

SUNBURST MONTHLY *Inspirations*

OCTOBER 2017

Coming Events



Unplug and Recharge
An Experiment With Silence
THURSDAY – SUNDAY • OCT. 26 – 29

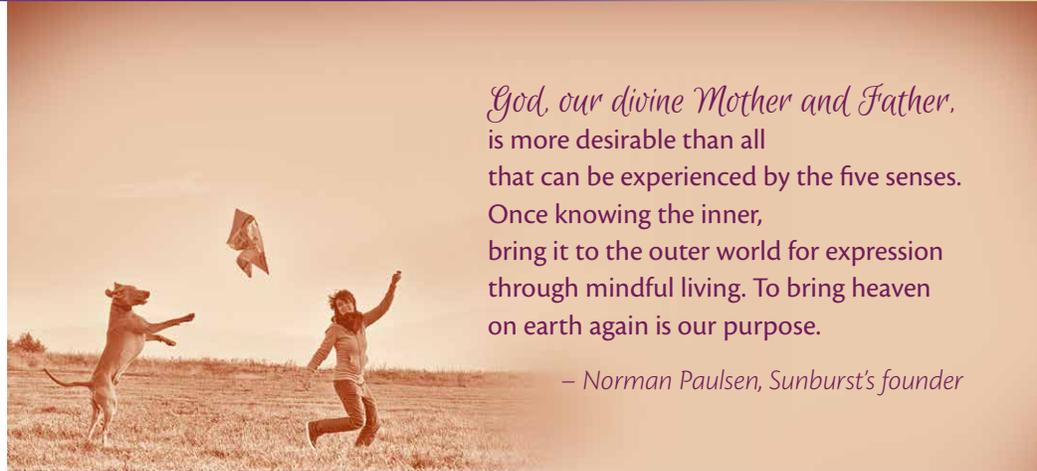


Sunburst YogaFest Retreat
A Kaleidoscope of Yoga
FRIDAY – SUNDAY • NOV. 3 – 5



Sacred Geometry Retreat
Discover Divine Design!
FRIDAY – SUNDAY • NOV. 17 – 19

See page 4 for more events



*God, our divine Mother and Father,
is more desirable than all
that can be experienced by the five senses.
Once knowing the inner,
bring it to the outer world for expression
through mindful living. To bring heaven
on earth again is our purpose.*

– Norman Paulsen, Sunburst's founder

*We each see
and experience Spirit
a little bit differently.
Put another way,
our Creator
experiences the creation
a little bit differently
through each one of us.
Let's make it great!*

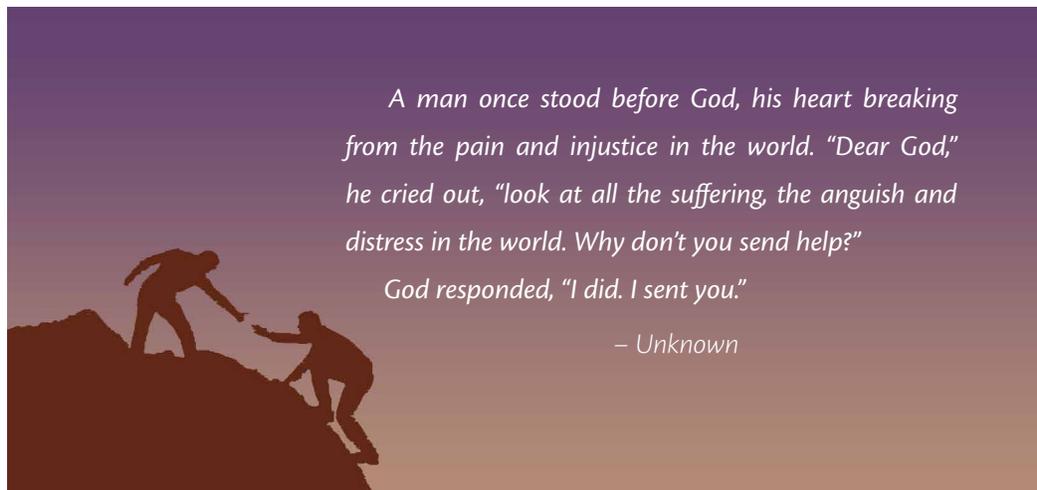
– Dawn King, Sunburst



*A man once stood before God, his heart breaking
from the pain and injustice in the world. "Dear God,"
he cried out, "look at all the suffering, the anguish and
distress in the world. Why don't you send help?"*

God responded, "I did. I sent you."

– Unknown



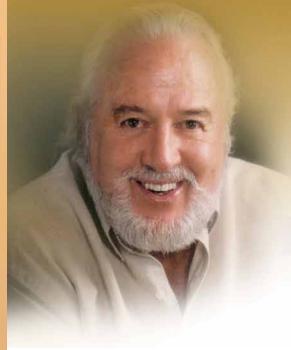
An Instrument of Peace

Paramahansa Yogananda, excerpt

Peace is the altar of Heaven. When peace comes, you are one with God. Peace is not something passive or negative. It stabs the heart of worries. One can kill worries by cultivating peace rather than by becoming angry at one's lot.

You are swimming in an ocean of peace. Just as blood goes through every tissue, so peace flows through every cell of the body. When you are peaceful, everything is beautiful. When you lose your peace, your whole mental life becomes poisoned. Peace and divine love are much stronger than anger.

Learn to give love and calmness, and continuous understanding. When you wear the crown of peace, you will have everything. Everything you do should be done with peace. That is the best medicine for your body, mind, and soul. It is the most wonderful way to live. Cultivate peace!



FOUNDER'S MESSAGE

Norman Paulsen

The Fulcrum Point

Equanimity is the quality that expresses balance: physically, mentally, and spiritually. It is required to balance the dual sacred forces, masculine and feminine, upon the fulcrum point within you. This point is the place where the forces meet, the throne of the spiritual all-seeing eye.

The most supreme knowledge, hardly known, exists for the spiritual athlete to feel, observe and comprehend at this point, the smallest of all places, the divine center of consciousness. Existing within each one of us, this is the exact center of the first light of creation, and the point of concentration in meditation.

When you find this balance point within your consciousness, you will merge with the only true reality: the exact center of your soul. Upon arriving at this center through the practice of equanimity and deep meditation, you will see the law of cause and effect in operation all around you! From here, and here only, can true discernment be fully realized. **In the light of true discernment your past judgments may be found to be incorrect.**

When equanimity is in action, we can look at circumstances around us and apply reason and virtue to our thoughts and actions. From the center of divine consciousness, we learn how to balance the dual forces within us, and live in harmony with the law of cause and effect. We are now able to choose the correct thoughts and expressions to use in our everyday living.

Though we are in the storm of life's experiences, let us take the time to sit down within our soul and really weigh and balance our course of action. We can choose between the forces of positive and negative options surrounding us, and sail our soul ship of life within the eye of the storm—where the two currents meet. We will continue on course until the storm abates and equanimity reveals the shining brilliance of the inner omniscient sun, the only port of refuge!

The ocean of Spirit cannot be received in a cup, unless the cup is made as large as the ocean. We are a wave in that ocean of Spirit, and likewise, the cup of human concentration and human faculties must be enlarged in order to comprehend the universal Spirit. – Paramahansa Yogananda

Commitment to the Vision You Seek

Patricia Paulsen, Sunburst

There are many spiritual traditions that exhort you to: “Hurry and finish up your karma so you can leave this planet and go to a more heavenly realm.” The beauty of Sunburst’s teachings is that we’re not in a hurry to get out of here and never come back. We are to fully enjoy the amazing miracle of this life, the sacredness of this Earth Mother, and all the life here. That’s what Sunburst is about.

You and I are not this body, not this mind; we are immortal souls, each one of us. And that immortal soul has been given free will to love the Infinite Being, or not. That’s a really powerful gift.

When we live in alignment with divine will, we can move through this life experiencing ever-new joy, love and peace. **Even in the midst of life’s storms, there’s a place in you that is Peace, but you must discover this and cultivate it. You can feel at one with the immortal soul that you are.**

You hear of “mindfulness, mindful living”—what does this mean? It means being present and centered in awareness, and noticing the rising of your thoughts, without judgment. This requires a certain amount of discipline of the mind. It requires effort. I love our brother Norman’s statements on mindful living, conscious conduct:

Mental discipline arises from commitment to the vision you seek—knowing what you want and dedicating your life to bringing it forth into being. It is foolish for anyone to think that they

can attain any true level of realization without a life of self-discipline. True discipline is never a restriction; it is liberation!

Meditation is a practice that helps us clear out subconscious habits and conditioning that are no longer of service to us. Discipline of the mind opens up a whole canvas of expansive space where you can project and receive. It’s not empty space; it’s full of Presence, life, love, our true nature, who we really are. We were made in the image and likeness of our creator Mother and Father. That’s powerful.

Where do we start? How can you be mindful about your activities in life—what you are doing with your life force—if you’re not aware of your conduct? Consciousness is with you all the time. You have to become aware of it and focus it to make good decisions. This effort of focus will allow virtue, your divine nature, to come forth through mindful living, making the right choices in life. **How often do we make decisions unconsciously?**

Asking ourselves to be self-disciplined and control our thoughts may seem an overwhelming task. But if you guide your awareness to watch your breath, and feeling at home in your body, then that gives you confidence: “I think I can do that.”

You’ll realize that the more you practice conscious breathing with a nice full in-breath and a full out-breath, you begin to calm your heart. And in doing

so, you begin to calm your mind, your thoughts. This is a simple way to calm the restlessness of our minds.

Be kind to yourself; have compassion, not judging when your thoughts keep moving all over the place. **Come back to your center of “being here now” and say, “I will keep returning again and again to this present moment, this next breath.”** Through this simple practice, you will begin to discover that on your breath rides the *prana*, the life force of Spirit itself.

Spirit is always trying to help us find our way back home to peace, equanimity and joy, for this is our true nature. Our Creator doesn’t want to see us suffer. We’ve been given tools so that we have a way to return home right within us. The kingdom of heaven is not something to attain that’s somewhere else. The kingdom of heaven is within us, and when we find it within, we find it everywhere around us. We simply have to do the inner work first.

Our dynamic will and conscious awareness is the seat of virtue that we’re touching on. It lives here now; not past, not future. It can help us create the future we want to see—not by grasping, but by just allowing ourselves to be an instrument, willingly, for this Presence to work through us for the betterment of the whole.

Conscious conduct is the wellspring of mindful living. It brings joy to our lives, because it’s complete. It has purpose; it has fulfillment.

News and Events

For more Sunburst: on YouTube [click here](#) and here: [for Sunburst's blog](#).

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

Take your Kriya practice to the next level! Learn ways to engage and awaken your chakras. Discover practical tools for working with these sensitive centers, gateways to dimensions of consciousness within you.

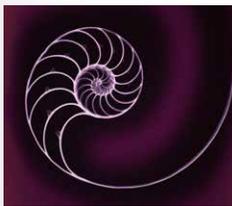


UNPLUG & RECHARGE • *An Experiment With Silence* THURSDAY – SUNDAY • OCTOBER 26 – 29

Take a break from the inner and outer frenzy! Experience refreshing silence, and explore powerful practices that leave you feeling clear and centered for the holiday season and beyond. Explore tools for creating a wider, calmer expression of life.

SUNBURST YOGAFEST • *A Kaleidoscope of Yoga* FRIDAY – SUNDAY • NOVEMBER 3 – 5

Looking for a deep practice that will help you to become your best self? Guided by skillful teachers, experience different styles of yoga that both engage the physical and go far deeper. Discover the real purpose of yoga—uniting with your true divine nature.



SACRED GEOMETRY RETREAT • *Discover Divine Design* FRIDAY – SUNDAY • NOVEMBER 17 – 19

Train your eye to see remarkable patterns permeating nature, from the microcosm to the macrocosm—guided by Craig Hanson, lifelong sacred geometry scholar. Enjoy nourishing meals, rejuvenating yoga, and pristine natural beauty.

WINTER SOLSTICE ALL DAY MEDITATION SATURDAY • DECEMBER 16

At this darkest time of year, celebrate the return of the light! Through quiet meditation, a joyous group dinner, and an evening labyrinth walk with luminaria under the stars, empower the divine light that resides within all and surrounds all.



KRIYA INITIATION & RETREAT • *Light & Renewal* THURSDAY – SUNDAY • DECEMBER 28 – 31

Do you seek deeper meaning, or want to change the direction of your life? Through the transformational Kriya Yoga meditation, experience the divine light within you—your true Self. Activate your deepest intentions at a New Year's fire and seed ceremony.

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.



Cosmic Humor



Your ability to speak several languages is an asset, but the ability to keep your mouth shut in any language would be priceless.

A Silent Retreat

Thank you Sunburst for taking me on my first formal silent retreat! ...Life is good when I enter this visual and emotional space of serenity. - Claudia

Really enjoyed silence and walking meditation, got to go deeper into the Self. - Peter

To work on creating more space within myself while not feeling secluded or alone, what a magical concept! - Breana

Thank you for space to be quiet, to wander, to reflect, and thank you for making it so simple and accessible. - Laura

*Be kind,
for everyone
you meet
is fighting a
hard battle.*

- Plato




Sunburst

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