

SUNBURST MONTHLY
Inspirations

December 2018

Coming Events



Winter Solstice Meditation
Meditation, Dinner, Labyrinth Walk
SATURDAY • DECEMBER 22



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



New Year Seed Ceremony
Activate Your Deepest Intentions
SATURDAY • JAN. 5, 2019 • 7 – 8 P.M.

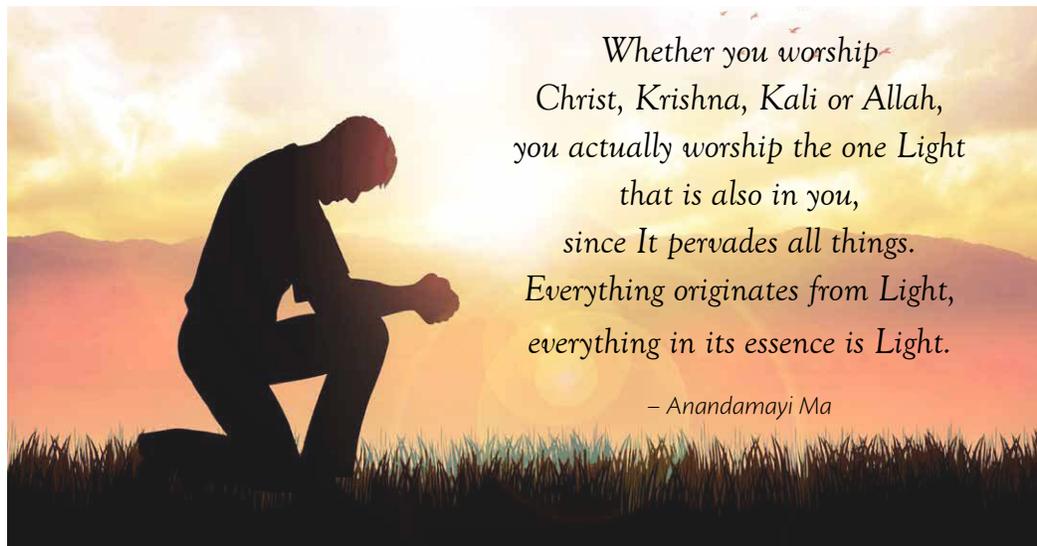
See page 4 for more events



Creation forgotten
Creator only known
Attention turned inward.
In love with the Beloved alone.
– Saint John of the Cross

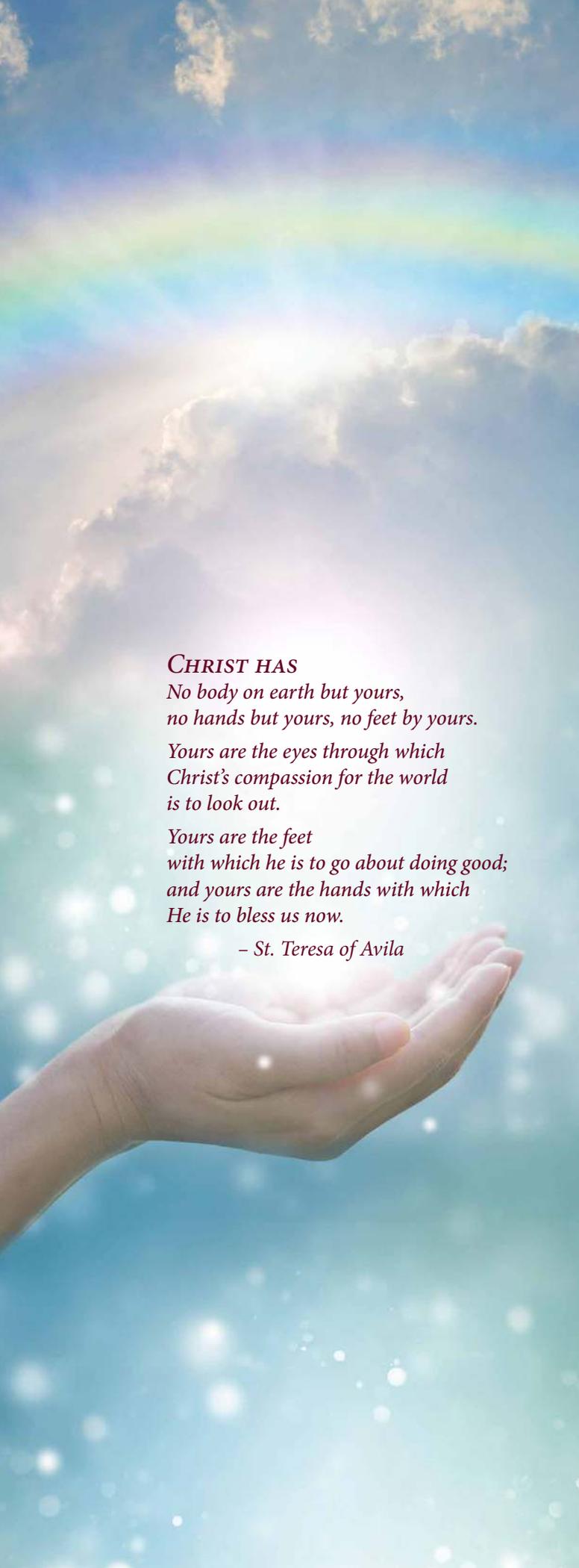
*Embrace
the opportunity
for silence.*

– Al King, Sunburst



*Whether you worship
Christ, Krishna, Kali or Allah,
you actually worship the one Light
that is also in you,
since It pervades all things.
Everything originates from Light,
everything in its essence is Light.*

– Anandamayi Ma



CHRIST HAS

*No body on earth but yours,
no hands but yours, no feet by yours.*

*Yours are the eyes through which
Christ's compassion for the world
is to look out.*

*Yours are the feet
with which he is to go about doing good;
and yours are the hands with which
He is to bless us now.*

– St. Teresa of Avila



FOUNDER'S MESSAGE

Norman Paulsen

A Vision of Christ the Sun

In November of 1951, I arrived in Santa Barbara, having just left the monastic order of Self Realization Fellowship. It was difficult to move into a world of turmoil which seemed totally indifferent to my deep inner experiences. I continued my regular meditations morning and evening just as I had done for years.

One Saturday morning in December, I really felt alone and sad. I missed my former monastic way of life, and especially my teacher, Paramahansa Yogananda. I threw myself face down on the bed and mentally cried out, *Oh Mighty Spirit, Christ, what should I do?*

Suddenly, tremendous brilliance! I am looking directly into the sun, but this cannot be true! The sun, it seems, is hurtling toward me from deep space. The incandescent brilliance is growing larger and brighter.

The energy and light is moving toward and through me, taking my breath away. I am lying face down on the bed, yet somehow, right through the back of my head, I see this incredible sphere of light! It's growing closer, filling the entire sky, as if to collide with the Earth right here.

Oh God, this is beyond my ability to understand. Is this my time to go? Oh, marvelous sphere of brilliant, living light!

I hear a voice ringing out through all the heavens, speaking from within the light: "Look at me!"

Oh my God, this is the day I have so longed for, so desired all my life, to really see You, face to face, and to know you really care for me.

The experience ended as abruptly as it began. I could still feel my body, the bed, the room.

Oh God, what has happened to me? Everything I looked at seemed transparent; even my body seemed nebulous and unreal. Light particles danced within every image, like a great sea of tiny stars. Never in my wildest imagination had I thought God would look like a blazing sun!

The passage of time has not lessened the stark unbelievable reality of that incandescent brilliance. Its radiance changed every particle of my existence, transforming my every thought, every concept. The Father of all Fathers and Mother of all Mothers had answered my lifelong prayer. I had seen them face to face, shining like the sun. But what should I do now? I wanted to run and tell everybody that this experience is possible for each and every person.

*Let us meditate until we perceive the Infinite Christ reigning in our own hearts.
Let us learn to love those who love us not; and to forgive those who do ill against us.
Let us break all our mental boundaries of color, creed, and nationality,
and receive all in the endless, all-embracing arms of our Christ Consciousness.
This will be a true and fitting celebration of the coming of Jesus Christ to this earth.*

—Paramahansa Yogananda

The Greatest Christmas Gift

Dawn King, Sunburst

The year-end holiday season is filled with thinking about gifts, shopping, what to give and perhaps, what we might receive. Let's stop for a moment and consider: "What is the greatest gift I already have?"

You might be thankful for family, for home, friends, or some time away from work. But the greatest gift you truly have is YOU—your consciousness and the body it lives in, this life. You may not be answering the age old question of "What is my purpose?" But with a little reflection, you can observe the possibilities available to you.

Your body is a miracle of individual atoms, cells, neurons and even more, miraculous parts working together to create a sensing, functioning human. Somehow it breathes, digests, feels and even thinks without you giving a lot of effort or concern to how the process works.

Just as amazing as the living physical systems comprising your body, your consciousness is a gift which you can develop and expand. You have willpower which you can strengthen and use toward accomplishing worthwhile goals. You have reason, with which you can solve problems. You

have intuition which, like a guidance system, can be used to help steer your life in a gratifying direction.

Beyond all that, you have another gift that begs to be discovered. It is the recognition of your innermost immortal soul, which is your oneness with All and its Creator, your Source. Those who spare no effort, and truly seek to know "Who am I? Why am I here?" can open this greatest Christ-mass gift, illumination. It inspired the following poem.

*All Nature is taught in radiant ways to move,
All beings are in myself embraced.
O fiery boundless Heart of joy and love,
How art Thou beating in a mortal's breast!
It is Thy rapture flaming through my nerves
And all my cells and atoms thrill with Thee;
My body Thy vessel is and only serves
As a living wine-cup of Thy ecstasy.
I am a centre of Thy golden light
And I its vast and vague circumference,
Thou art my soul great, luminous and white
And Thine my mind and will and glowing sense.
Thy spirit's infinite breath I feel in me;
My life is a throb of Thy eternity.*

— Sri Aurobindo

Events

ANNUAL HOLIDAY FAMILY GATHERING

Join in the holiday spirit!

SATURDAY • DECEMBER 8 • 4 – 8 PM

Crafts, cookie baking, tree decorating and a potluck dinner. Call or e-mail for details.

WINTER SOLSTICE CELEBRATION

Meditation, Dinner & Labyrinth Walk

SATURDAY • DECEMBER 22 • NOON – 8:30 PM

At this darkest time of year, celebrate the return of the light: extended quiet meditation, friends new and old, and a labyrinth walk.

Participate in all or part. 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 seed ceremony. sunburst.org/new-year

NEW YEAR SEED CEREMONY

SATURDAY • JANUARY 5, 2019 • 7 – 8 PM

Release old desires and habits and activate your deepest intentions at our annual seed ceremony to start the 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 details, and to apply.*

Pre-registration is required for most events.

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 during quiet portion.

Give A Gift

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

– Wayne Dyer

Our Divine Parents, Mother and Father, who have produced these phenomenal bodies in which we exist, are waiting for us to discover Their living presence.

This is your opportunity, in deep meditation, to meet the living Christ.

On your journey homeward through the realms of the kingdom, Christ and the angels always accompany you.

– Norman Paulsen



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