

SUNBURST MONTHLY

Inspirations

SEPTEMBER 2017

Coming Events



Kriya II Meditation Retreat The Rainbow Path

THURSDAY – SUNDAY • SEPT. 28 – OCT. 1



Unplug and Recharge An Experiment With Silence

THURSDAY – SUNDAY • OCT. 26 – 29



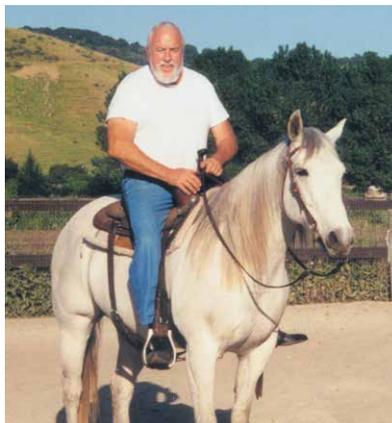
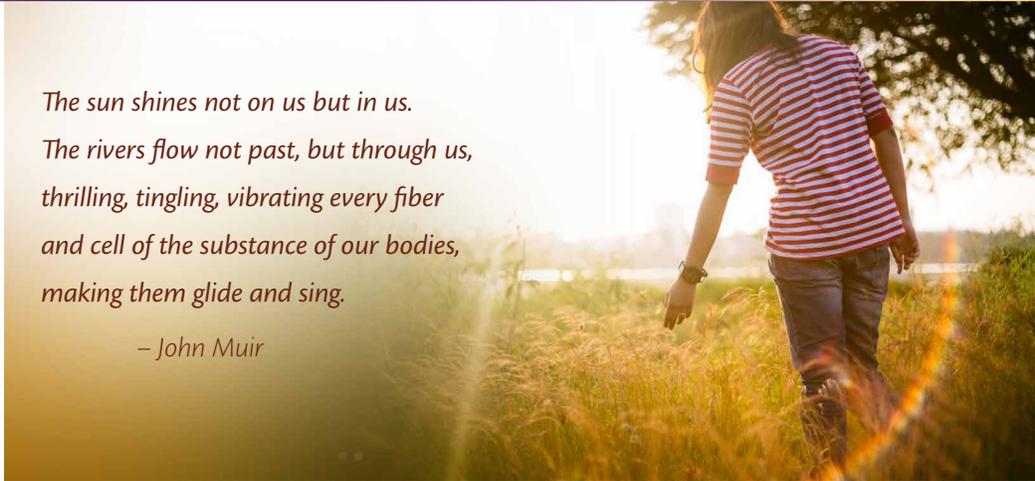
Sunburst YogaFest Retreat A Kaleidoscope of Yoga

FRIDAY – SUNDAY • NOV. 3 – 5

See page 4 for more events

*The sun shines not on us but in us.
The rivers flow not past, but through us,
thrilling, tingling, vibrating every fiber
and cell of the substance of our bodies,
making them glide and sing.*

– John Muir



*Conscious conduct,
or mindful living, is revealed to us
as we strive to live in virtue each day.
Helping us to achieve this goal
is the pure Self, that reflection of God
existing deep within our souls.
We all have this ever-present life force,
but it has to be awakened,
identified and brought forth.*

– Norman Paulsen, Sunburst's founder

*All those
who devote themselves
to the Self within
make it an object of devotion
that can never perish.*

– The Upanishads





What Would Love Do?

Stephanie Austin, article excerpt

Ed: August 21 brings a total solar eclipse visible across the continental U.S. Traditionally, these cosmic events are considered symbols of upcoming changes, particularly the following year. Fasten your seatbelt and project positive change!

Who were you born to be? What is your soul's gift to the world? Your superpower? The total solar eclipse calls us to remember our divine destiny, and to ask, whenever we are uncertain, "What would love do?"

Humanity's evolution and survival depend on awakening into heart-centered consciousness. Our planet is on the brink of catastrophic environmental collapse, largely caused by human ignorance and greed. Up to 140,000 species are disappearing each year, the greatest loss of biodiversity since the dinosaurs vanished 65 million years ago.

This is the eleventh hour. Everyone counts. Everything we do matters. **We are determining our future, and the future of all life on Earth, by our thoughts, words, and deeds.** The world needs all of our power, and love and energy, and each of us has something to give. The trick is to find it and use it, to find it and give it away, so there will always be more.

We can be lights for each other, and through each other's illumination we will see the way. Each of us is a seed, a silent promise, and it is always spring.

Now is the time to know that all you do is sacred. – Hafiz
Make your life a work of heart. – Steve Bhaerman

My Beloved

*My love, my Beloved, wherever you are,
I'll be there beside you, I'll never be far.
In the sunrise, in the sunset, in the starlight above,
You will hear my soul whisper of eternal love.*

*On the clear lakes of calmness, the image is clear,
Our love lies unmoving 'til ripples appear.
We ride on the wind now, and laugh in the rain,
The Earth has new meaning, we're one and the same.*

*From the crests of the mountains to the valleys below,
We sail on the rivers that endlessly flow.
To the sea now, to be now, at one with the source,
Is the goal of the rivers that follow their course.*

*In a sphere now we're moving away through the stars,
We'll encompass them all – Eternity's ours!
The endless, the eternal, our love has no bounds,
We go on expanding, we wear the same crown.*

*We're rivers of sound, and worlds without end,
The loved, the beloved, the Eternal Friend!*

*Ever-new is the joy, ever-new is the bliss,
The whole of creation, within us exists.
The Source of it all now has become Love alone,
Ever-new and unending – It resides on the throne.*



The Rewards of Selfless Service

Jake Collier, Sunburst

There's a Zen saying that *before enlightenment I chopped wood and carried water. After enlightenment, I chopped wood and carried water.* This quote really rings true. **We're here not to escape this world, but to be a vehicle for divine Spirit to experience all that it has created here.**

When we look out at the sky at night, we notice the distances between us and other stars and planets. From astronomers' studies, you realize the vastness of outer space. Scientists even had to formulate a different measurement called *light years* because the brain couldn't comprehend how many miles it was to Jupiter, much less to the outer rim of creation.

We sit in seemingly solid chairs with a solid floor, in a solid building, and seemingly solid bodies. But within everything there's space between the atoms, even between sub-atomic particles. Yogananda describes that space as divine Spirit, that energy that's pulsating every microsecond of time, creating and continually expanding this creation.

These bodies have basic needs: shelter, clothing, water and food to sustain us. Work becomes necessary to provide these needs. **When we do it selflessly, we can feel divine Spirit within us as we work.** Sunburst's founder said, **"Selfless service creates spiritual evolution."**

The more we work selflessly, or self-less-ly give, the more of divine Spirit we receive—the more active Spirit is within us. And because we feel Spirit more fully, we want to do more selfless service. It's self-perpetuating. And in the process, we inspire one another. When we see somebody else being selfless, we're inspired to also do that.

"Whatever you do, you must do cheerfully for the service of all, and be very ambitious in well-doing," said Yogananda. Looking back on the history of Sunburst

from 1969 onward, there's an endless list of those souls who selflessly gave of themselves to make Sunburst happen. And so we continue to move it forward, to grow Sunburst and have it be a signpost, and a destination point for people to come and learn about divine Spirit and Mother Nature.

As we change our lives to live more harmoniously with the divine plan, our spirituality grows and expands, because it is part of the Creator's imagination, for he fashioned us not to live in fear and to suffer here.

God created us, that we might experience ecstasy living here—every day, and every moment of time that we're in these bodies. Spirit flows into us and through our senses, and with that life force, we create things; we help one another; we enjoy life to its fullest.

Yes, work can be a four letter word that we dread, but **we each need to make it our mission to find a beneficial work that inspires us.** Find a work in which you can joyously give of yourself. In doing so, you create an energy that spreads across the earth, touching other souls, inspiring them to improve themselves, and make the world a better place.

Through practicing meditation, reflection and contemplation, each of us can find a beneficial work we can apply ourselves to. The joy, the satisfaction, and the spiritual growth we will experience will be beyond our imagination.

Almighty Spirit, create within me a clear space, so I might see a way forward on my path. Lead me to your embrace. Let me see you as a blazing light pulsating through inner space, so I might become a true son, a true daughter.

May my efforts here help Mother Earth heal herself, and inspire others to join in this mission to heal this world and create heaven on earth. Amen



*Through selfless work,
love of God grows in the heart,
and 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



News and Events



KARMA YOGA PROGRAM • *Service Exchange*
Stay for a few days, or up to the full duration.
TUESDAY – FRIDAY • AUGUST 29 – SEPTEMBER 10
Contact the office for details and to apply.

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! Learn ways to engage and awaken the healing power of your chakras, gateways to dimensions of consciousness within you.



UNPLUG & RECHARGE • *An Experiment With Silence*
THURSDAY – SUNDAY • OCTOBER 26 – 29
Take a break from the inner and outer frenzy! Explore and experience powerful practices that leave you feeling clear, refreshed, and powered-up for the holiday season.

SUNBURST YOGAFEST RETREAT • *A Kaleidoscope of Yoga*
FRIDAY – SUNDAY • NOVEMBER 3 – 5
Delve into a wide variety of approaches to Yoga, guided by skillful teachers. Classes include Restorative, Vraaja, Kundalini, Thai Therapy, and Ayurvedic approaches.



SACRED GEOMETRY RETREAT • *Discovering Divine Design*
FRIDAY – SUNDAY • NOVEMBER 17 – 19
Craig Hanson, lifelong sacred geometry scholar, reveals remarkable patterns appearing throughout nature. Retreat includes nourishing meals, rejuvenating yoga, and pristine natural beauty.

KRIYA INITIATION & RETREAT • *Light & Renewal*
THURSDAY – SUNDAY • DECEMBER 28 – 31
Do you long to know the light of the Divine within you? Supported by experienced practitioners, learn the transformational Kriya Yoga meditation, or attend again to renew your practice.



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.

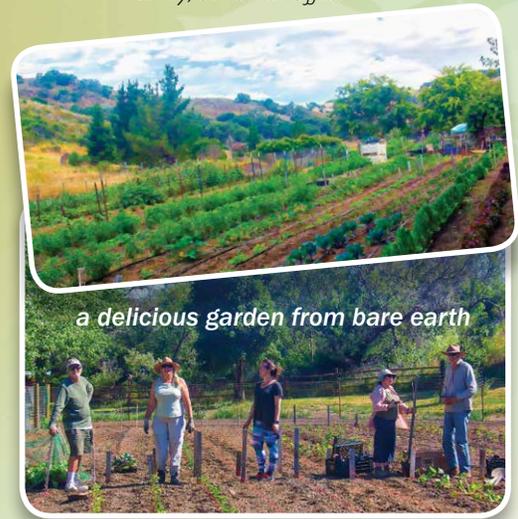
SUNDAY MEDITATION GATHERING • **SUNDAYS, 10:30 A.M.**
Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspired company, and a delicious vegetarian meal. A children's program is offered for ages 4 and up.

Meditation Moment

I invite you to experiment with a practice that I have found tremendously helpful. First, in quiet meditation, with intention, direct your attention within to listen for the vibration of AUM (sometimes written "Om"), your direct link with Spirit. Take some deep relaxed breaths, helping to still the mind. Bring your focus to the constant Presence of the Divine that is with you right now.

Later, as you go about your daily activities, mentally chant AUM with all your attention whenever you think of it. For me, this seems to shift my consciousness a little each time, leaving me feeling more clarity, more like everything is okay. Let me know what this practice does for you!

– Emily, Sunburst Office



You Did It!

Everyone who participated in Sunburst's Karma Yoga Program is heartily thanked! All are blessed by the beauty of the Sanctuary, and its gardens. Sunday brunches and retreats feature the delicious fruits of many laborers—a blessing to all!



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www.Sunburst.org

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