

SUNBURST MONTHLY

Inspirations

September 2018

Coming Events



Regenerate Earth & Spirit Preserving the Harvest

FRI.- SUN. • SEPTEMBER 14 - 16



Equine Guided Self Discovery

Equine Therapy Workshop

SATURDAY • SEPTEMBER 29



Kriya II Meditation Retreat Deepening Your Path

THURS.- SUN. • OCTOBER 4 - 7

See page 4 for more events

*This is
a wonderful day.
I've never
seen this one before.*

– Maya Angelou



*Dear Spirit,
When we find that unity with you,
then we'll know that we have picked
the right activity on this vast playground,
the activity that gives us fulfillment.
Please help each one of us to find this activity
and find this joy of unity with you.*

Amen

– Sibylle Custer, Sunburst

Work
without the feeling
that it is you who is working.
Take it as if it is God's work done
through you as His instrument.
Then your mind will be at rest
and at peace. That is prayer
and meditation.

– Anandamayi Ma



Soul Awakening Study

Science is the intellectual pursuit to comprehend the mysteries of creation.

Spirituality is the soul's longing and searching to experience those mysteries.

The ancient adepts taught science and religion as one subject, for they are inseparably joined, one to the other. The application of scientific knowledge without first knowing and understanding Spirit, *I Am That I Am*, one's pure Self within, and the natural creative forces existing in nature, is both dangerous and destructive. This fact becomes quite apparent as we examine the destruction of land and life on the Earth's surface today.

Nature, the Mother of life-forms, in her infinite variety, is the supreme teacher. Study her, for she springs forth from the imagination of our Creator. Spend more time deeply studying, observing and meditating on Nature. The Mother of all life-forms exists in the forests and the valleys, the mountains and streams, in wind and sea. Be alone in Nature. Meditate there, with all her life-forms, and listen!

Those intellects who continually go from one doctrine to another, reading this one and that one for mental stimulation on what the truth might be, may never experience the Source of pure truth themselves. The reward is false ego-centered intellectual indigestion in regard to truth, not Self-realization.

Self-realization comes through living a virtuous life physically, mentally, and spiritually. It comes through deep meditation, as well as love and desire for God, the pure Self within.

As you practice Kriya, you are actively working with the life energies in the spinal column and brain through regular and continuous meditation. You are opening your chakras and breaking loose old karmic patterns. When you meditate upon the pure Self within you and that's your goal, then stay with it, because that's the only healer. To accomplish this healing, meditate unceasingly on the pure Self, God within you.

Change your habits. Try to be better every day. Make up your mind to do something to improve your life, and then do it. Change your consciousness; that is all that is necessary. Destroy that mortal image you have superimposed on your true Self. Bring forth the indomitable soul image that God gave you. – Paramahansa Yogananda

I've Never...

1. I've never driven a car that made me happier than walking in the trees.
2. I've never eaten in a restaurant that was more satisfying than having a picnic on a blanket.
3. I've never worn a suit that's made me feel more relaxed than my favorite old sweatshirt.
4. I've never had a success that made me smile bigger than my dogs do, chasing each other down the hall.
5. I've never experienced a publicity interview more fulfilling than a heart-felt conversation.
6. I've never met a celebrity more exciting than a favorite friend, while we walked on the beach.
7. I've never seen a painting that wowed me more than a beautiful garden of flowers.
8. I've never tasted a drink more refreshing than cold water after a long hike.
9. I've never been awed by technology more than standing in front of a giant redwood.
10. I've never been happier to wake up than I am today.

When we fall in love with the simple and appreciate how rich we are by just having the chance to breathe, life takes on a whole new happy.

– ShawnAnderson.com



Conscious Work: Love in Action

Heiko Wirtz, Sunburst

I remember when Norm Paulsen, Sunburst founder, was writing his book *Sacred Science*. I walked into his living room where he was sitting in a big arm chair with his notes strewn all around him. He was collecting his thoughts, and so excited to finally be putting to paper some of the elements he'd been teaching for so many years at Sunburst.

Sacred Science is so simple and so beautiful, yet it hits a note of truth every time I read it. In the section describing conscious work, Norm writes: **“To fully understand the Eightfold Path, you must understand the meaning of conscious work. Become an instrument through which God can work.** Stay positive in your actions and the fruit they bear. Work with your body, mind and spirit, endeavoring to create that which perpetuates the virtues and helps lead others toward the Eightfold Path.”

He's referring to the other conscious efforts or paths that we recommend and follow at Sunburst. For instance, conscious conduct and conscious nutrition; there are eight paths all together. Norm continues:

“Your sincere efforts may well go on to help heal humanity and our Mother Earth, and to inspire others onward toward virtue. Your work will become a portrait of your own pure Self, the reflection of God within your soul. Your works will become divine creations inspired by God in all three theaters of endeavor: physical, mental and spiritual. Yes, your livelihood can become a great joy because your actions and thoughts are working consciously with God, your true eternal friend.

“Do good deeds with love and service for others less fortunate than yourself. Focus on your environment, and that includes minerals, plants, animals, and people. Finding ways to alleviate the suffering, your own pure self will come forth and do works of charity unselfishly giving with no thought of reward. You may think that what you are doing every day is insignificant and means nothing, but as you make your work an act of meditation and walk the spiritual path, you will receive God's renewable creative life-

force through every cell of your body. Allow God to work through you each day and watch your actions become instruments of healing to those around you.”

In my time at Sunburst, one of the best ways I can get a true reflection of how I'm doing on the spiritual path is by observing my outward example. I can see Spirit in action, and can see Spirit moving in those who come to visit and be touched here. Let us each reflect on what conscious work means in our own life. When we embody this vessel, our spirit comes here to express itself in a certain manner and we are present to partake in certain life lessons.

Conscious work is a representation of our spirit opening up to the grace of the Creator Spirit deep within us, to experience that divine communion in oneness. That Source enlivens everything around us, and every part of our being. From that point, everything we do, everything we see and perceive is touched with that divine connection. Spirit is displaying itself and showing us our true purpose in life, which is to be the caretakers of this planet, caretakers of this physical form and of each other.

You may have heard the Zen proverb, “Chop wood, carry water. Satori. Chop wood, carry water.” Eckhart Tolle has a good definition for *satori*. He said, “Satori is the arising of the inner spaciousness where before there had been a clutter of thought and the turmoil of emotion.” Inner spaciousness can be described as taking the opportunity to observe what is in front of us with that deep knowledge and peace of Divine Spirit which is showing us the possibilities, and beckoning us to commune with it at every level.

Divine Spirit, come forth within me. Live in my hands, my mind, my spirit. Strengthen my muscles, and strengthen my resolve to be here, fully conscious in the effort to make positive changes. Let me be in harmony with your divine plan. Show me the way to help, to be a part of this great work for the betterment of all mankind, of all creation. You are always at my side, right behind my thoughts, looking through my gaze, for all of us are here as a gift to you. Amen.

Events



REGENERATING EARTH & SPIRIT

Preserving the Harvest

FRIDAY – SUNDAY • SEPTEMBER 14 – 16

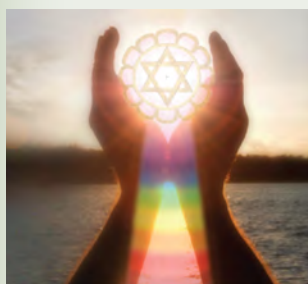
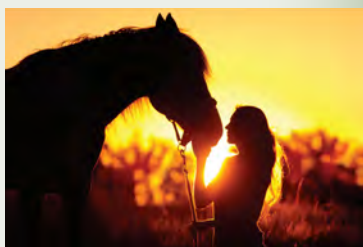
Do you crave a greater sense of connection with the earth? Reconnect with yourself, others, and Mother Nature. Learn food preservation techniques. Enjoy yoga, meditation, nourishing meals, heartfelt camaraderie and more. Family-friendly. sunburst.org/earth

EQUINE-GUIDED SELF-DISCOVERY

Equine Therapy Workshop

SATURDAY • SEPTEMBER 29

Journey toward connection with your soul and the Earth, led by Equine-guided educator Natalie of Shakti Ranch, and connecting with the horses of Sunburst Sanctuary. sunburst.org/equine



KRIYA II MEDITATION RETREAT

Deepening Your Practice

THURSDAY – SUNDAY • OCTOBER 4 – 7

Advance and deepen your Kriya meditation practice. Receive the second initiation of Kriya; learn to activate the healing and balancing power of your chakras. Enjoy interactive discussions with seasoned practitioners. Prerequisite Kriya I. sunburst.org/kriya-ii

UNPLUG & RECHARGE

An Exploration of Silence

FRIDAY – SUNDAY • OCTOBER 26 – 28

Do you feel overwhelmed by constant noise? This retreat offers silence, mindfulness tools, guided walking and sitting meditations, nourishing meals, and pristine natural surroundings. sunburst.org/unplug



KARMA YOGA PROGRAM

Service Exchange – up to 10 days

OCTOBER 26 – NOVEMBER 4

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Activities vary, such as gardening, cooking, cleaning. Coincides with *Unplug & Recharge* silent retreat.

CELEBRATE LIFE RETREAT with Sacred Geometry – NOVEMBER 16 – 18

NEW YEAR'S KRIYA YOGA MEDITATION RETREAT – JANUARY 3 – 6, 2019

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+.




Sunburst

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