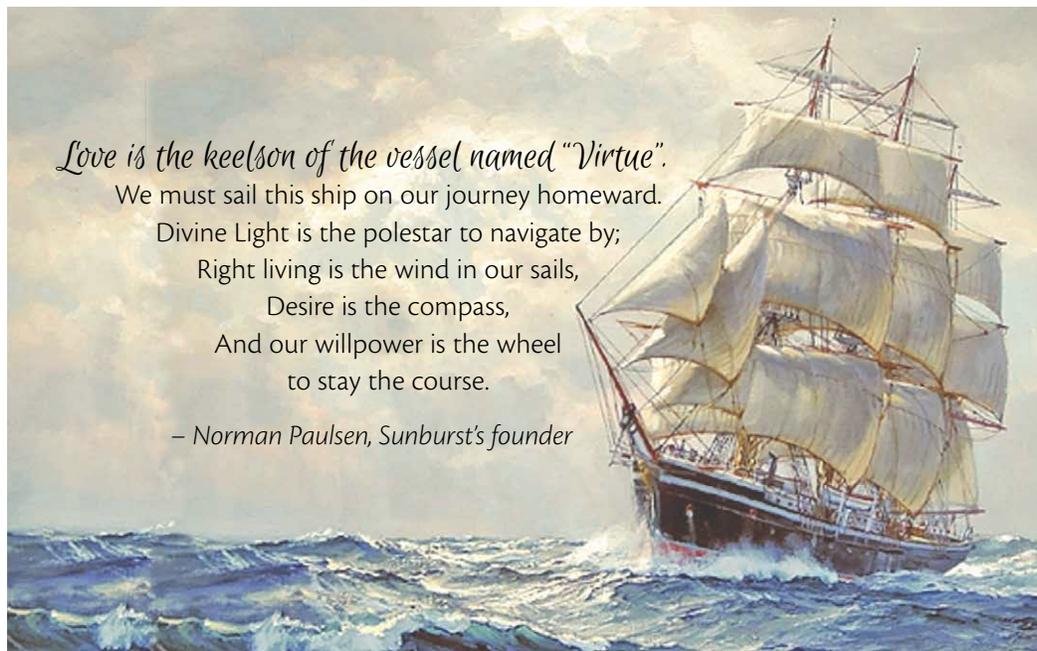
*God can be seen. One can talk to him
as I am talking to you.*

– Ramakrishna,
“The Gospel of Sri Ramakrishna”



*Necessity
may be the mother of Invention,
but Play is certainly the father.*

– Roger von Oech



Love is the keelson of the vessel named “Virtue”.

We must sail this ship on our journey homeward.

Divine Light is the polestar to navigate by;

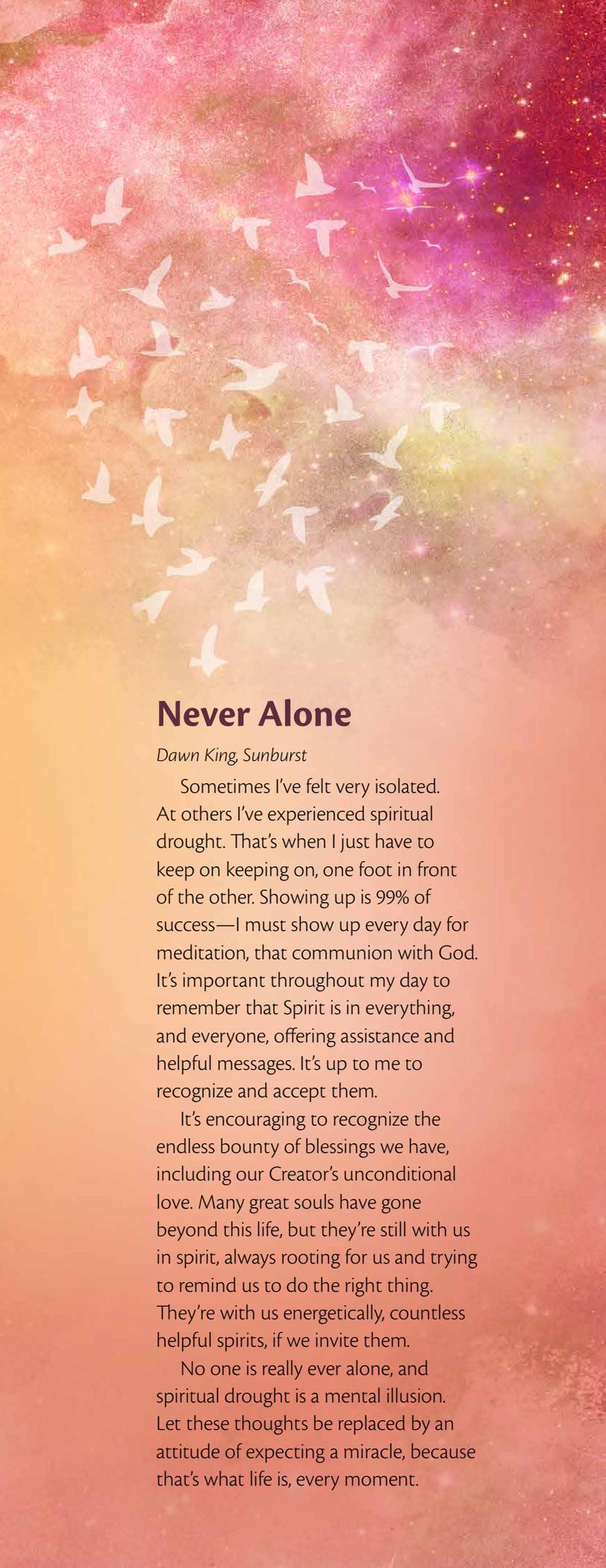
Right living is the wind in our sails,

Desire is the compass,

And our willpower is the wheel

to stay the course.

– Norman Paulsen, Sunburst’s founder



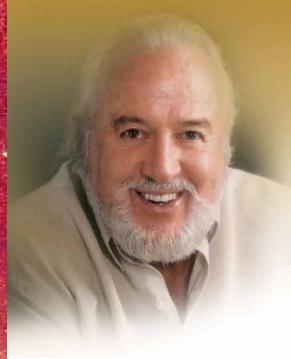
Never Alone

Dawn King, Sunburst

Sometimes I've felt very isolated. At others I've experienced spiritual drought. That's when I just have to keep on keeping on, one foot in front of the other. Showing up is 99% of success—I must show up every day for meditation, that communion with God. It's important throughout my day to remember that Spirit is in everything, and everyone, offering assistance and helpful messages. It's up to me to recognize and accept them.

It's encouraging to recognize the endless bounty of blessings we have, including our Creator's unconditional love. Many great souls have gone beyond this life, but they're still with us in spirit, always rooting for us and trying to remind us to do the right thing. They're with us energetically, countless helpful spirits, if we invite them.

No one is really ever alone, and spiritual drought is a mental illusion. Let these thoughts be replaced by an attitude of expecting a miracle, because that's what life is, every moment.



FOUNDER'S MESSAGE

Norman Paulsen

I Look for You in Every Face

*O Divine Comforter,
No matter how difficult the path,
I know You have blessed me with the faculties
By which I am able to bear what comes to pass.*

*As I journey homeward,
Please hear my soul calling.
I will pursue You every moment of my conscious life.
I will forever persevere, O Spirit Divine,
To develop the willpower to never give up!
I must meet You face to face.
I must hold You in my arms,
If You will allow.*

*You are my Father;
You are my Birth Mother,
The Creator of my soul.
From You have I come forth into this world,
Into this sea of faces.*

*I look for You in every face, O Beloved.
Will You please come forth
And reveal Yourself to me
Somehow, somewhere, someday?*

*I will continue to pursue You
In every image and in every place,
Until I find You hiding
In the mirror image of my own face.*

Focusing Your AUM

Paul Custer, Sunburst

The syllable, song, and expression of “AUM” has a very deep and special place within my meditations. When I begin a meditation, to help me open my heart, and to refine my focus, I chant and sing AUM repeatedly. This is partly as a call to the Divine saying, “I am here. I am present and conscious of your presence within me.” I take that time while I am chanting to focus my attention, my consciousness on that connection between our Divine Creator and the essence of my soul.

– Paul Custer, Sunburst

Dancing With Spirit

Craig Hanson, Sunburst

In 1989, a group of Sunburst friends went to the Valley of Fire, in Nevada. It’s really a magical place with beautiful red cliffs, rainbow colors and petroglyphs. We decided to walk up to the end of one canyon. It featured a hollowed out bowl of rock that was used for collecting rain water, and for ceremonies.

As we walked down this narrow canyon, I noticed a series of petroglyphs on the right wall. One of these showed four figures dancing, hand-in-hand. I looked at the three people with me and my hands reached out. “Look, at the petroglyph! Let’s dance down the valley.”

So we all sang and danced, and felt a connection with the sacred spirit of that land and the people who danced there many hundreds of years before us. We were re-enacting that special time.

Our singing reminded me of an experience I had in Moab, Utah, while walking along a creek bed. I started hearing beautiful, angelic music. It was like

Enya’s beautiful music—angelic—and seemed to be coming from everywhere. I walked down to the water and put my head right next to it.

The sound was coming from the water itself. It was Divine Mother saying that she loved us and that she loved the creation. It was a song of love. I’ve thought, “Oh, I wish I’d remember that song,” because it was so inspirational.

For me, being in nature is such a sacred thing, and these kinds of experiences really touch me. Sacred recreation is letting Spirit flow through you with the pure joy that God is. Doing things that we love in great joy brings the divine Spirit to dance and sing and play within us.

Oh divine Spirit, enter into me. Touch that part of You in me, so that I, as an immortal son, as an immortal daughter, can blossom to express your creativity and recreate your heaven upon this earth, wherever I go.

News and Events



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 your journey by attending again.



RELAX, RENEW, RECHARGE WEEKEND • Family Friendly!



FRIDAY – SUNDAY • SEPTEMBER 1 – 3 (Labor Day Weekend)

Reconnect and immerse yourself in beautiful natural surroundings with a guided nature hike. Enjoy a sacred chant concert with Jaya Lakshmi & Ananda, yoga, meditation, and community. Scheduled activities for children ages 4 and up.

JAYA LAKSHMI & ANANDA • Sacred Chant Concert

SATURDAY, SEPTEMBER 2 – Sunburst Temple, 7 P.M.

Be immersed in heart-opening kirtan & healing music.



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.

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, for 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 of Wisdom

*When is the last time
your computer [or phone]
restarted you?
Don't forget about Nature.
Recreation means
to re-create yourself.*

– Bryant McGill



We really love your input

and hope you'll comment and/or send your pictures after visiting Sunburst.

Mail to: ContactUs@Sunburst.org

The photo above was taken at the conclusion of a Circle of Life event.

Find more inspiration on Sunburst's YouTube channel and Facebook page. Subscribe, like, share, and add your comments.



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