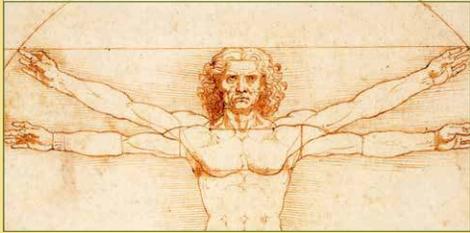


SUNBURST MONTHLY

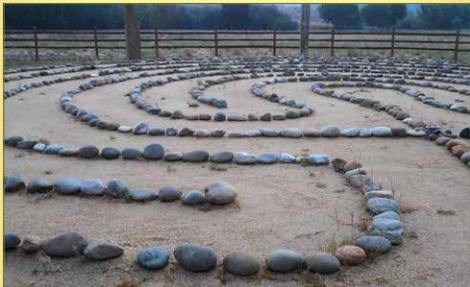
Inspirations

November 2018

Coming Events



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



Winter Solstice Meditation
and Labyrinth Walk
SATURDAY • DECEMBER 22



Kriya Meditation Retreat
New Year – Transform Your Life
THURS. – SUN. • JAN. 3 – 6, 2019

See page 4 for more events



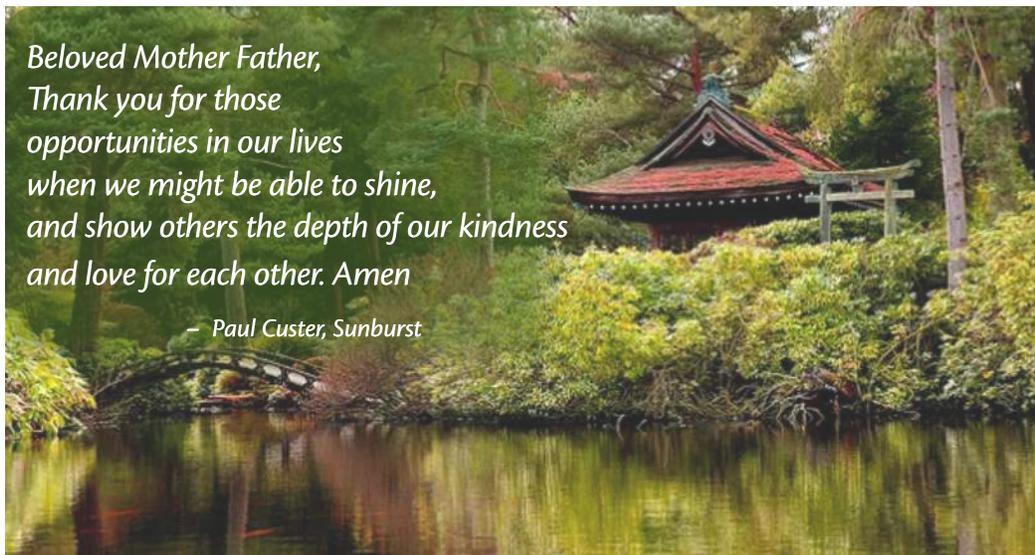
*How did the rose
Ever open its heart
And give to this world
All its beauty?
It felt the encouragement of light
Against its being.
Otherwise,
We all remain
Too frightened.*

– Hafiz



*Some people
are always grumbling
because roses have thorns;
I am thankful
that thorns have roses.*

– Alphonse Karr



*Beloved Mother Father,
Thank you for those
opportunities in our lives
when we might be able to shine,
and show others the depth of our kindness
and love for each other. Amen*

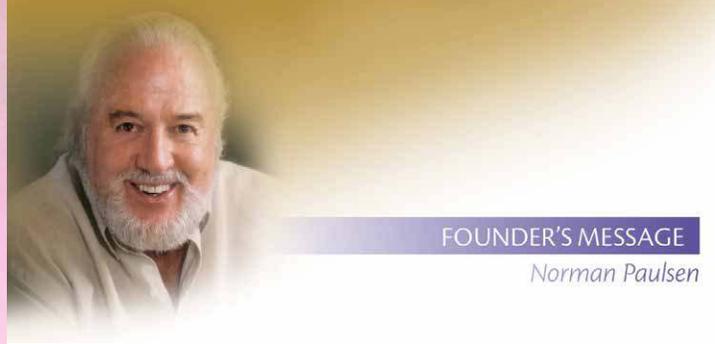
– Paul Custer, Sunburst

WHEN
an individual rises
above circumstances
by the power of courage,
all conditions of life,
however dark and threatening,
become like the blanket of mist
that disappears with the warm glance
of the sun.

The sorrows of the normal man
are not inherent in the conditions of life.
They are born out of the weakness
of the human mind.

Awaken the sleeping hero in yourself
and no sorrow will ever darken your door.

– Paramahansa Yogananda



The Most Humble

As we look at life, we can see a divine drama unfolding all around us, within ourselves, within our friends, our city, and within our country, as well as around the Earth. There will always be a positive side and a negative side.

But there will be a time when the body of Christ and the sons of heaven shine so brightly that darkness is driven away from the face of the Earth for a time. Meanwhile, the only escape is to cease to be an actor; it's called "finding salvation" or "the Kingdom of Heaven".

If we persist in faith and love, trying to do what's right, no matter how many times we stumble and fall, no matter how many mistakes we make; if we never give up, God never gives up on us.

The older I get, the more I realize the great, deep love God has for us all, and how forgiving He is. You can make a mistake today and try to hide yourself behind your fig leaf. But if tomorrow you admit to God that you were wrong and say, "I desire to try again, O Lord," you are forgiven and strengthened. You can go on.

One does not become a good wrestler by wrestling someone weaker than himself or herself. One becomes good by wrestling something [a challenge] stronger than oneself, and through virtue, overcoming it. There is no affliction that cannot be healed by asking and by self-sacrifice.

But don't sit and wait for God to fulfill your prayers. Get up and go to work for Him, and to help others. Suddenly your own affliction vanishes. Why? Because you turned it over to God. You let it go.

There is nothing in this universe that happens by accident. Everything happens right on schedule, on God's time. **The only way that we can change the world is by living every day as near to perfection as we can.** Then one becomes a signpost and another is inspired to say, "If he or she can do it, maybe I can too."

You cannot force anyone to love God, or to change for the better. That is not God's way. God is the most humble. When, however, we are trying our best, and 100 percent for God, He is 100 percent for us.

Developing Courage & Trust

David Adolphsen, Sunburst

There's a little quote from Norm Paulsen, the founder of Sunburst, that says "Love bestows courage." Love also bestows all the other virtues, because love is the very essence of Divine Spirit. It's how we experience Spirit here in these bodies. We feel God's love. We feel it directly from that source, and we feel it directly from that source through one another. So, love truly does bestow all virtue, and virtue comes to us as we make decisions in our lives to live consciously, caring for each other.

I think **virtue just naturally comes to the surface within us as we begin to think of others before ourselves.** It's a blessing, like the awakening of Divine Spirit within us, and it shows up on the surface of our personalities. Virtue just starts to happen. Anyone who has meditated for a while, and made some positive lifestyle choices, experiences change over time. We're blessed; courage, patience, compassion, and charity are things that just start to rise to the surface within us.

During a weekend silent retreat, I attended the lunch on Saturday and it was really awesome. It was kind of a lunch of hugs. I was hungry and driving by when somebody texted me a photo of what was being served for lunch. It looked really good so I thought, "Well, I'll go in and have lunch with everybody."

It was so much more than just eating food. I was nurtured on such a deep level because everybody I encountered, whom I knew, gave me a big hug. And it was a hug that had a lot more in it than just a normal hug, because it had to say everything since nobody was talking. You could really feel the deep love and connection with each individual. I wanted to hug the people that I didn't know, too; but I didn't want to scare them. I hoped I'd have an opportunity to meet them later in the day.

This lunch reminded me of an inspiring speaker I heard in Sedona, Arizona many years ago. His name was Dannion Brinkley, author of *Saved by the Light*. He had a very profound near-death experience [NDE] in 1975, when at 25 years old he was struck by lightning, and died. His body was taken to the hospital morgue until someone there realized he had somehow started breathing again.

Almost every NDE has what's called a *life review*. It's like watching a film of your life, but it's very interactive—you're in the film. You're feeling everything you felt as you were interacting with people, but you also feel everything that they felt and the ramifications of whatever positive or negative thing you said or did to them.

In Dannion's case, he said of himself, he was a real scoundrel. He had lived a life thinking only of himself.

As a youth, he was in many fights. Then he joined the Marines Special Forces, becoming a sniper. He couldn't see anything in his interactive life review that would give any redemption; but he was accompanied at that time by a being of light who had only complete love and acceptance of him, with no judgement whatsoever. This really was a marvel to Dannion. After reviewing his life, Dannion was told: *You need to go back and let people know that the life they live on Earth is really important.*

The beings of light see the people here as courageous, magnificent beings of spiritual strength who've come here to help manifest divine consciousness on the planet. In Sedona that day, Dannion talked about how important it is that we hug each other, saying: *I'm a hugging machine! I get as many hugs as I can because I know how important those hugs are. We experience the energy of those hugs and that connection in our life review later. **The more we share love, the more love we generate, and spread around, and the more we experience at the end of this life.***

So I was sitting there that Saturday eating my lunch in silence and thinking about that message. I thought about just how awesome it is that we have a place where we can come together every Sunday and hug each other. We don't have to wait until Sunday but that's when we see each other the most.

Dannion said, "Aspire to inspire, before you expire!" The way we treat each other is that important! **The efforts that we make when we don't really feel like we have the energy to sit down and meditate or pray, in whatever way we choose, those little things really add up and they really do make a difference.**

Dannion said that we are completely trusted by those beings who remain in the realm we came from. They trust us to stand up and be the Divine Beings that we are. We're right in the midst of angels and beings of light who are here to support us. We have a unique opportunity while we're in these bodies to receive, and to radiate, and express this divine energy. It's such a gift!

The last thing Dannion Brinkley said that day was, "I know what I'm supposed to do. I know there's one thing that I'm really supposed to do." He was saying it like it was something he was to do, but it felt like this was a message for all of us. "I need to go through one day without having any judgement of anybody." This was 25 years after his NDE. "I haven't succeeded yet, but I'm still trying." I thought that was really profound, and although very simple, a good goal for all of us.

Events

CELEBRATE LIFE RETREAT

Sacred Geometry & Dances of Universal Peace

FRI. – SUN. • NOVEMBER 16 – 18

Understanding ourselves is understanding the creation. Learn about your own body's sacred geometry in a workshop with Craig Hanson. Take part in guided meditation, heart-opening Dances of Universal Peace, yoga, meals. sunburst.org/celebrate

WINTER SOLSTICE CELEBRATION

Meditation & Labyrinth Walk

SATURDAY • DECEMBER 22

At this darkest time of year, celebrate the return of the light! Enjoy extended quiet meditation, heartfelt connection with friends new and old at dinner, and a labyrinth walk with luminaria under the stars. sunburst.org/solstice

KRIYA YOGA MEDITATION RETREAT

New Year – Transform Your Life

THURS. – SUN. • 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

KARMA YOGA PROGRAM

Selfless Service • Spiritual Practice • Supportive Community

Infuse your daily actions with Spirit as you work, meditate, and participate in cooperative community. Activities vary, such as gardening, cooking, cleaning. *Up to 2 weeks. Contact the office for dates and details.*

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+.

Thank you to everyone who shared their energy at the Sanctuary in recent months.



Forrest Yoga



Karma Yogis Tree Planting



Equine Self-Discovery



Preserving the Harvest



Special Moments



Music & Healing



Star Party Spectacular



Old Friends & New Friends



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