

SUNBURST MONTHLY

# Inspirations

AUGUST 2017

## Coming Events



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

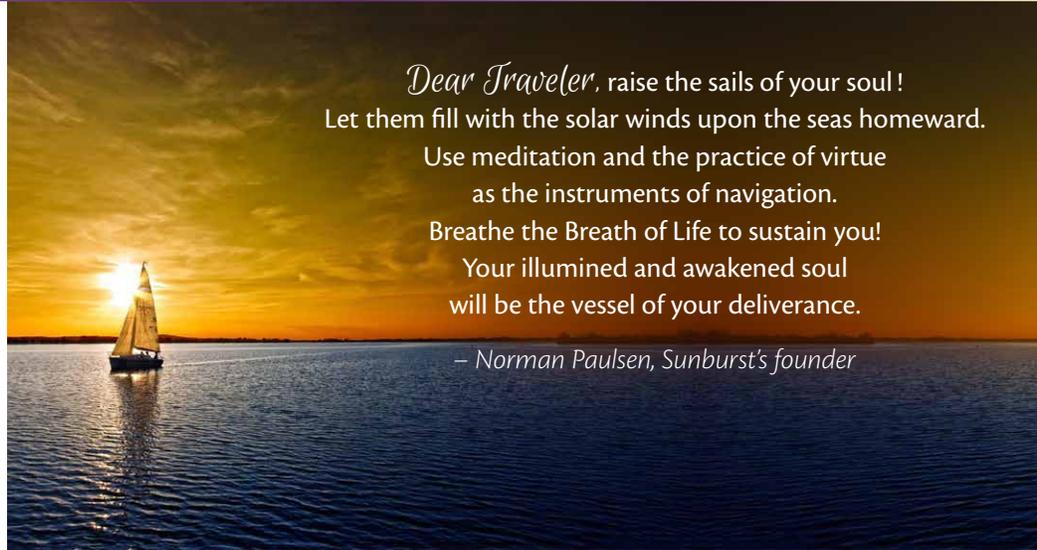


**Kriya II Meditation Retreat**  
*The Rainbow Path*  
THURSDAY – SUNDAY • SEPT. 28 – OCT. 1



**Dive Into Silence**  
*Silent Autumn Retreat*  
THURSDAY – SUNDAY • OCT. 26 – 29

See page 4 for more events



*Dear Traveler, raise the sails of your soul!  
Let them fill with the solar winds upon the seas homeward.  
Use meditation and the practice of virtue  
as the instruments of navigation.  
Breathe the Breath of Life to sustain you!  
Your illumined and awakened soul  
will be the vessel of your deliverance.*

– Norman Paulsen, Sunburst's founder

## PRAYER

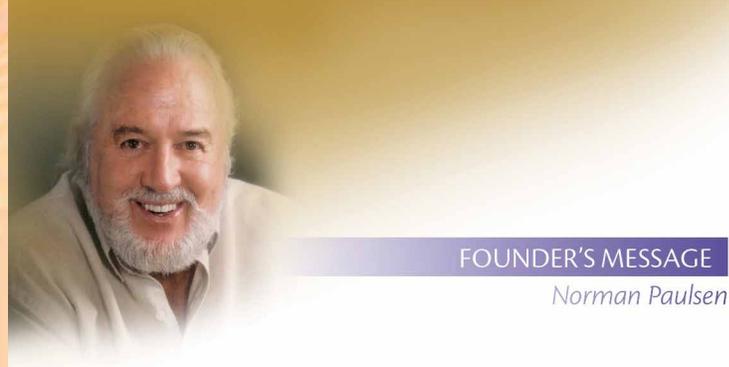
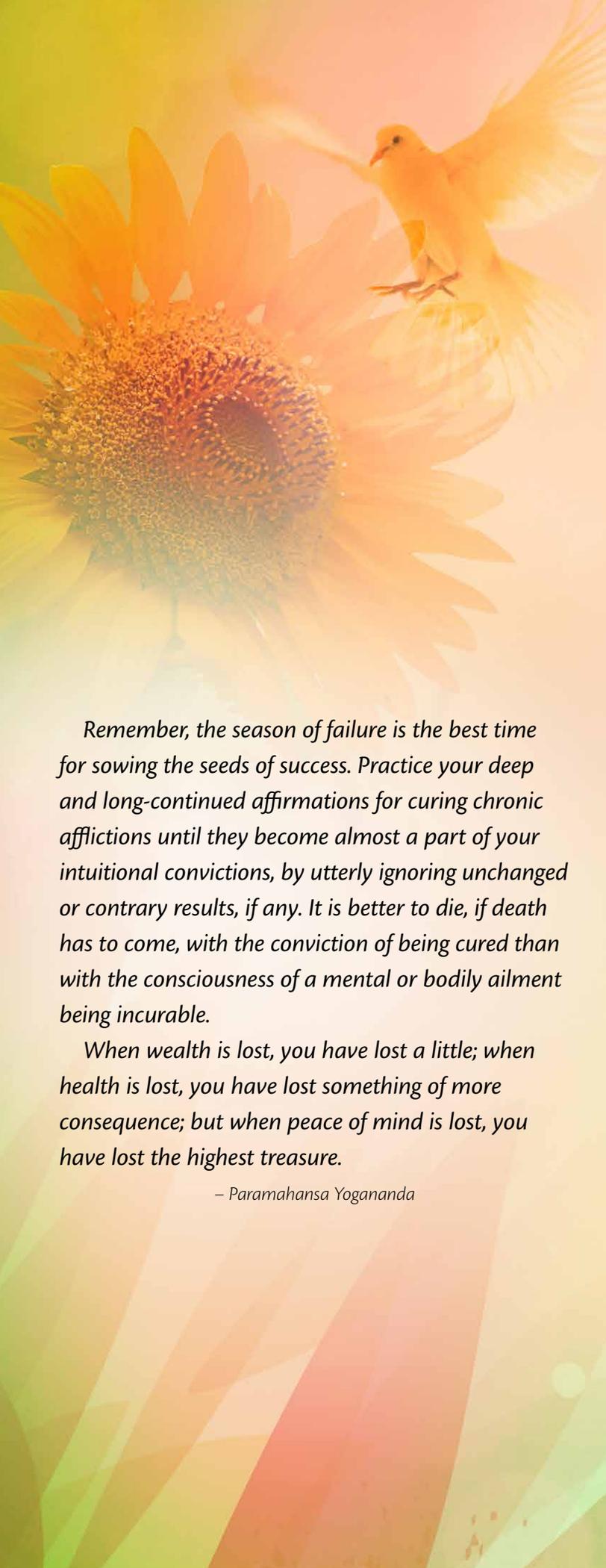
*is the world's greatest  
wireless connection.*

– Anonymous



*Until he extends his circle  
of compassion to include  
all living things, man will  
not himself find peace.*

– Albert Schweitzer



FOUNDER'S MESSAGE

Norman Paulsen

## Now Is the Time

There are many angels walking the earth today that have forgotten who they really are and what their divine mission is. That mission is to become one with the Pure Self, and experience, through this consciousness, the incredible beauty of the earth, through the five senses. Yes, to walk every day as a true son or daughter: this is why Spirit, Mother and Father, created us and all that we see.

The Infinite Spirit wants to walk upon the earth, fully conscious within each one of us, and enjoy the creation with us! Divine Spirit, Mother and Father, as man and woman, living virtue, knowing who they really are: the joy, the beauty! **Yes, the divine experience of the full understanding of life in all its forms was projected to take place in humankind.**

"Is it not written that ye are gods? ...The works that I do shall ye do also, and greater works..." Thus spoke Jesus so long ago. That same Jesus, and other cosmic divine travelers, are still watching and waiting for us to live virtue again and create heaven on earth, so that our Heavenly Parents may enjoy life as planned. "Not my will, but Thy will be done." This we must project.

**Now is the time to move homeward** through the inner-dimensional tunnel of light on the rainbow path and attain liberation, God-realization, Cosmic consciousness. How can the traveler do this and take full advantage of having life and this time on earth? By living a life every day which is parallel to the Eightfold path and the Twelve Virtues.

This formula will work, and has worked from the beginning of life-forms in the great sphere of creation. It has been passed on to us in our time, by beings of the last Golden Age on earth. The ancient methods of meditation used by them have been made available to those travelers seeking freedom from the actions and desires in which they are entangled.

When the heart's love wants God alone, above and beyond all images, then the way to liberation is revealed. **Oh, what a day it is when the Divine Creator comes to you, the soul, the divine spark, the offspring, and says: Do you want to come with me today?** The encounter sends the five senses reeling and the self-conscious mind goes hurtling toward that blazing brilliance now before it, again.

*Remember, the season of failure is the best time for sowing the seeds of success. Practice your deep and long-continued affirmations for curing chronic afflictions until they become almost a part of your intuitional convictions, by utterly ignoring unchanged or contrary results, if any. It is better to die, if death has to come, with the conviction of being cured than with the consciousness of a mental or bodily ailment being incurable.*

*When wealth is lost, you have lost a little; when health is lost, you have lost something of more consequence; but when peace of mind is lost, you have lost the highest treasure.*

– Paramahansa Yogananda

## The Power of Healing Affirmations

Greg Anderson, Sunburst

*Words saturated with sincerity, conviction, faith and intuition are like explosive vibration bombs which, when set off, shatter the rocks of difficulties and create the change desired. – Paramahansa Yogananda, "Scientific Healing Affirmations"*

As I've read this little book, I've noted three things that Yogananda felt were absolutely imperative to the success of our affirmations. The first is understanding the true source of all healing. The second is creating a positive mindset conducive to healing; and the third is understanding the practical application of healing affirmations.

The best description I can give for **"affirmation" is: a repeated thought, or truth that you would like to absorb into your own heart, your soul, your mind.**

Everything we've ever seen, touched, smelled, started as a thought. If we go back to the beginning, God existed in an ever-changing sea of joy and bliss, and then at one instant he/she wished to dance in the images of thought forms, the universe, and everything we know of. We all started as a thought. Thoughts are things. Thoughts create energy.

The healer, Jesus, said, "Of myself I can do nothing;" he always gave credit to God. He acted as a conduit, but not the source of healing. Yogananda agreed; it's life energy that actually does the healing.

I wondered, "Why do some people

not have results right away when doing healing affirmations?" Yogananda said, "It's faith, not time, that determines when healing will occur." Jesus often said, "It is thy faith that made thee whole." So, **your belief, your thoughts turned into energy vibrations and understanding, are the true source of healing, helping you overcome afflictions.**

Quantum physics sees the human body at the atomic level, and as a bunch of empty space—kind of like looking out at the stars at night. But physicists tell us there's no empty space in outer space, or inner space—it's filled with something they currently call "dark energy," and "dark matter," because it's not visible, and not understood.

That energy has existed from the beginning of time and is responsible for the expansion of the universe. At Sunburst we say that the life energy of the Source pervades all of us, and is responsible for life, for health, for healing. It fills every atom and the space between the atoms.

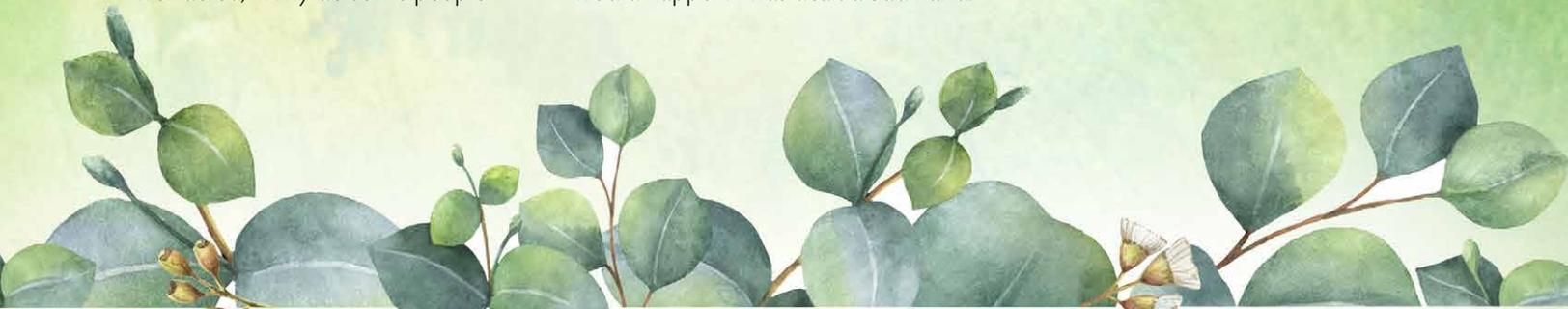
We each need to create an atmosphere in our mind that's conducive to good health, and healing. Here's a story—not about me, but about two patients I've known for twenty-five years. We'll call the first one Bill. Bill developed cancer a year and a half ago. His words followed this line of thinking: "I knew this would happen. I was dealt a bad hand.

The doctors have given up on me. I have a short time to live."

James also developed cancer about the same time. Doctors told him because of the infiltration of the cancer, that they could never completely get rid of it; it had entwined itself around nerves and worked its way into muscles. But when James faced surgery, chemotherapy and radiation (like Bill), his thoughts were: "God is all-powerful, and if God wants me to live and see my grandchildren, I'll make it through this experience."

Bill passed away in June, very accurate to his own predictions, to his own mindset. James, on the other hand, is walking two miles a day, lifting weights in the gym, and planning his next vacation. He still has potential cancer; it's dormant in his body at this time. In Bill's case, negative thinking continued to create unhealthy cells. James' positive thinking, and positive thoughts created more healthy cells. It was that simple.

*Oh Great Father, Divine Mother, we have gratitude for the gifts that you have given to us for the ability to make ourselves whole, to make ourselves healthy, to advance our spirit, to draw close to thee. We ask that we can internalize this process of healing affirmations and begin to use them for ourselves, family and friends. We love you. Amen*



# News and Events

## 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.



## SUMMER STAR PARTY • All-night Spectacular

**SATURDAY • AUGUST 19 – BEGINS: Sunburst Lodge, 7 P.M.**

Explore astronomy through interactive presentations and activities. Watch the Perseid meteor shower after dark. School-aged children (with adult) welcome.

## 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. Activities scheduled throughout 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 your chakras, and discover dimensions of consciousness within your own rainbow body.



## AYURVEDA SEMINAR • Wellness for Body, Mind and Spirit

**SATURDAY, OCTOBER 14**

Fun and easy ways to prepare yourself for the change of season, with Michelle Schaefer, Clinical Ayurvedic Specialist.

## DIVE INTO SILENCE • Silent Autumn Retreat

**THURSDAY – SUNDAY • OCTOBER 26 – 29**

Silent communion with the Divine—we will explore and experience powerful practices that lead to restful sanctuary within.



## 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 10**

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](http://www.Sunburst.org/upcoming).*

## SUNDAY MEDITATION GATHERING • Sundays, 10:30 A.M.

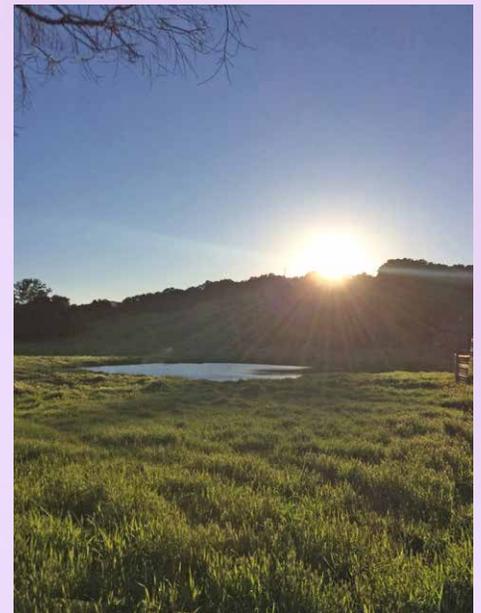
Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspired company, and a delicious vegetarian meal. A children's program is offered for ages 4 and up.



**Cosmic Humor**

*Realize  
that life is a situation comedy  
that will never be cancelled.*

– Swami Beyondananda



## Thank You

**Pamela Joy, for your spring photo of Sunburst Sanctuary at sunrise.**

**We love to hear from each of you and to share photos** from your visits to Sunburst. Let us know how Sunburst can offer more value to your life.



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