

SUNBURST MONTHLY

Inspirations

May 2018

Coming Events



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



Kriya Initiation & Retreat
Unlock Your True Potential
THURS.- SUN. • JUNE 21 - 24



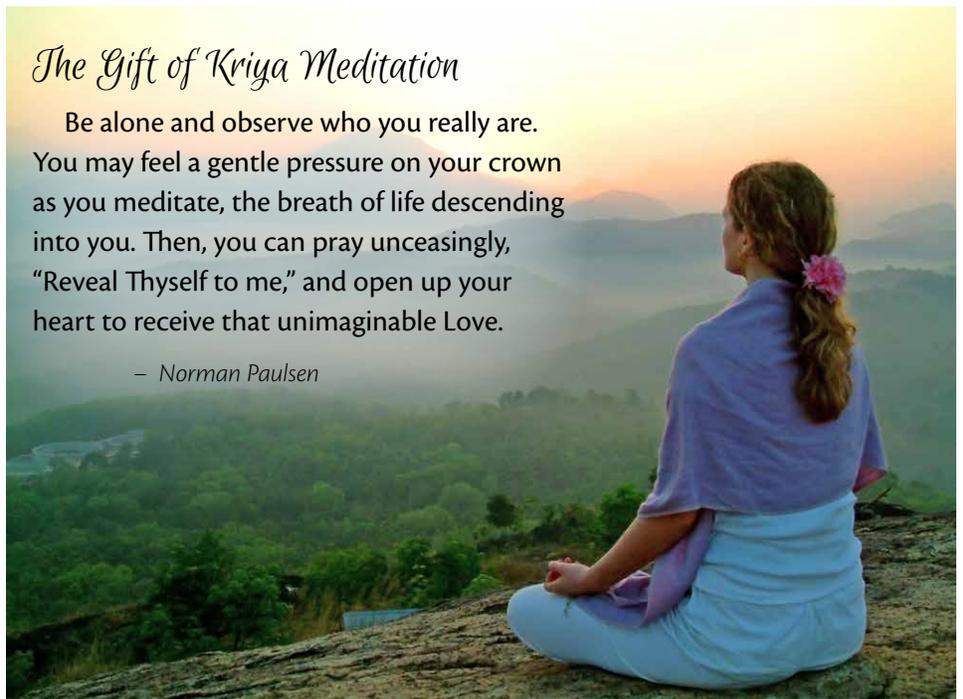
Healing Symposium
Secrets of Vibrant Health
THURS.- SUN. • JULY 19 - 22

See page 4 for more events



*In the state of love,
no matter
what you do,
it's going to be good.*

– Paramahansa Yogananda



The Gift of Kriya Meditation

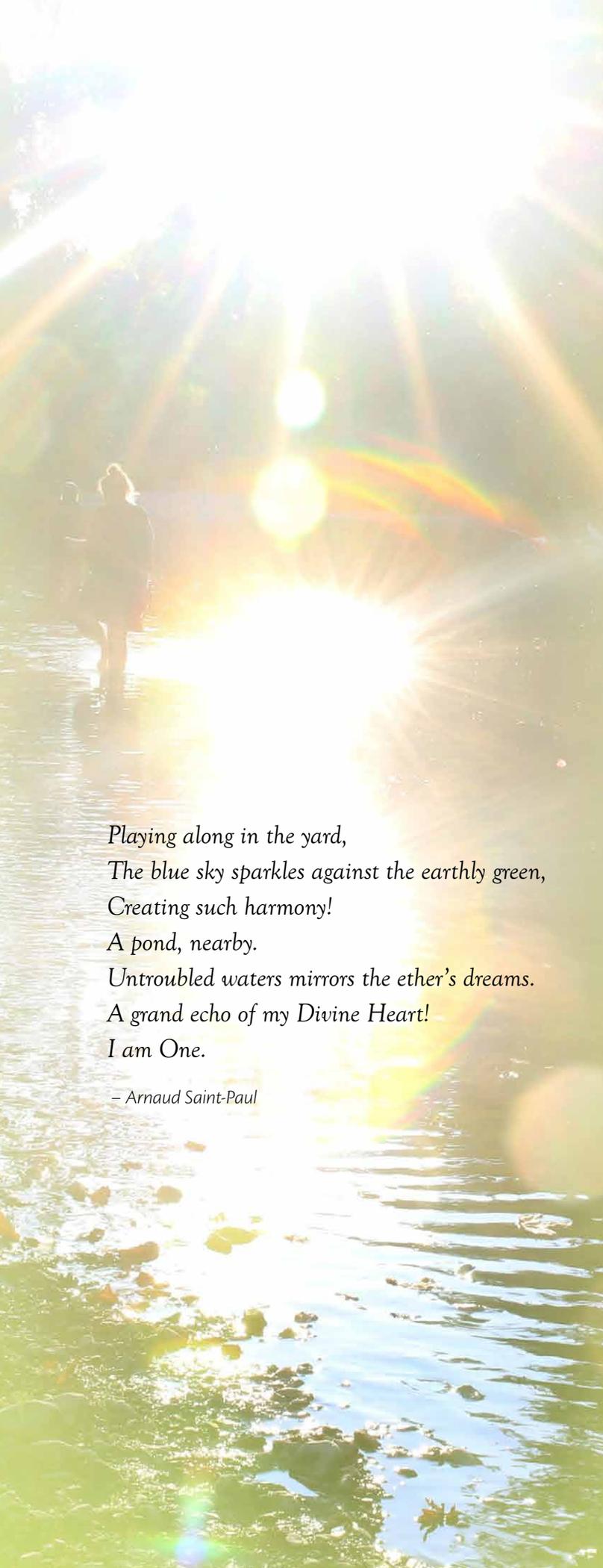
Be alone and observe who you really are. You may feel a gentle pressure on your crown as you meditate, the breath of life descending into you. Then, you can pray unceasingly, "Reveal Thyself to me," and open up your heart to receive that unimaginable Love.

– Norman Paulsen



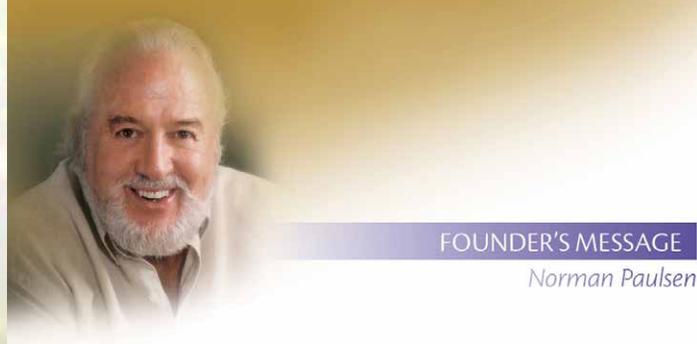
*Always remember
that the future comes
one day at a time.*

– Dean Acheson



*Playing along in the yard,
The blue sky sparkles against the earthly green,
Creating such harmony!
A pond, nearby.
Untroubled waters mirrors the ether's dreams.
A grand echo of my Divine Heart!
I am One.*

– Arnaud Saint-Paul



FOUNDER'S MESSAGE

Norman Paulsen

Take a Quiet Moment

Patience is a virtue. Have we not heard it said many times: “Just be patient and everything will work out for the best?” Practice patience, but temper it with reason and intuition. Only then will you know what action to take.

As you learn to listen to the angels of patience speaking through your intuition, you will also know when patience has run its course. Unless a firm but gentle hand is taken now, nothing will happen for the best.

Make an effort to be patient and forgiving of yourself and others. Every day is a new day. Take a quiet moment, sit down and reflect. **Learn patience by practicing meditation every day. Meditation sets the stage for communion with God, the very author of patience within and around you.**

Your conscience, the voice of your soul, is the mount upon which patience rides. Listen well to this voice within you. It is the voice of the pure Self. Has it not been waiting for you since the beginning of your time? To avoid the voice of conscience is to invite negativity into your life.

Practice patience and 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 mental condition. Be still and meditate for a moment; listen to the space between your thoughts and you will receive the right direction. Sometimes the things most desired are unattainable because they and the time for them to happen are not right. Be patient. At the right moment, Spirit will reward you.

*O Eternal Patient One,
I know You have been watching over me.
You are the light of my love,
the essence of my being.*

*You are the Mighty Dreamer,
dreaming the image of me
and all that I see in Your eternity.*

*I will always wait and watch for Thee.
At the right moment, O Father, Mother,
reveal Thyself to me!*

Daybreak At Sunburst Sanctuary

John Kiddie, Sunburst

I awoke this morning to the sound of owls hooting to each other outside my window. I thought of all the furry animals, four-legged creatures that we share this land with, all the birds of wing that soar on the breezes, and our appreciation of Mother Earth, our love for Mother Earth.

I remembered that right on this Sanctuary land, Native Americans lived for thousands of years. They walked in reverence of the Mother, lived in harmony and were nurtured by Mother's Nature. They felt their oneness with the Great Spirit and every day was a miracle of appreciation for their lives. They knew where they had come from.

We are so blessed to continue that work, to be in tune with the Great Spirit, and working in harmony with Mother Earth who feeds us. Each and every man and woman on this planet has been

given a great opportunity in this life to come to know our Creator face to face.

It's no accident that we're here today. Our desires and past actions have brought us to this moment, this gathering of gentle souls.

We are so blessed, with miracles abounding all around us. We have Sunburst's beautiful sanctuary, dear friends around us, and our tool of meditation leading us to a greater oneness with Spirit.

We dedicate our lives to service daily, living in virtue. The fruits are becoming evident, as we grow every day in our awareness. There is no separation between Spirit and us. When we go within in meditation with devotion, we are polishing and cleaning our inner mirror that we may be a true reflection of Spirit's will, each in our own way. Each of us is a different flower in God's garden, giving our gifts. For this we are thankful.

A Prayer for All Seekers:

Oh Mighty Spirit, I Am That I Am, please be with us now. You have heard our call, our heart's desire to know you, to be with you. You have brought us together for a work, for a life on this, your garden planet. We meditate for the purpose, the intention, to feel you within us and around us, to see you, to hear your voice in the wind, in the birds and within us. We are so grateful to know you are our true Father and Mother. Amen.

Events

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 among kindred souls of all ages, immersed in pristine nature. Enjoy abundant fun and learning activities including solar oven baking, nature crafts, hiking, and more. 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 soul-awakening 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

THURSDAY – SUNDAY • JULY 19 – 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

SUMMER STAR PARTY SPECTACULAR

SATURDAY • AUGUST 11

Explore astronomy through interactive presentations and activities, plus the Perseid meteor shower! School-aged children with adult welcome. sunburst.org/stars



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 Kriya Participant:

Early Sunday morning, I meditated using the Kriya training, then rested in my heart center. The voice of Divine Spirit spoke to me saying, *I dwell in you.* My being exulted in unlimited joy.

Soon I walked the nearby area bathed in light and ecstatically appreciating creation all around, then blissfully sitting in Sunburst company for our group meditation. Thanks to the All!

– Prem Amira



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