

SUNBURST MONTHLY

Inspirations

NOVEMBER 2017

Coming Events



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



Sacred Geometry Retreat
Exploring the Divine Signature
FRIDAY – SUNDAY • NOV. 17 – 19



Kriya Initiation & Retreat
Transform Your Life!
THURSDAY – SUNDAY • DEC. 28 – 31

See page 4 for more events

Now – register online for Events!

Now you can register for all of Sunburst's events online! **Click any event name on page 4 to get event details and an option to register.**

Online registration currently accommodates camping, staying in a shared room, or commuting from home. For additional options, like a private room, partial event attendance, or paying half now and half later, give us a call (805.736.6528) or send us an email (contactus@sunburst.org). We're happy to help!

See you at a Sunburst event soon!



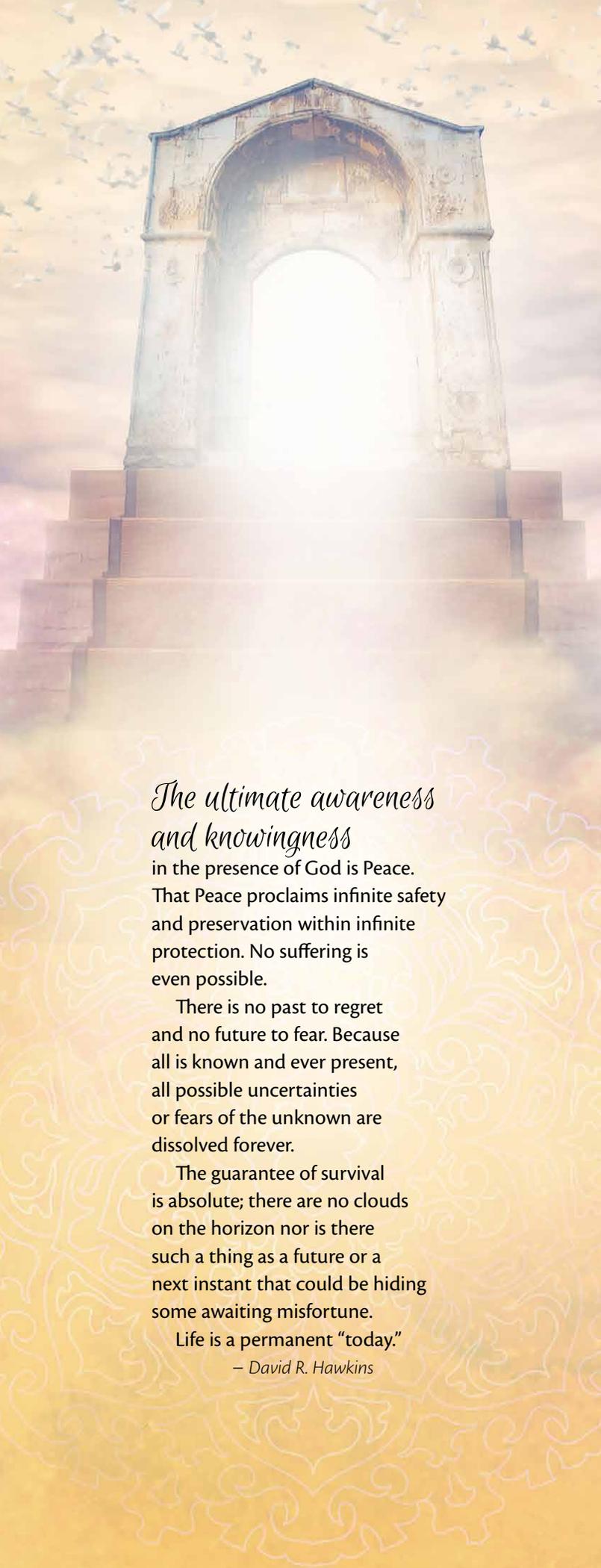
*I am grateful
for what I am and have.
My thanksgiving
is perpetual.*

– Henry David Thoreau

*It is the desire of unmanifested Spirit
to dance and play in all the images of creation
and to eventually become one, consciously,
with the physical man and woman,
transforming the physical form
into angel beings. This is the reason,
and the only reason, we exist
and the creation exists.*

– Norman Paulsen, Sunburst's founder





*The ultimate awareness
and knowingness*

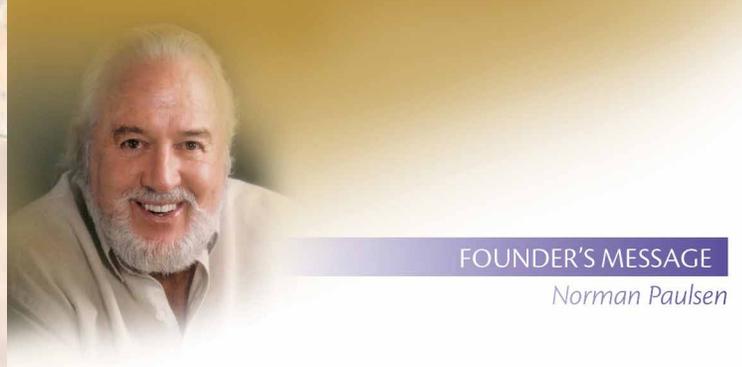
in the presence of God is Peace.
That Peace proclaims infinite safety
and preservation within infinite
protection. No suffering is
even possible.

There is no past to regret
and no future to fear. Because
all is known and ever present,
all possible uncertainties
or fears of the unknown are
dissolved forever.

The guarantee of survival
is absolute; there are no clouds
on the horizon nor is there
such a thing as a future or a
next instant that could be hiding
some awaiting misfortune.

Life is a permanent "today."

— David R. Hawkins



FOUNDER'S MESSAGE

Norman Paulsen

I Hear You Singing

*Divine Spirit, our Father, our Mother,
We are your children, residing in these bodies
that we did not create.*

*Who are we, really?
Is this soul the chariot that encapsulates the pure Self,
Your presence within us?
Are we that immortal energy within,
that spark of divine light?
When we lay this body down, will we fly away with you
In your consciousness, in your energy?*

*O Mother Father, reveal your presence.
Be fully conscious in us,
That we may be fully conscious in you.
You have given each one that reflection of you.
Let me find the center of your consciousness within me,
The brilliant pinpoint of light
That defines the exact center of my soul.
Let me find that light, gaze upon it,
And know who I really am.*

*I Am this light, this spark,
Looking outward in all directions into infinity,
Full of love in every direction.
Let me swim in the sea of your cosmic consciousness,
Which penetrates every atom, every image.*

*O Beloved, dance with us in this life.
Thou art bliss, peace, joy.
I hear you singing in the birds, blowing through the trees.
In the clear blue sky, I see your image blazing forth
As the light of the sun.
Descend into my soul where I wait for you,
That we may be one,
That together we may caretake your garden world.*

*May your love shine forth from deep within
Everywhere into the world, to all people.*

Finding the Still, Small Voice of Intuition

Valerie Joy King, Sunburst

It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It's my partner. – Jonas Salk

“What does the deepest part of me really value and want?” To truly get an answer to this question, I have found my mind and emotions must first be calm. Then and only then am I able to hear the quiet voice of intuition, the voice of the Divine. It can become my partner in all activities of my life!

There's a story in the Hebrew scriptures about the prophet Elijah, who was being pursued by an army. Running for his life, he found a cave on top of a mountain where he could be safe for a while. Here Elijah sat, asking to hear God's direction on what to do next.

As he prayed, first a powerful earthquake came, but he found no direction from that. Next a huge whirlwind came, but he still didn't hear any direction. Then a fire burned all over the mountain; but Elijah heard no Divine voice in that fearful roar. Elijah continued his vigil through all of these extreme events, and finally he heard a still, small voice which brought him the clear direction he sought.

You really have to be quiet to hear intuition. Sometimes, it's so quiet and so underneath things that you don't recognize it. You don't realize that it's your true direction. Using Elijah's story as an allegory, you must first work on quieting the earthquake of your emotions, the whirlwind of your thoughts, and the fires of your desires.

Practicing meditation, calming the self, calming the mind, and listening to the spaces between the breath—this is a wonderful key. In those calm spaces, you can finally hear intuition, which is your connection to the Divine Intelligence that fills the whole universe.

To work on quieting myself, I like to use certain mantras. Since thoughts of worry can get in the way of hearing the divine voice, sometimes I just touch my abdomen and mentally say, “Fear not!” After I say that, I consciously search through my entire torso to see if there's any little shred of worry hiding in there. If so, I breathe into that place of tension, and let it go.

Another phrase I like to use to calm my heart and mind is, “Let not your heart be troubled. Be at peace!” **If you can be still, you can begin to feel the divine wind of Spirit enfolding you like the arms of the most perfect mother and the most perfect father embracing you.** Then you can calm down and really start to deeply meditate and listen for that voice.

The Divine One is just waiting for us to open and ask for help. As we learn to work with our soul and really open it up, we may feel the door on the crown of our head start to open wide. The cosmic life force from the universe enters in and feeds your soul. It gives us all kinds of ideas and inspirations—just flowing in like a river.

Listen to the voice of conscience, your intuition, when trying to make a decision. True direction from the pure Self does not arise from the emotions, nor from a confused state of mind. Be still and meditate. Listen to the space between your thoughts, and you will receive the right direction.

– Norm Paulsen, Sunburst founder

News and Events

NEW: Click event titles below for online information and to register.
For more Sunburst, visit our [blog](#), [Facebook page](#), [YouTube](#) or [Meetup.com](#).



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. Gain practical tools for creating a wider, calmer expression of life.

SUNBURST YOGAFEST RETREAT • *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, Sunburst's resident sacred geometry scholar. Enjoy nourishing meals, rejuvenating yoga, and Nature's beauty.



WINTER SOLSTICE • *Meditation & Labyrinth Walk* **SATURDAY • DECEMBER 16**

At this darkest time of year, celebrate the return of the light! Through quiet meditation, a joyous group dinner, and labyrinth walk with luminaria under the stars, we empower divine light to shine ever stronger within ourselves and the world.

Meditation – Noon to 6 p.m. – Come and go quietly on the hour.

Dinner – 6:15 p.m. – RSVP; \$10 donation.

Labyrinth walk – 7:30 p.m. – Weather permitting; dress warmly.



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

Do you seek deeper meaning, or want to change your life's direction? The power's in your hands! Experience your true Self through Kriya Yoga meditation in the lineage of Paramahansa Yogananda. 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 [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.



Did you know?

Sunburst events are a manifestation of your tax-deductible donations. Sunburst is a non-profit 501(c)3 organization. Your donations support retreat programs and facilities, scholarships for Kriya students, inspirational publications such as this newsletter, and more! Use your dollars to spread healing and peace by making a one-time gift at [www.sunburst.org/donation](#), or call or [email](#) to inquire about monthly recurrent donations and legacy giving.

Meditation Moment

*Nature is whole,
and yet never finished.*

– Johann Wolfgang von Goethe

KRIYA POW!-er

Those who practice the technique of Kriya deeply for even a little while, and sit long in meditation in the resultant stillness, find that the force of their prayer is doubled, trebled, a hundred times more powerful.

– Paramahansa Yogananda

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