

SUNBURST MONTHLY

# Inspirations

March 2018

## Coming Events



**Regenerate Earth & Spirit  
Family Friendly Weekend**  
FRI. - SUN. • MARCH 9 - 11



**Kriya II Retreat  
Deepening Your Practice**  
THURS. - SUN. • MARCH 22 - 25



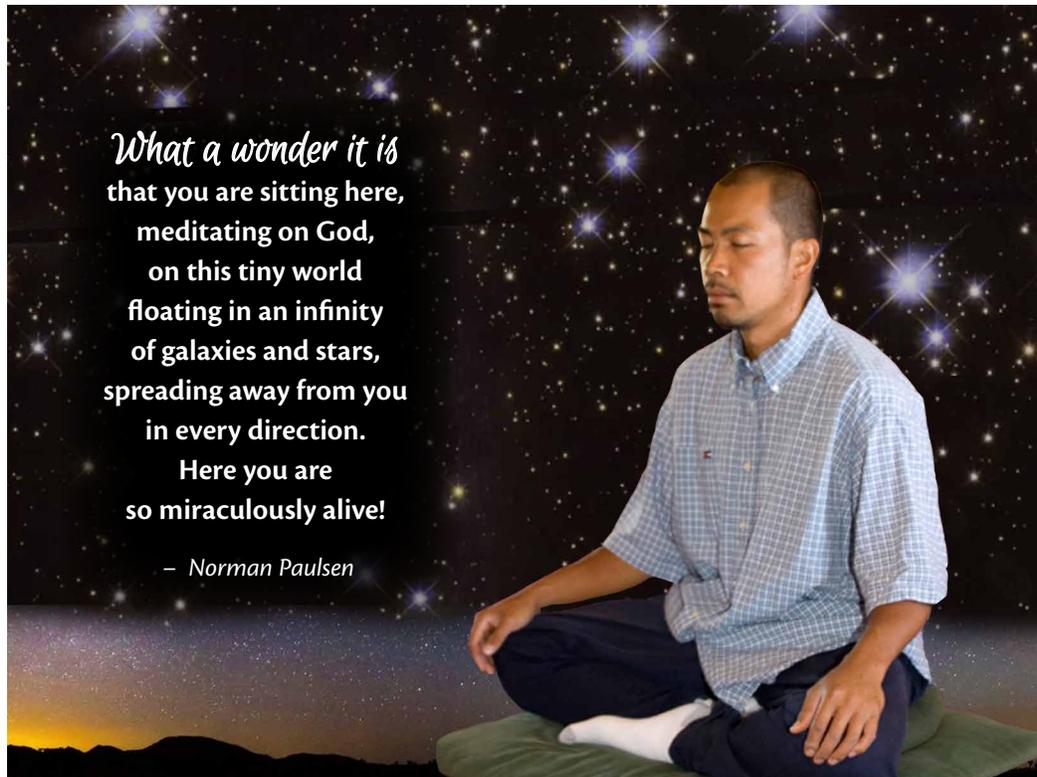
**Sunburst Unplugged!  
Family Campout Weekend**  
FRI. - SUN. • MAY 25 - 27

See page 4 for more events



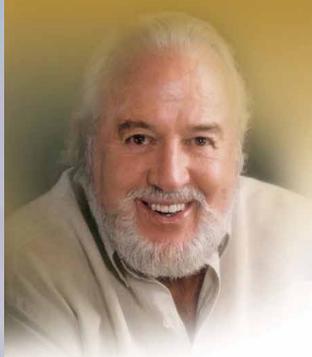
*Like the sea,  
whose rising tide smooths rumped sands  
So your loving kindness  
flows over our troubles  
and leaves a shining slope for new beginnings.*

— Maryruth Cox



*What a wonder it is  
that you are sitting here,  
meditating on God,  
on this tiny world  
floating in an infinity  
of galaxies and stars,  
spreading away from you  
in every direction.  
Here you are  
so miraculously alive!*

— Norman Paulsen



## FOUNDER'S MESSAGE

Norman Paulsen

# Beyond Your Wildest Dreams

*I choose to remember  
that I am more than my limited  
brain can possibly think I am.  
I choose to remember  
that I am my divine Parent's child;  
their blood flows through my veins;  
their consciousness is my life.  
I am illumined, as I will to be so.*

*I thank God  
for the gift of free will  
to make this choice.*

— Dawn King, Sunburst

Researchers tell us that subatomic particles are highly intelligent; like human beings they elude detection when they want to. What does that mean to us? It means that subatomic energy is filled with I Am That I Am, divine Mind. Remove the space between the electrons and protons of your own atoms, and you couldn't be seen. We're a mass of energy and light that represents the physical.

We think we have limitations, that we suffer and are weak. We have unfulfilled desires. But we are the instrument I Am That I Am created to inhabit! It's an illusion that each one of us has a personality, a name, desires, likes and dislikes. In reality, we are One divine consciousness, which has conceded to be each one of us for a time. On that day when you realize this, every face you see will be your own, like looking in a mirror.

Oh, what a miracle to be alive, a glorious thing! The longer I live, the more I'm amazed at the life I find myself in, my body, the whole universe, the absolute creation of God. No doubt about it!

Do I know Him? I know Him like I know the dearest thing within me. Yes, never a moment alone. The Father, the Mother, the Eternal Friend, the great Comforter, speaking forth with the sound of OM—the roar of all the atomic structures, star systems and galaxies in time and space, great OM, the voice and witness of God. Yes, it's the witness that God is alive, that the great cosmic motor is turning, is running every subatomic particle in your body.

Press your hands over your ears and hear the sound, the roar. The deeper you listen, the greater the sound. It's all there if we but seek. Hard it is indeed to seek. Strong are the impressions of the outer world and the gifts it offers. Pursuing these gifts, we do not acknowledge the Giver of all gifts. Once obtaining the Giver of all gifts, we have everything. "Seek ye first the kingdom of heaven, and all things will be added unto you."

**Immortality? You will taste it. You will feel it. Ecstasy beyond your wildest dreams, beyond your self-conscious mind's ability to comprehend.** What a fantastic thing it is, this Divine Consciousness which is all of us, here right now as much as it ever will be for you. Think of what it would be to use the full power that your own consciousness could manifest.

Yes, then the gods would walk the earth again, and everything they do would be divine—their structures, arts, sciences. One can hardly image what it would be like in the absence of negativity, and in total possession of ecstasy, of bliss, of eternal love!

# Awakening to Spirit

Ischa Beharry, Sunburst

In Trinidad, I grew up around a Hindu temple, and remember it being full of people. But when it came to praying, I wanted to do it alone. When they had spiritual events everyone would make their offerings in the temple, then congregate in another big room. I would slip by in the dark, and go into the temple when nobody was watching.

There I would have a talk with God. I was very little, and would say, **“I know I’m little, and I don’t know anything, but somehow I know you can hear me.”**

That was my talk with God. It was very simple, and I felt when I said it, it was said with devotion. I knew somewhere that God heard what I said. That was my prayer, in addition to a mantra or two. Then I’d walk away.

Having a devotional mother, I followed her example. I stood with her as she said prayers every day. I participated in community events. But, I was always afraid of being alone in the dark.

Rainy nights were scary nights, because we liked to be told scary ghost stories. Then alone in the dark, I was scared. Yet, somehow I would look out my window and always search in the heavens for something. Finally, I got enough courage to occasionally go outside into the dark and look up into the heavens, and pray, searching.

It really meant a lot to me. I would wonder, “My God, what do you look like? Everybody talks about you. Some say you’re Shiva. So-and-so’s talking about Krishna. Somebody else is talking about Christ.” I thought all these people must be confused, never mind myself.

“Is there really a way that is **the** way?” This question kept haunting my thoughts for a long time, until around 1985. I was praying one night, saying my Hindu prayers and Sanskrit mantras. Then I was saying the Lord’s Prayer and praying wholeheartedly to Christ. Finally

I just broke down, crying hysterically. I cried, “God, I’m so confused! I just don’t know which way to pray now. I love Christ; I love Krishna; I love Shiva; I love Buddha. I don’t know what to do, God.”

I was crying so much you’d think somebody died. When I just couldn’t cry anymore, I sat on the bed, resignedly staring at the candle and praying. I didn’t know what to do, maybe something or somebody would come sometime. Then I got up again and lit another candle, praying, “God, you could do anything. Can’t you send me somebody? I’m so confused; I need help. I don’t know what to do.”



That night I had a vision of Yogananda, as he looked in videos I saw later. I didn’t know who he was, and had never heard of him. That vision lasted for a week, until I went to a psychic fair and a man was there whom I felt I had to meet. Every time I passed his booth, I felt like I needed to stop there, but I wouldn’t. I’d stop everywhere else instead.

Finally, when I did go there, he said to me something very magical. He held my hand saying, “Close your eyes.” I did, and he soon exclaimed, “My! You had a very interesting week.”

Meanwhile, I’m thinking, “Yes! It has been an interesting week. I can’t get this long-haired Indian out of my head. I must be hallucinating—an odd idea of interesting!”

Then he told me, “You know, there is

a saying: **When the student is ready, the teacher will come.**”

“Yes,” I said, “I’ve heard that stuff before.”

He went on: “Yogananda is no longer with us.” I was looking at him like **What?** But he continued, “That’s your teacher.”

“If he’s no longer with us, what am I supposed to do?” I looked upward and said in front of this man, now to my embarrassment, “Gee, God, thank you! You send me a dead man.”

That was my first reaction. “God, of all the things you can do on this earth, and create universes and anything, you send me a dead man?” After that, I didn’t see that face in my head anymore.

Next, I was sitting on my sofa wondering, “Now what do I do?” An inner voice distinctly said, “Go to a bookshelf, and in the left-hand corner, you’ll find a book.”

I thought, “I’m hallucinating again.” But I went, and right in the corner there was a very big book. The cover was shredded. When I pulled it out, there was that face again. I started reading the book and, from there, I learned to meditate for the first time and my life took a different turn.

But, one day I found myself thinking, “My God, is there a group of people who live a spiritual life, people who don’t just go to church to do their spiritual practices, but they actually live it daily?”

After thinking about this for some time, one day I went to my spiritual teacher’s house. She pulled up a book out of the blue and said, “I think you need to read this.” As soon as I opened it, there was the face of Sunburst’s founder Norman Paulsen.

So I had been guided to contact Norm and Sunburst, because I was searching, and I’m pretty sure Master Yogananda had a hand in that; the connections were there. From then on it’s been a journey of meditation and growing with all my wonderful Sunburst friends.

# Events

## KARMA YOGA PROGRAM

*Service Exchange – up to 10 days*

**FRIDAY – SUNDAY • MARCH 2 – 11**

*(Also: May 20 – June 3, July 13 – 22, Oct. 25 – Nov. 4)*

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



## REGENERATING EARTH & SPIRIT

*Family Friendly Weekend*

**FRIDAY – SUNDAY • MARCH 9 – 11**

Co-create with nature in a hands-on permaculture workshop about soil-building, composting, and seed-ing. Enjoy: Wheel of Life gathering, yoga, guided meditation, drum circle, great meals, and children's activities throughout. [sunburst.org/earth](http://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 evolve, personally and globally. [sunburst.org/kriya-ii](http://sunburst.org/kriya-ii)



## SUNBURST UNPLUGGED!

*Family Campout Weekend*

**FRIDAY – SUNDAY • MAY 25 – 27**

Recharge and be enlivened with abundant fun and learning activities in nature, outdoor meals, and connection with kindred souls of all ages. Sleep in a tent or under the stars. [sunburst.org/campout](http://sunburst.org/campout)

## UNLOCK YOUR TRUE POTENTIAL

*Kriya Initiation & Retreat*

**THURSDAY – SUNDAY • JUNE 21 – 24**

Transform yourself; transform our world: learn scientific meditation practices in the lineage of Paramahansa Yogananda. [sunburst.org/kriya](http://sunburst.org/kriya)

## HEALING SYMPOSIUM

*Discover Secrets for Vibrant Health*

**FRIDAY – SUNDAY • JULY 20 – 22**

[sunburst.org/healing](http://sunburst.org/healing)

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](http://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+.

Help us to be  
the always hopeful  
Gardeners of the spirit  
Who know that without darkness  
Nothing comes to birth  
As without light  
Nothing flowers.

– May Sarton



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