

SUNBURST MONTHLY

# Inspirations

JANUARY 2019

## Coming Events



**New Year Seed Ceremony**  
*Activate Your Deepest Intentions*  
SATURDAY • JANUARY 5 • 7 P.M.

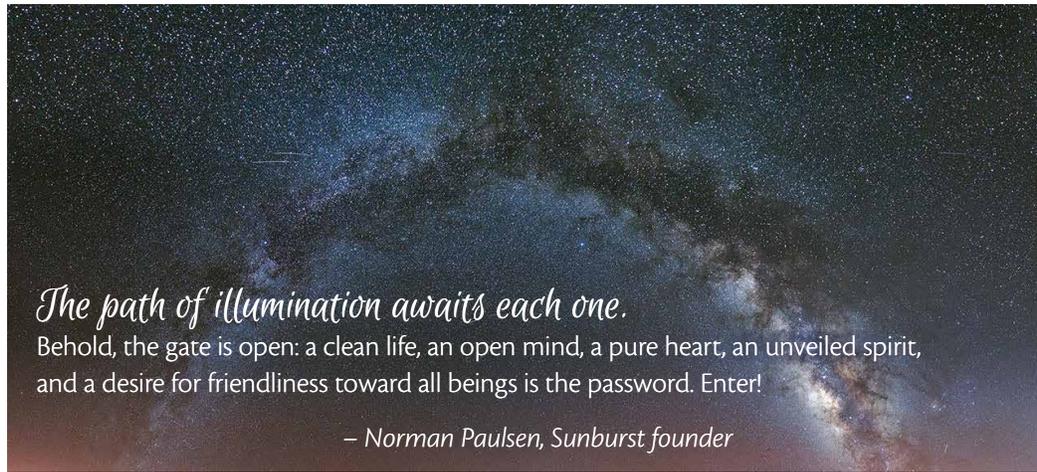


**Conscious Life Expo**  
*Visit Sunburst at the LAX Hilton*  
FRIDAY – SUNDAY • FEBRUARY 22 – 24



**Dive Into Silence**  
*Weekend Retreat*  
THURSDAY – SUNDAY • MARCH 7 – 10

See page 4 for more events.



*The path of illumination awaits each one.*

Behold, the gate is open: a clean life, an open mind, a pure heart, an unveiled spirit, and a desire for friendliness toward all beings is the password. Enter!

– Norman Paulsen, Sunburst founder



We have to open our hearts  
and say to the Divine:  
*O Divine One, I want you;  
I need you. I love you.*  
*Let me not be lost in this body,  
in this personality, in this drama of life,  
but let me stay connected with you  
so my life can be a blessing  
and a good story.*

– Valerie King, Sunburst

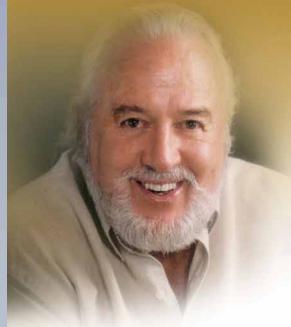
God made the senses turn outwards,  
man therefore looks outwards,  
not into himself.  
But occasionally a daring soul,  
desiring immortality,  
has looked back  
and found himself.

– The Upanishads



O Thou  
Who gives sustenance to the universe  
From whom all things proceed,  
To whom all things return  
Unveil to me  
The face of the true spiritual Sun  
Hidden by the disk of golden light  
That I may know the truth  
And do my whole duty  
As I journey to Thy sacred feet.

– Rig Veda/Gayatri Mantra



FOUNDER'S MESSAGE

Norman Paulsen

## Why Meditate?

When we were born we became aware of our mothers and fathers caring for us. I remember my dad; he seemed to be a giant, with his head up around the ceiling. I was told he was my father and I recognized that energy within him.

As we grow up, we realize our parents are the mothers and fathers of our physical bodies, but at the same time, **we begin to realize something else has given us life and consciousness of soul, the deep feeling within us of identity.** Who are we really? Each one of us has a different personality, a different face, all designed and created by God.

Can we personally know this Divinity who has given us this miracle of life? Can we see the Creator that puts this incredible creation all together? It is an awesome thing to think about: to see the Creator of all, visible and invisible, from the inner workings of our body to all the worlds, star systems, and galaxies.

As a young man I joined the monastic order of Paramahansa Yogananda to study and learn how to meditate and live as a monk. I wanted to know God; I wanted to see God's brilliant face. I delved into meditation, spending as many hours as I could, day and night, calling on God to come to me, to reveal himself to me.

We become aware, as we meditate, of the forces of our bodies that beat in our hearts, breathe and extract energy through our lungs. Observing this fantastic miracle, we begin to attract the Divine Being that created us, and dwells within us as the pure Self, at the divine center of our souls.

Years of meditation went by, inwardly crying for God to come to me. I began to feel the Presence, and see glimmerings of that Light that Jesus spoke of: **"the light that shines behind the darkness, and the darkness comprehends it not." This is the Light we can see within, not with physical eyes, but with the eye of soul.**

My meditations grew deeper and deeper until finally one day I realized that something very wonderful was going to happen to me: that God was going to reveal himself to me, either as divine Mother, or Father, or both. Yes, it occurred for me, and I bear testimony of it. I bear testimony that God can be seen, heard, and embraced, as Light! I now include God in everything I do.

photo: walking to morning meditation at Sunburst



*Science devises methods for your physical comfort, stimulating and catering to endless desires. But after a while creature comforts become burdens, pleasures no longer, because you find it is hard work to take care of them. Thus you “pay” for everything you get except divine blessedness.*

*For that you have only to sit still and ask your Heavenly Father. If I thought I had to earn God, I wouldn't try. As a son [or daughter] I have a right to know him.*

*To those devotees who urge, he comes. That is what he wants. His whole creation is intended to disillusion you, and thus cause you to draw back to him.*

– Paramahansa Yogananda

## New Year, New Beginnings

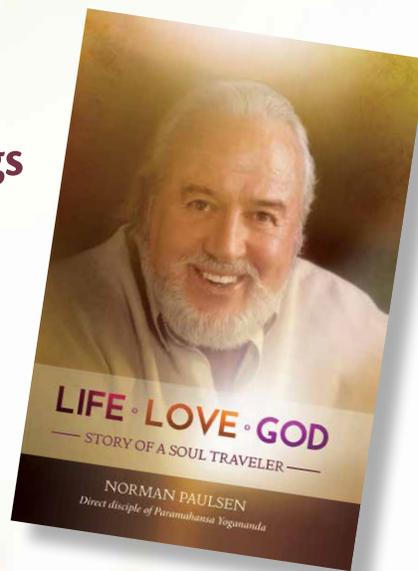
David Adolphsen, Sunburst

The man on the front of the book, *Life, Love, God*, is Norman Paulsen, the founder of Sunburst. He was a direct disciple of Paramahansa Yogananda.

Yogananda came from India in 1920 and introduced the ancient practice of Kriya Yoga Meditation to the West. Think about what it might have been like in 1920 for a young long-haired guy in an orange robe, who barely spoke English, to arrive in this country. He was courageous, a fierce spiritual warrior, and he persevered to accomplish his mission.

One of the many appealing things about Yogananda is that he was not here to convert anybody to a particular belief system. He encouraged people to learn how to meditate with the idea that if you practice meditation, it would open up your own internal, spiritual understanding. If you were a Christian, then you could understand the teachings of Christ that much better, and have a fuller life. Whatever your religious beliefs were, all were welcome into Yogananda's world, just as they are into Sunburst's.

**Kriya meditation is a tool that can be used to help you, and anyone**



**who's interested in expanding whatever spiritual path they may already have in their lives. Or it can help you begin and develop your individual spiritual path.**

The last Sunday that Norm Paulsen had an opportunity to speak to the group at Sunburst was January 1, 2006, at the end of a Kriya retreat. He became ill shortly after that, and experienced final Samadhi, passing away on December 30, 2006. For several years before that, numerous times he said Divine Mother was calling him home, that his days here were limited.

Norm left his body consciously—he had a conscious exit—but he did not leave the work of Sunburst. Many have felt his presence, and shortly

before he passed out of his body, he communicated to Patty, his wife, that, “Hey, I'm not going anywhere. I'm going to be here to help out and to see this work forward.”

Many times, when the founder of an organization passes on, the organization goes through a dissolution. I think the fact that Sunburst is going strong, so many years later, is a testament to the fact that Norm is helping out and working through the people here.

We're lucky that Norm worked so hard in his lifetime to create Sunburst, and helped build up the strength in others so they would carry on. It has allowed us to keep this opportunity, that we, **both adults and children, can enjoy gathering together with beautiful music, sharing in the love of divine Spirit every Sunday.**

In this coming year, no matter where we go, wherever we find ourselves living or working, might each one of us be blessed with a reminder, hopefully daily, of our spiritual nature, and of how much we are loved and supported in our quest to evolve our consciousness in these bodies. Amen

# Events

## KRIYA YOGA MEDITATION RETREAT

*New Year – The power's in your hands!*

**THURSDAY – SUNDAY • JANUARY 3 – 6**

Transform yourself; transform our world. Experience your true Self through Kriya Yoga meditation in the lineage of Paramahansa Yogananda. New Year ceremony, sacred silence, opportunities for discussion & more. [sunburst.org/new-year](http://sunburst.org/new-year)

## NEW YEAR SEED CEREMONY

**SATURDAY • JANUARY 5 • 7 – 8 PM**

Release old desires and habits and activate your deepest intentions at our annual seed ceremony to start the new year.

## CONSCIOUS LIFE EXPO

*Visit Sunburst at the LAX Hilton*

**FRIDAY – SUNDAY • FEBRUARY 22 – 24**

Let us connect with you! Stop by our tables (#805 & 815). Enjoy our guided meditation Sunday at 9 A.M.. [consciouslifeexpo.com](http://consciouslifeexpo.com)

## DIVE INTO SILENCE • WEEKEND RETREAT

**THURSDAY – SUNDAY • MARCH 7 – 10**

Treat yourself to inner Self-discovery. Explore the joy of quietness at this group silent retreat. Guided walking and sitting meditations, practical take-home tools, yoga and nourishing meals amidst nature. Beginners welcome! [sunburst.org/silence](http://sunburst.org/silence)

## 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](http://sunburst.org/upcoming)

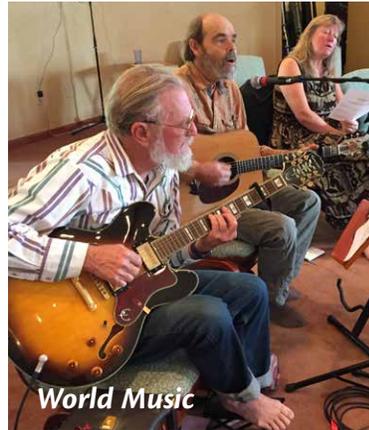
## SUNDAY MEDITATION GATHERING •

*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 during quiet portion.



*Sacred Geometry*



*World Music*



*New Fence*

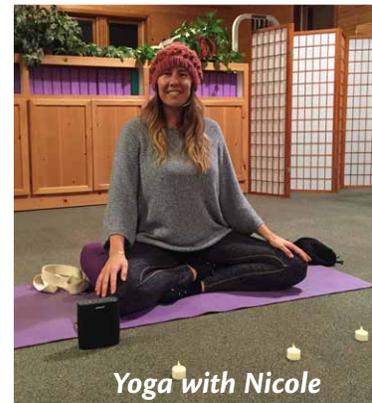
## Local News

**Thanks to everyone,** friends old and new, who facilitated, supported, and took part in the recent silent retreat weekend, sacred geometry workshop, Dances of Universal Peace, weeknight restorative yoga classes, holiday gathering, and Christmas gift drive.

In October, we began a new **Evening Group Meditation on Tuesdays at 7 p.m. in the Temple.**

It starts with a short prayer, moves into deep silence, and ends at 8 p.m. with a chime. All are welcome.

Our **Sunday farm stand** is full of winter delights: cabbage, cauliflower, kale, lettuce, beets, cilantro, and parsley. Bare root trees have started arriving for our new fruit orchard. Peruse the farm stand after Sunday meditations, and enjoy a garden stroll.



*Yoga with Nicole*

Below the Sanctuary's main gate, you may notice a **new fence along the front pasture.** It's a safer and more beautiful fence for the Sanctuary horses.

## Nature's Glory



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