

SUNBURST MONTHLY

Inspirations

June 2018

Coming Events



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



**Karma Yoga Program
Service Exchange**
JULY 13 - 22 (Stay up to 10 days)



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

See page 4 for more events

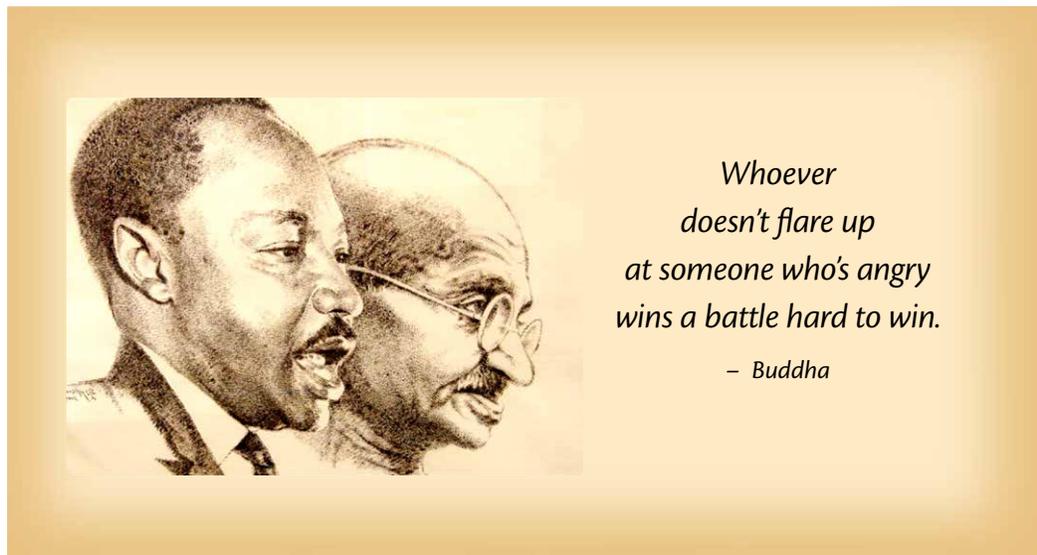


*Sometimes one creates
a dynamic impression
by saying something,
and sometimes one creates
as significant an impression
by remaining silent.*

- Dalai Lama

*What we speak
becomes the house
we live in.*

- Hafiz

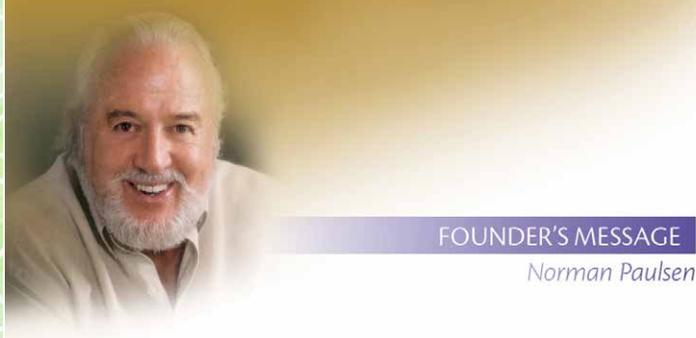


*Whoever
doesn't flare up
at someone who's angry
wins a battle hard to win.*

- Buddha

If we know
the divine art of concentration,
if we know the divine art of meditation,
if we know the divine art of contemplation,
easily and consciously
we can unite
the inner world and the outer world.

— Sri Chinmoy



Who and What is God?

The incredible miracle, presented to us continuously, is our own physical body. **Such a wonder it is, the fact that we exist—but how?** Our five senses—who designed them and who makes them function? My beating heart—I did not start it. What happens to me if it stops?

My consciousness tells me, in silence, that I had nothing to do with the design and manifestation of my human body, nor do I have anything to do with the continuous functions of the interior and exterior energies surrounding me. As an individual entity, this realization is at once startling and alarming. I exist in a universe of images I did not create, not even my own body! Then who am I?

If one can succeed in answering this question with absolute certainty, then one has arrived at the Source of all that exists in time and space and beyond. One no longer says, "Who am I?" but says instead, "I Am That I Am." Yes, I am divinely created and sustained, like a wave upon the ocean—rising, crowning, dissolving, and merging into the bosom of the eternal sea of life. Yes, I Am That I Am has created, in each one of us, the image of Itself!

Who and what is God? Is God wearing the faces and designs of all the images we observe? Yes, our Creator exists at the center of all images: creating all, sustaining all, and still dwelling outside of all in the rapture of the eternal sea of life and consciousness. The infinite faces of Spirit, so many souls, each one different, are all looking outward from the makeup of human forms. Some are illumined, some disillusioned, some loving, some hating, some beautiful, some not, but all are the infinite faces of the Divine for a moment in time. Yes, each face captured in the divine memory is eternal and immortal, moving onward toward perfection!

Are we able to awaken our souls to this divine consciousness within us, and meet and know our divine Mother and Father, face to face? Is it possible?

Yes, all this is possible! Meditation will take you to the entrance of the inner-dimensional tunnel of light that looks into the fabric and heart of creation. This is the rainbow path existing within each one of us. It will lead you to the source of all images, the place where it all began, the first creation of light at the end of the tunnel, I Am That I Am.

*See the light in others,
and treat them
as if that is all you see.*

– Wayne Dyer

Seeing God in One Another

Alfred King, Sunburst

Seeing God in others has been a really tough challenge for me. Some of us, when we're put in certain situations, think, "How can I fly with the eagles when I'm here down here amongst all these turkeys?" The challenge is to get beyond that thought. What we're hearing is the ego self. What we need is to be looking for God within ourselves, and within everybody else.

Yogananda was so well liked by people, and people were so attracted to him because he saw God in each of them. When this became my Sunday topic to speak about, I realized what I needed was the book on *How To See God In One Another*, or *Five Easy Steps To Seeing God In Others*. I wasn't finding it on the internet. So it seemed like I was going to have to dig down and do the work myself.

I started thinking back in time, and one of the things I realized is that when there are lessons we have to learn, they keep coming around again. It's as if time is a spiral, and every time to you come around to the one o'clock position, you might be in a better place about it, but you still come back to that same lesson. And each time, it's disguised a bit differently. The disguises keep getting more and more tricky.

Before I found Sunburst, I was reading a book on yoga. It described the different kinds of yoga: Hatha Yoga, Jnana Yoga, Raja Yoga, etc., and actually had some how-to's in it. I got to where it said, "Take the person that you like the least, that you have the biggest issue with, and send that person love."

I wrestled with that for weeks. "Oh man, that guy did me so wrong; he was so bad to me. How can I send him love?" But eventually, I pulled it together and I was able to do that. Then I thought, "Okay, that's great! I've got this lesson down."

As time goes by, of course like an onion, after every layer you peel back there's more onion, and the deeper you get, the more it stings your eyes, it seems. So I recall in the early days of Sunburst, it seemed to me there was always one person about whom I thought, "Oh man; this is such a wonderful place; everything's almost perfect. If that one person wasn't here, it would be great." The person at some point would leave; but it wasn't great, because another person filled that slot.

I finally thought, "Hmm. . . maybe it's me." But, this kept happening; and, like I said, this is one of the toughest lessons for

me. Meanwhile, the lords of karma keep coming up with more clever disguises.

So as I was delving deeper, meditating and thinking about this subject, I realized, "Oh, it's simple; it's just like everything here. Meditate!" The point of meditation is to achieve a place of Christ consciousness, that place where you've touched the pure Self within—that place where you don't just *believe* there's a God, but you actually *experience* God's presence in your life.

Well, unless you're absolutely, incredibly egotistic, you have to realize that the same God that's in you is in everyone else. This is one of the things about the meditation tool that Norm Paulsen, Sunburst's founder, offered us. It just seems to fit every subject, but this one in particular.

On one of Norm's talks on CD, *Creating Heaven on Earth*, Norm says: ***I want to welcome every spirit here today. I'm looking at all these beautiful faces, each one different, each one specially created by our God we call I Am That I Am.***

So as Norm welcomed those who had gathered on that day to hear him speak about God, he looked around the room and saw God in all their faces. As I watched him over the years, I observed that he was always able to do that. He was able to see God in each one of us, to see the good in us, no matter what our egos were presenting. He goes on:

Here we are today learning about meditation, learning about the inner workings of the cosmic forces in our bodies, really learning about ourselves—that pure Self that exists deep within the center of our souls, that spark of light that was put there by our Mother and Father Creator. We all have it.

The tool of meditation that we've been offered here allows us to explore and discover who we really are. As we experience that we're all a manifestation of God's energy—each and every one of us—we can more easily recognize that same attribute in all the egos we encounter as we move through this life.

I Am That I Am, it is my prayer that as I dive deep in meditation and demonstrate my devotion to you, that you might help me experience your presence, that I might know beyond any doubt, that you are within me, and when I look out and see other faces, that I am able to recognize you there. Be with us in our effort this day to know you. Amen

Events



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



KARMA YOGA PROGRAM

Service Exchange – up to 10 days

JULY 13 – 22 (Also: 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 or additional dates.*

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+.

Cosmic Humor

If it weren't
for my mind,
my meditation
would be excellent.

– Ani Pema Chodron


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