

SUNBURST MONTHLY

Inspirations

JANUARY 2018

Coming Events



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



Dive Into Silence
Weekend Retreat
THURSDAY – SUNDAY • FEB. 15 – 18



Regenerating Earth & Spirit
Family Friendly Weekend
FRIDAY – SUNDAY • MAR. 9 – 11

See page 4 for more events



Touching the Earth

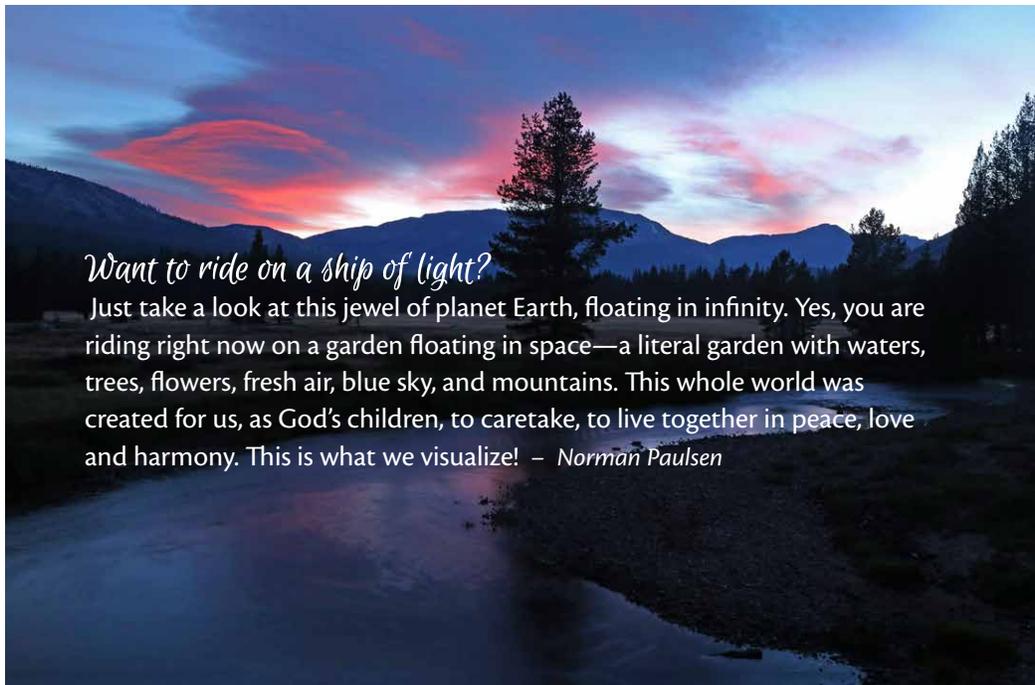
Sunburst's permaculture efforts have been expanding! In 2017, a quarter-acre no-till garden was established, thanks to many enthusiastic volunteers, Sunburst's Permaculture Team, and our own permaculture teacher Sean Fennell.

The garden harvests have been prolific, with enough produce for our retreats and Sunday brunches, tomatoes

canned for the winter, and donations made to several local charities.

This year will offer many opportunities for learning and helping with this inspiring project, including a Regenerating Earth & Spirit weekend in March centered around soil-building, composting, and more.

Hope to see you there!



Want to ride on a ship of light?

Just take a look at this jewel of planet Earth, floating in infinity. Yes, you are riding right now on a garden floating in space—a literal garden with waters, trees, flowers, fresh air, blue sky, and mountains. This whole world was created for us, as God's children, to caretake, to live together in peace, love and harmony. This is what we visualize! – Norman Paulsen

Sacred Geometry & Math-a-Magic!



All of creation is endowed with the sacred geometry of Divine Mind that moves in vortexes and spirals on themes that follow the golden proportion of phi, or 1:1.618. – Norman Paulsen

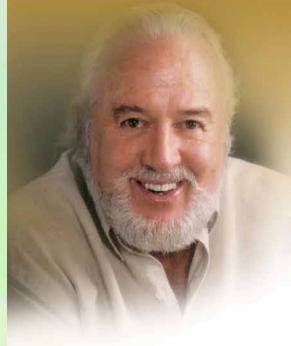
An enthusiastic group enjoyed Craig Hanson's dynamic presentation on the beautiful golden proportion that permeates our entire universe in infinite variations. Connecting the smallest of all places to the largest, Craig showed how we can find this pattern within subatomic particles, plants, animals, our human bodies, and galaxies.

Here's what people are saying:

Fantastic, mindblowing! Showed the magic and intelligence in the created world!

Thanks so much for sharing this info. It exceeded my expectations—I learned more than I thought I would!

Tell everyone: Come see how we are all connected by sacred symmetry. We are all One.



FOUNDER'S MESSAGE

Norman Paulsen

Gain Your Freedom

Why meditate? Why seek to bring your energies up into the higher centers? To gain your own freedom; to possess immortality; to know the living nature of Divine Consciousness, I Am That I Am. To know that we as human beings are designed to be the wealth of the whole creation, the ultimate instrument that I Am That I Am created to inhabit.

"Seek ye first the kingdom of God, and all things will be added unto you." Why was that said? Because it's a fact!

What is heaven? It is all space and everything in it. It is Divine Consciousness, everywhere and in everything—behind, beneath, above, and within every atom. **The nature of the universe is love, unconditional, unending. We think we lose loved ones. That's an illusion. We find them again in the future.**

This entire show was all wrought not that you suffer, but that you exist joyfully in it—you realize how wonderful, how thrilling it is to be in your body, this great atomic structure produced by light, not by you, not "you" as you know it now.

Who created it? Who is sustaining it right now? Who keeps all those electrons in obedient orbit? I Am That I Am does. It's dreaming that it's you, and me, and everyone else. But when it wakes up, it knows who it really is.

It knows it created this body and everything that is. It tastes the waters it assembled through the lips of awakened souls. With each of their conscious steps upon the earth, it feels the vibrational ring and connection with all of the atoms composing it. You, in full consciousness with the Divine, behold the wind moving through the trees, the blue sky and sun, the miracle of this world floating in infinity...no end out there that you can behold.

We need to experience this. That's why we meditate. How else can we find it? I Am That I Am encourages each one of us to search within now, with a good meditation tool, and with love and desire.

Remember, the great gift of this body is to investigate and use its powers, that you might, from this vantage point on this planet, perceive the whole universe. What a walking miracle we are! Don't forget the great gift of life that you have. Use it while you have the chance. Seek that Being who created you, until you find and know who you truly are.

Working the Field of Power

Valerie Joy King, Sunburst

We all have the creative power of imagination gifted to us from the Infinite Spirit that is our Source. We also have around us all a *Field of Power*. Some call this field *chi* or *qi*, *life force*, or *holy spirit*. There are so many names for this living energy that we walk around in all the time—whether we realize it or not.

You consciously or unconsciously plant seeds in that garden-like field of power through your concentrated thought. To grow these seeds of visualization and projection takes work. Just like planting a seed in a garden, you can't set it and forget it. You need to continually make sure it has enough water, enough sunshine, and good soil.

Kriya Yoga meditation is actually a technique of visualization and projection. In this practice, we work to visualize light moving up and down our bodies, gradually building a light body that we are one day able to step into. It requires concentrated effort to sit down every day and practice; it takes commitment.

Through daily meditation, divine inspiration breathes into our souls and excites our imaginations, which in turn seeds the future with positive images. We have to be patient and let the seeds grow. We need faith and trust that our projections are worthwhile. The law of projection and manifestation works, even for those who use it selfishly. But it becomes really powerful when you plant seeds for something that will bring future happiness to our planet.

I read a wonderful story about the power of true prayer and visualization in the book *Touched by Heaven's Light*. In this story, a woman "MJ", who was in a very severe state of anxiety and depression, wondered "How much more can I possibly endure, and why is God picking on me?"

One morning, in the pre-dawn hours, MJ was awakened by a bright light shining in her eyes. "I saw a sphere of light about four feet in diameter floating in my room, like luminous, wispy fog, very gently rotating. I was immediately filled with a sense of great peace and tranquility. My troubled feelings vanished.

"The light being was radiating something of unspeakable beauty. I felt the light envelop and flow through me. It was a light that was not limited by boundaries of physical matter, a light of great gentleness and compassion beyond words.

"The light being said, 'It is time for humankind, to evolve spiritually. Your concept of God is primitive, and you don't even know how to pray.' I objected, stating that many humans do quite a bit of praying. The light responded, 'What you call prayer is more like songs of woe, or offering of excuses for your actions. You beseech God not to punish you for your

misdeeds, or you beg to be forgiven for actions for which you have every intention of repeating.'

"The light being went on to state that humans were neither judged nor punished by the Creator. 'That which you call *God* is Pure Love, beyond comprehension. What you humans have mistaken as punishment from God, is nothing more than the effects of your own actions. When you pray, pray with joy. Prayer is a love song, and you have forgotten how to sing it. Open yourself and fill yourself with what comes from me.' "

MJ began to feel bathed by the light in every bodily cell and filled with incredible love. "The light being commanded, 'Now project that with which you are filled towards someone you think of as an enemy.' "

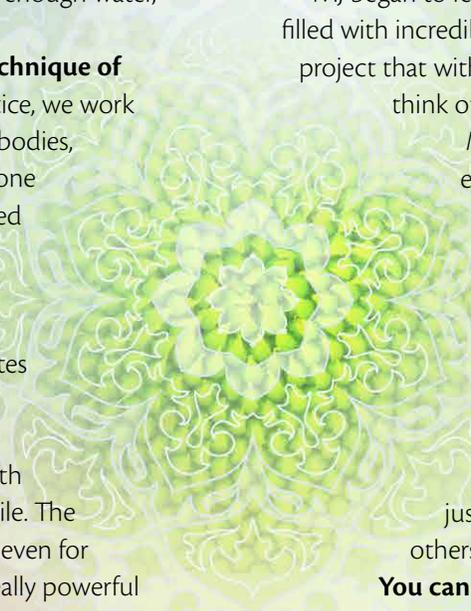
MJ described: "As the energy I was projecting engulfed my old enemy, there was an explosion of light, like the reflection of the sun in a mirror, and all I had sent out to her, suddenly returned to me. I was already filled and glowing, but now what I had sent out had come back and filled me even further. There was no way for me to express this sensation of wild joy. I wanted to sing."

"Very quietly the light being said, 'You have just prayed for the first time in your life. Teach others how to pray.' "

You can practice prayer by sending energy to yourself, to someone you love, or to someone you have difficulties with. First, work to clear your consciousness and to calm the heart. As you build the light within you, and you get to the point where you feel the sweet inner peace and connection, that's when the prayer and visualization becomes very powerful for good. Visualize the light inside you, pulsating and dancing at the point between the eyebrows, the single eye. The joy of Spirit will sing in your heart!

Being active in your visualizations is a powerful practice. Another necessity is the utter receptiveness of saying: "Thy will be done." Can you visualize with all your strength, yet stay unattached as to how your prayers will manifest, or when? That's the magic! Sunburst's founder Norm Paulsen often spoke of a visualization he was constantly energizing:

This world will again be heaven growing from this day forward into a divine society of beings that no longer pollute, but caretake this garden, this garden of beauty. Yes, we will build those structures and bring forth those arts and sciences which demonstrate your mighty design—the fabric of time and space, the structure inherent in atoms, in galaxies—a total attunement with You, I Am That I Am.



Events

KRIYA INITIATION & RETREAT

Transform Your Life!

THURSDAY – SUNDAY • DECEMBER 28 – 31

Do you seek deeper meaning, or want to change your life's direction? Now is the time! Experience the divinity of your own soul through Kriya Yoga meditation. Activate your deepest intentions at a New Year's seed ceremony.

www.sunburst.org/new-year

DIVE INTO SILENCE • *Weekend Retreat*

THURSDAY – SUNDAY • FEBRUARY 15 – 18

Treat yourself to inner Self-discovery and the joy of quietness at this group silent retreat. Yoga, guided walking and sitting meditations, practical take-home tools, nourishing meals and pristine natural beauty. www.sunburst.org/silence

KARMA YOGA PROGRAM

Service Exchange

FRIDAY – SUNDAY • MARCH 2 – 11 (ten days)

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Help with varied activities such as gardening, cooking, cleaning, upkeep and more. Come for all 10 days or a shorter duration. Call or email for more details.

REGENERATING EARTH & SPIRIT

Family Friendly Weekend

FRIDAY – SUNDAY • MARCH 9 – 11

Do you crave a greater connection with the earth? Co-create with nature through a hands-on permaculture workshop about soil-building, composting, and seeding. Enjoy: Wheel of Life gathering, yoga and guided meditation, drum circle, home-cooked meals, and children's activities throughout.

www.sunburst.org/earth

KRIYA II RETREAT

Deepening Your Practice

THURSDAY – SUNDAY • MARCH 22 – 25

Take your Kriya meditation practice to the next level. Activate the healing power of your chakras, and discover ways you can help consciousness to evolve, personally and globally.

www.sunburst.org/kriya-ii

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+.

*Care of the earth
is our most ancient and most worthy
and, after all, our most pleasing
responsibility.
To cherish what remains of it,
and to foster its renewal,
is our only legitimate hope.*

– Wendell Berry



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