

SUNBURST MONTHLY

Inspirations

April 2018

Coming Events



Karma Yoga Program Service Exchange

MAY 20 – JUNE 3 (Stay up to 15 days)



Sunburst Unplugged! Family Friendly Campout

FRI.– SUN. • MAY 25 – 27



Kriya Initiation & Retreat Unlock Your True Potential

THURS.– SUN. • JUNE 21 – 24

See page 4 for more events

Great spiritual traditions are used as a means to ripen us, to bring us face to face with our life, and to help us to see in a new way by developing a stillness of mind and a strength of heart.

– Jack Kornfield

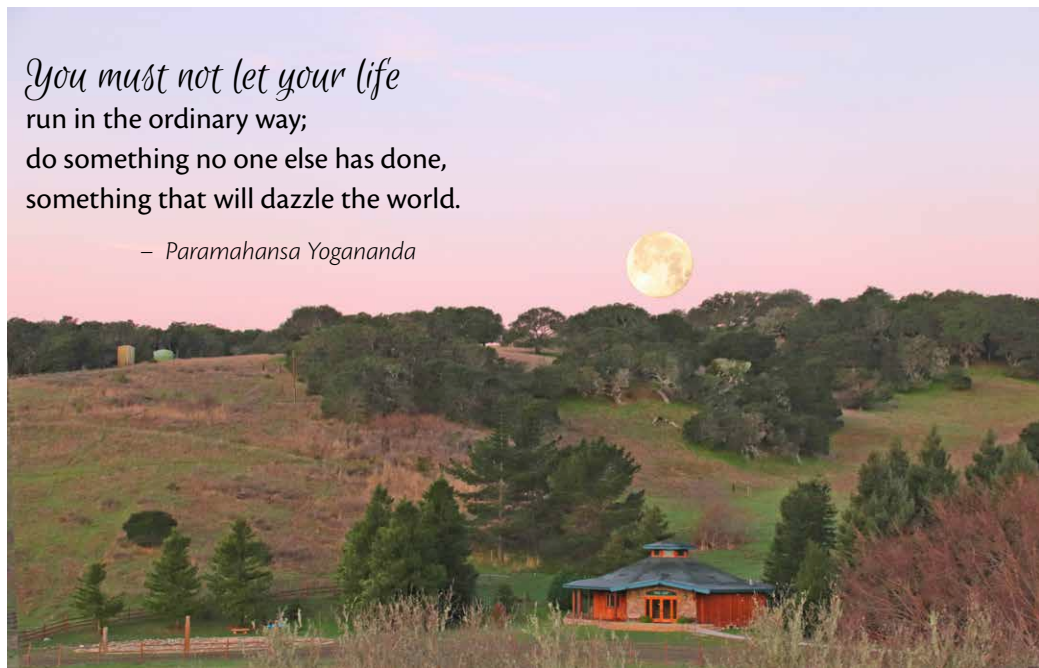


Someone dear to one can be loved with human love; but an enemy can only be loved with divine love.

– Leo Tolstoy

You must not let your life run in the ordinary way; do something no one else has done, something that will dazzle the world.

– Paramahansa Yogananda



Soul Resurrection

Paramahansa Yogananda

Realize the tremendous spiritual power and beauty of the life of Jesus, and try to live as he lived. Christ identified with no nationality. He loved all races as children of God. Try to feel that brotherhood with all nationalities. Real unity can never come unless we feel it in our hearts. Such feeling can be attained only through Self-realization and the actual contact of God in our hearts.

Resurrect your soul from all dreams of frailties. Resurrect your soul in eternal wisdom. What is the method? It includes many things: self-control, good diet, fortitude, an undaunted mental attitude, and relaxation of the consciousness from body identification by daily practice of scientific concentration and meditation principles. Refuse to be defeated. You have unlimited power; you must cultivate that power, that is all.

It is time to realize your unity with all by experiencing your oneness with God. Again and again, pray in your soul:

Oh Lord, come, clear away the dust of my indifference. Flood my consciousness, Oh Infinite Christ, with thy divine consciousness!



FOUNDER'S MESSAGE

Norman Paulsen

Growing Your Tree of Life

If the kingdom of heaven is within us, as the man from Galilee stated, then it can be known to us. But how do we experience it? How do we investigate it? How do we get there?

The ancients described the spinal column as the Tree of Life, with its roots existing in the first creation of Light at the crown center. Here, our divine Source shines within and upon us, every microsecond of time.

This means that, inner-dimensionally, our consciousness already exists in the smallest of all places where Light and Life burst forth. We are directly connected to all the images that were ever to manifest, and which were contained in I Am That I Am, that first ignition that sent Light and Life spinning outward in all directions.

The Tree of Life carries the sap, or life force, outward from the first creation of Light to all the images in the universe. That sap, that life force, is our umbilical cord. **Without that life coming from the center of creation through the door at the crown of the head, our hearts cease to beat, our senses cease to function, our life in this body terminates.**

The Tree of Life in our astral spinal column has a hollow center. Through this tunnel, the Light and Life Force from the center of creation flows into the "trunk" of our tree and outward into our limbs. Our whole nervous system is like a vibrating electrical tree, supporting this body of flesh and bone. Inner-dimensionally, we have within us the totality of everything I Am That I Am ever projected. "In the image of God created He them." Every one of these bodies is directly connected to that divine Source, that substance called Life, Love, and Consciousness.

I Am That I Am has become each one of us, momentarily dreaming that it is our little individual self. What happens when we open the spiritual door on the crown of the head and begin to coax the sap to flow into the Tree of Life more powerfully?

Christ said, "Behold, I stand at the door and knock." The knocking, or gentle sensation of pressure that you may feel on your crown during meditation, is the essence of divine Consciousness and Life that wants to enter you more abundantly. If you allow the little ego—the self-conscious self—to desire this more than anything else, then I Am That I Am will come.

Divine Mind begins to inhabit us, if we invite and allow it. We have the ability to literally become one with God, right here on this planet, walking in these bodies. Yes, we can become true sons and daughters of the Divine.





Lifting the Veil

Dawn King, Sunburst

Each year, we're inspired to begin anew at some point, and in some way. This might happen upon the new calendar year, at the start of spring or another personally meaningful season, maybe our birthday, or some other milestone moment in life.

My prayer is that we each (myself included) can at such a special time, inhale a moment of clarity and exhale an indomitable resolve to go forward in some better fashion. By fashion, I'm not talking about clothing, but rather the character we aspire to assume. **A 2018 New Year's poll found 12% of people had the resolution "to become a better person." This requires relentless discipline.**

Because we each develop human ego, we find ourselves in a life-long mental and spiritual battle, in a dilemma of conscience and personal choices. Our lot is to be repeatedly tested. We face the same tests, the same situations over and over, until we get it right...or not.

I heard someone say that God gives do-overs. According to Hindu philosophy we each have at least 84,000 lifetimes. That's a lot of do-overs. Why do we need them?

Life finds us spinning the wheel of cause and effect, the wheel of karma. **It's only when we wake up enough to realize we are attracting circumstances and opportunities to ourselves, by our own free-will-driven thoughts and actions, that we can pause to ponder it, and resolve to make some changes.** We can decide to transform ourselves, and thus *reset* our life. This is a momentous undertaking, and one we have to then remind ourselves of daily in order to reap the hard-won benefits.

In *Life, Love, God*, Sunburst's founder Norman Paulsen writes of his teacher Paramahansa Yogananda: "Master asked that everyone leave the basement. Turning to me, he said, 'I am working out the karma of many souls; some things have to be

paid for physically. My legs will not carry me up the stairs. Can you carry me up to the third floor?'"

Yogananda explained: "Just as a man relinquishes some money when he pays off a large debt for his prodigal son, who is thus saved from the dire consequences of his folly, so a master willingly sacrifices a portion of his bodily health to lighten the misery of disciples." We are led to realize that even Yogananda was governed by the laws of karma.

Where does this leave you and me? What help is there for us? Sages and saints have gone before us to show the way. Let's study their words and follow their direction. *Psalm 1* (NIV Bible trans.) starts with: "Blessed is the one who does not walk in step with the wicked, or stand in the way that sinners take, or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night." That's a tall order. Basically, to be "blessed" requires day and night vigilance because our egos can easily lead us, or be led astray.

One day years ago, I found myself talking to Norm Paulsen and reflecting on some of my more difficult pre-Sunburst experiences. I started to say, "You know, I've been through a lot in my life."

Before I could get all the words out of my mouth, Norm was looking me square in the eye and saying, "God knows everything you've **ever** been through and your every thought and feeling."

That shut me up, and helped me realize that it was my ego wanting to rehash the past and think of myself in a particular way. My spirit needed only to go forward unencumbered.

It's so worthwhile to persevere spiritually when it's difficult, and especially when it's difficult. No spiritual effort goes unnoticed by God. "Every little moment you spend with God will be spent to your advantage; and whatever you achieve with the desire to please God in your heart will stand unto eternity," states Yogananda.

If you need it, ask for help. God knows our every thought and prayer, but sometimes we need to express our need out loud to others. The more energy we put into our request for help, the greater will be the response. Karma is at work again here. Delay is not denial; patience and perseverance may be required. Making changes in our lives can be like turning around a stampede of wild horses or, as simple as having an "Aha!" moment. **Regular meditation blesses us with more of these moments of grace, the transformative breakthroughs that instantly reveal life in a new light.**

What makes life worthwhile? It's having a worthwhile purpose, and caring about others, even total strangers. And the most worthwhile purpose in life is realizing who you truly are, developing a personal relationship with your Creator, and becoming one with the Divine Spirit within you, your very spark of life. There is more joy, more contentment, more love, grace and good karma in this than anything else. Blessings!

Events



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

KARMA YOGA PROGRAM

Service Exchange – up to 15 days

MAY 20 – JUNE 3 (Also: 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 15 days or a shorter stay. Call or email for details or additional dates.



SUNBURST UNPLUGGED!

Family Friendly 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

KRIYA INITIATION & RETREAT

Unlock Your True Potential

THURSDAY – SUNDAY • JUNE 21 – 24

Transform yourself; transform our world. Learn meditation practices in the lineage of Paramahansa Yogananda. Includes sacred silence, opportunities for discussion, nourishing meals, all amid natural beauty.

sunburst.org/kriya



HEALING SYMPOSIUM

Discover Secrets for Vibrant Health

FRIDAY – SUNDAY • JULY 20 – 22

Learn ways to improve spiritual, emotional, and physical wellness with experienced, multi-disciplinary practitioners. Relieve stress, unlock your purpose and passion, understand and reconnect with the life-force within you, and live an empowered lifestyle.

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.

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+.

From a Karma Yoga Participant:

Sunburst is a Spiritual Community of loving & welcoming people living & sharing their path of consciousness Awakening, including meditation, service, and more. I came to Sunburst after visiting about 13 other intentional communities in California, and I stayed for a month because it's my favorite of all of them.

I already feel like good friends with many of the people, which is easy because they are so open & helpful. This is a beautiful family of souls uplifting each other for a higher purpose.

Thank you, everyone at Sunburst!
Alleluya! – Carey T.

Sunburst

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