

SUNBURST MONTHLY

# Inspirations

October 2018

## Coming Events



**Kriya II Meditation Retreat**  
*Deepening Your Path*  
THURSDAY - SUNDAY • OCT. 4 - 7

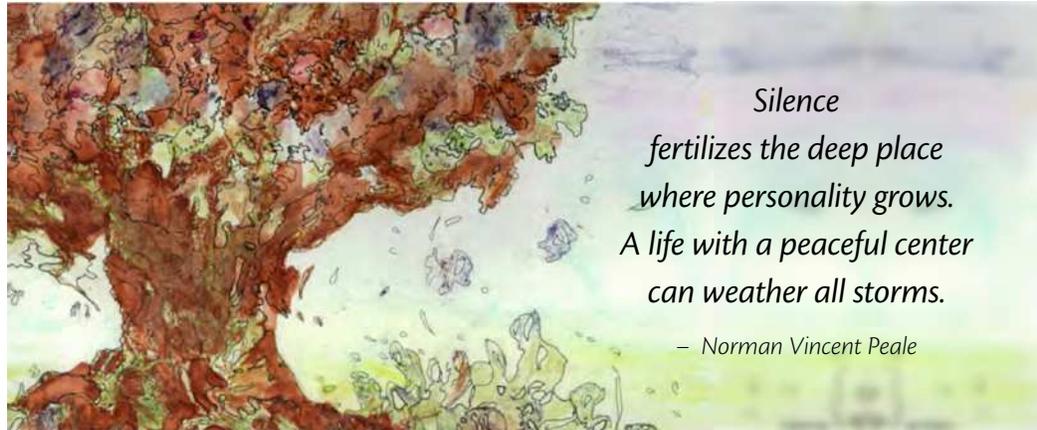


**Unplug & Recharge**  
*An Exploration of Silence*  
FRIDAY - SUNDAY • OCT. 26 - 28



**Celebrate Life Retreat**  
*featuring Sacred Geometry*  
FRIDAY - SUNDAY • NOV. 16 - 18

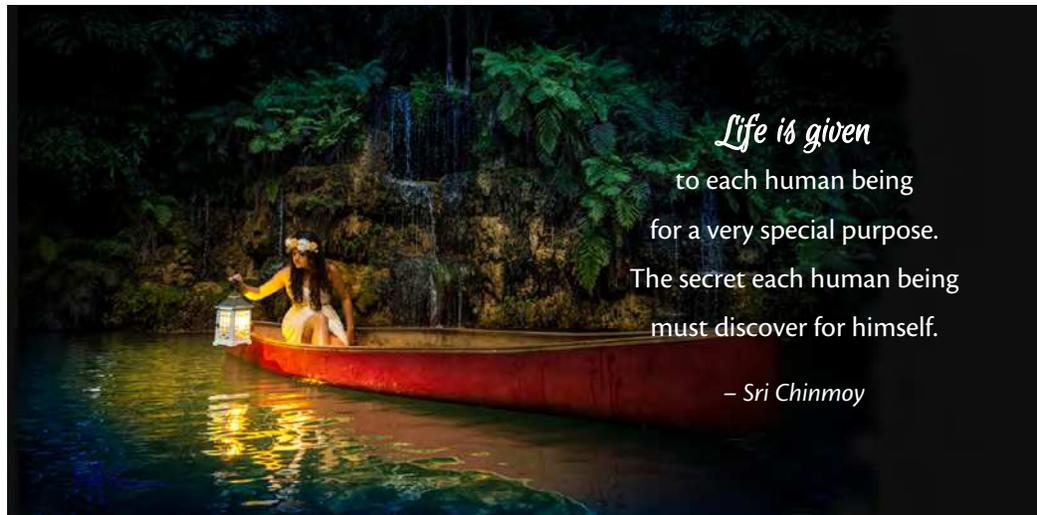
See page 4 for more events



*Silence  
fertilizes the deep place  
where personality grows.  
A life with a peaceful center  
can weather all storms.*  
— Norman Vincent Peale

*This is  
my simple religion.  
There is no need for temples;  
no need for complicated philosophy.  
Our own brain, our own heart is our temple;  
the philosophy is kindness.*

— Dalai Lama



*Life is given  
to each human being  
for a very special purpose.  
The secret each human being  
must discover for himself.*

— Sri Chinmoy

*SOME VIEW RELIGION AND SCIENCE as incompatible. I disagree.... There's a beginning and an end to everything.... This table [I'm] at right now had a beginning—it was built—and then one day...it will break, or get too old, or be destroyed. Humans, of course, have a beginning and an end.... The sun is halfway through its life. But space, as far as we can see, does not have an end.*

*[While orbiting the moon, he looked out through the window of his spacecraft and saw Earth, which appeared so small that he could obscure the view with his thumb.]*

*I thought how insignificant we really all are and yet how fortunate we all are that we have a place to live. I began to think [how] we often say "I hope to go to heaven when I die."*

*In reality, we go to heaven when we're born. We arrive on a [planet] with the proper mass that has the gravity that can contain water and an atmosphere, the very essentials for life. And if you want to really pursue that to the extreme, Saint Peter was that doctor you saw when you first opened your eyes.*

*That's my sort of philosophy right now, enjoy life...take a moment, and look at what you have.... Feel the breeze on your cheek, and know that God has really given us the ability to be here. God has given us a stage...upon which to perform, and how the play turns out is really up to us.*

*– James Lovell, retired astronaut*



FOUNDER'S MESSAGE

Norman Paulsen

## *A Quantum Leap*

We can ask ourselves why we are here today in these bodies on this planet. Why did Divine Spirit create all which we see, including ourselves? It becomes obvious to me that Divine Spirit wanted to walk on the worlds it had projected and created, within these bodies that we find ourselves in today. In other words, the Divine set forth to create an existence for itself on this world, and to be fully conscious in each one of us.

**It's hard to conceive of what this world would be if we were able to somehow realize the full potential that we have in our possession right now.** We get glimmerings of it in the so-called sixth sense...feelings of intuition, dreams, visions, voice communications from Spirit. The sixth sense is the Cosmic sense, the Christ sense, and ultimately the seat of knowledge of the whole cosmos.

Through the sixth sense, I had seen visions, gazed across celestial panoramas, encountered spheres of light and sat beneath brilliant rainbows of color in inner space. I had conversed with saints and adepts from the remote past, visited ancient and future civilizations. I thought my progress on the spiritual path was good until my first encounter with the Angel Man and Woman. My body, mind and spirit were so shocked that all I had experienced in the past was nothing before the incandescent brilliance of this Light.

The power of I Am That I Am can enter into us through the crown of the head, that place that was open and beating when we were newly born into these bodies. We each have the equipment atomically, molecularly, cellularly, right in our own bodies at this very moment, to totally experience Cosmic consciousness, Divine illumination, oneness with God.

You don't have to go anywhere; it's all right within you. In fact, there's no place to go "out there;" *out there* is an illusion. The place of ultimate reality is within yourself. It's found in meeting that Light that created you and is manifesting you today.

**You are standing, with Humankind on the threshold of that quantum leap into Cosmic consciousness, Christ consciousness, Nirvana.** The human brain in its process of evolution is now surpassing self-consciousness and opening into its full potential. Pray for the Divine to reveal that Light to you! Therein lies the source of Divine wisdom, perfect love, joy, and the fruits of immortality.

# Navigating Challenges Successfully

Patricia Paulsen, Sunburst

Has anyone not had to overcome any problems? It's an everyday thing, a part of life, a part of the makeup of being human.

Paramahansa Yogananda is quoted:

*Life is worth nothing if it is not a continuous overcoming of problems. Each challenge that waits for a solution at your hand is a spiritual duty imposed upon you by life itself. Any escape from problems, physical or mental, is an escape from life as there can be no life that is not full of challenges.*

*The Bhagavad Gita describes how Arjuna, at first overwhelmed with the fear of losing courage on the battlefield, rises up and performs his sacred duty.*

*Always know, that every day is a fresh opportunity. Whatever comes your way and needs attention must be considered a duty to act upon. Duty is not imposed upon you by some superior power, it is the inherent urge of life toward progression. Therefore, duty is action that needs care.*

*Remember that your difficulties did not come to crush you, but to strengthen your determination to use your limitless divine powers to succeed..*

Duty is action that needs care; it is important to care for ourselves, mentally, physically, emotionally and spiritually so that we are able to fully embrace our sacred duty, and work through our challenges successfully. The Sunburst teachings offer a path of living that helps one stay balanced, especially in the midst of life's storms.

If we change our attitudes, our thoughts, our modes of reacting, we can attune our consciousness to a higher frequency. Albert Einstein said of this: *Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way, this is not only a philosophy, this is physics.*

We all are born with a free will on how to go forward and act. Every thought and action generates a force of energy that returns to us in like-kind. What we sow we reap; it's karma. Our wisdom-guided will leads us through our karmic challenges and brings us to a higher frequency.

**More powerful than karma is the grace of God and our teachers who are here to help us move through challenges, if we but ask.**

Fear is a powerful emotion that can cloud the transmission of wisdom, and cause one to lose the inner connection, the inner compass to navigate by when the seas get rough. One evening, when my dear partner and beloved friend Norm was near the end of his physical life here, I found fear creeping into my consciousness, frightening my thoughts. I raised my voice loudly, directly toward Norm saying, "Call on the forces of Christ to heal your body, mind and soul, right now!"

He looked up at me from his chair with the most serene, beautiful expression, and calmly replied, "Patty, my soul is fine." His words brought such a peace and lightness over me. We both smiled, acknowledging that part of us that is and always will be real. In that space of peace he was ready to face the most challenging fear, that of death itself. He knew he was connected to the Source, where fear does not abide, and wisdom resides. It was a lesson for me.

**Beyond the restlessness of the mind, there is a state of awareness that is totally unruffled. With practice the mind can become focused and calm.** It's here where we can experience the stillness that transmits and receives information, not only outwardly from the senses,

but also inwardly from divinely-guided wisdom—God's will working through us, speaking through us, loving through us. It is here, in the eye of the storm, that we can successfully meet challenges, enjoy the journey and become a powerful force in the collective consciousness.

There are meditation practices that help train the mind to focus, to concentrate, to be able to pay attention without tension. **When our mind is in a place of calm concentration we can receive divine guidance;** we can see the reflected light of our own soul, like the sun or the moon reflected on a still lake; and it brings us peace, clarity, a sense of purpose and comfort. It's in this state that we feel the grace of God and our teachers, helping us through our challenges in life.

Never give up on your dreams. If you fall, get back up. Face the challenges, adjust, and learn the lesson. If you resist the lesson it will keep coming back. It's not to hurt us; it's to help awaken us, to awaken our divine powers and attain liberation of the soul as it was meant to be.

In the process of navigating through challenges, the art of visualization is very powerful. Take this moment now to think of someone who needs healing, even yourself. What healing do you want to see? Visualize the living energy that is moving through your body right now. Be the clear conduit of this energy, allow it to move through you. Let it do its work of healing: physically, emotionally, mentally and spiritually.

Pray to Spirit, Mother and Father, knowing that you are an important part of this whole universe, a spark of God. A divinely-guided life is a gift, an opportunity, your birthright.

# Events

## 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](http://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](http://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*

**FRIDAY – SUNDAY • NOVEMBER 16 – 18**

Explore your own body's sacred geometry with Craig Hanson in a two-hour workshop. Enjoy heartfelt camaraderie, yoga, meditation, Dances of Universal Peace, nourishing meals, and more. [sunburst.org/celebrate](http://sunburst.org/celebrate)

## KRIYA YOGA MEDITATION RETREAT

*New Year – Transform Your Life*

**THURSDAY – SUNDAY • JANUARY 3 – 6, 2019**

Do you seek deeper meaning, or want to change your life's direction? The power's in your hands! Experience your true Self through Kriya Yoga meditation in the lineage of Paramahansa Yogananda. Activate your deepest intentions at a New Year's fire and seed ceremony. [sunburst.org/new-year](http://sunburst.org/new-year)



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+.



*Holy Spirit,  
giving life to all life,  
moving all creatures,  
root of all things,  
washing them clean,  
wiping out their mistakes,  
healing their wounds,  
you are our true life,  
luminous, wonderful,  
awakening the heart  
from its ancient sleep.*

– Hildegard of Bingen

  
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[www.Sunburst.org](http://www.Sunburst.org)

[ContactUs@Sunburst.org](mailto:ContactUs@Sunburst.org)

