

SUNBURST MONTHLY *Inspirations*

FEBRUARY 2019

Coming Events



Dive Into Silence

Weekend Retreat

THURSDAY – SUNDAY • MARCH 7 – 10



Regenerating Earth & Spirit

Family Friendly Weekend

FRIDAY – SUNDAY • MARCH 29 – 31



Kriya II Retreat

Deepen Your Path

THURSDAY – SUNDAY • APRIL 25 – 28

See page 4 for more events



At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

– Albert Schweitzer

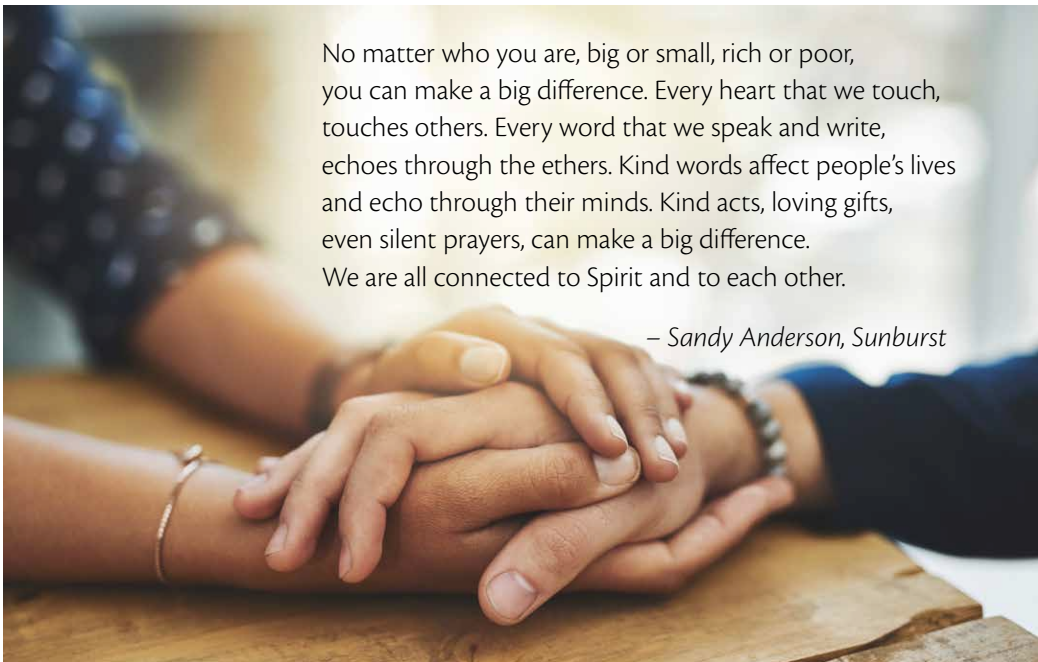
Could a greater miracle take place than for us to look through each other's eyes for an instant?

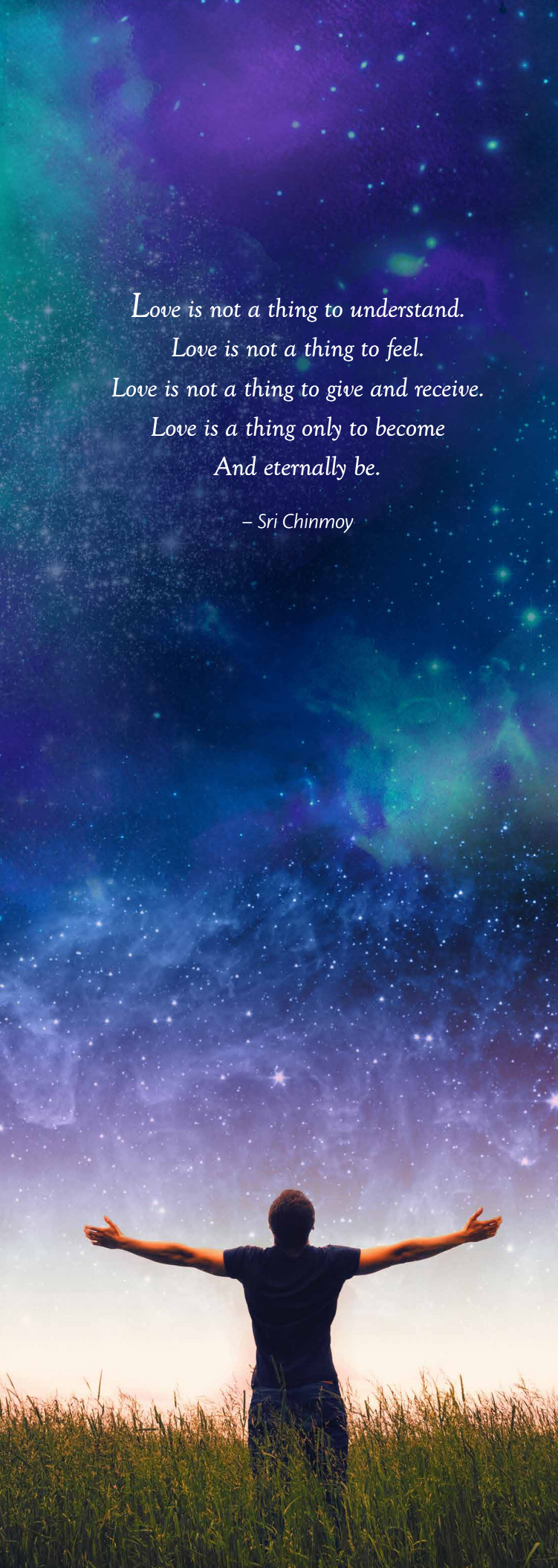
– Henry David Thoreau



No matter who you are, big or small, rich or poor, you can make a big difference. Every heart that we touch, touches others. Every word that we speak and write, echoes through the ethers. Kind words affect people's lives and echo through their minds. Kind acts, loving gifts, even silent prayers, can make a big difference. We are all connected to Spirit and to each other.

– Sandy Anderson, Sunburst





Love is not a thing to understand.

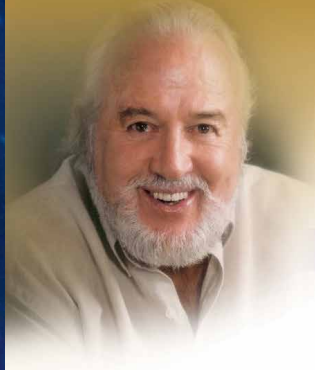
Love is not a thing to feel.

Love is not a thing to give and receive.

Love is a thing only to become

And eternally be.

– Sri Chinmoy



FOUNDER'S MESSAGE

Norman Paulsen

Awakening Your Soul

Our lives are so short here on this world. Compared to the running hands of the faceless cosmic clock, we only exist here for a moment. If in that moment, we could comprehend and know our Creator face to face, what a wondrous thing it could be for everyone. Can it really happen? Yes, it can. **Does God really care about each one of us? Yes, he does!**

I say "he," but everywhere we look we see dual aspects of God, androgynous in nature, Mother and Father, I Am That I Am. "I Am" masculine; "I Am" feminine; "I Am Thatness" from which both qualities sprang forth.

They hover around us, pulling on the strings of our hearts, constantly calling to us, whispering, "I love you." Those who hear the call and begin their search for God are led to a place where they can be given tools of meditation and an environment and a path which allows their spiritual unfolding to take place.

As we practice the art and science of meditation, we are really learning about ourselves, the pure Self that exists deep within the center of our souls. That spark of light was put there by our Mother and Father Creator—we all have it.

It comes out at times as the voice of conscience. It tries to tell us right from wrong. It tries to identify positive actions for us to perform with the tools of virtue, as well as negative actions to stay away from. For some of us, the voice of conscience is hardly heard at all, a wee small voice crying in the wilderness, for we have lost our way and forgotten that God is within us.

Many sacred texts speak of tithing. Most of the time, this means giving your time, energy, and finances to support an organization that has given you spiritual sustenance. But going deeper, real tithing is spending time in meditation, giving your life force, love, and desire up to God every day. It is offering to God the works of your hands, the things you create, the songs you sing, and the good works you do. It is learning to meditate, and applying those tools in the morning before work, and in the evening before sleep.

This true tithing of our life force begins to awaken us to the divine Presence of God within and all around us. We begin to feel it. We begin to see emanations of it.

God loves you and wants to walk within you fully conscious; to be within you in each thing you do. Whether you are working, playing, eating, driving, you can meditate on God's divine love, one conscious breath at a time.

A Tribute to Norman Paulsen (Feb. 3, 1929 – Dec. 30, 2006)

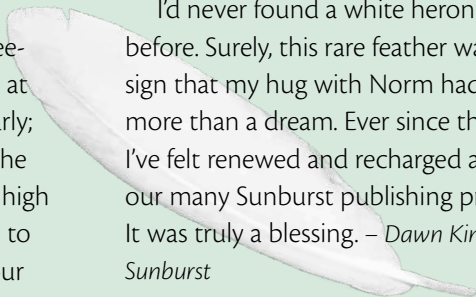
A few weeks ago, I woke fresh from a beautiful experience in which I was exchanging a sweet hug with my teacher Norm. Sunburst's founder, Norman Paulsen fully returned to the Spirit world in 2006, on December 30th, but the heart-expanding feeling of this hug lingered as I greeted the day.

It was the final morning of a three-day campout for my husband and I at Morro Bay State Park. It was very early; little birds were chattering softly in the bushes. Through the tent windows high clouds could be seen as they began to turn lovely colors. We jumped off our

cots and started toward the nearby marina with our cameras.

After hardly a dozen steps, I spied a white feather atop the fallen eucalyptus leaves. Sunburst Sanctuary, at times, hosts a large white heron; for us it's a reminder that Norm is near.

I'd never found a white heron feather before. Surely, this rare feather was a sign that my hug with Norm had been more than a dream. Ever since that day, I've felt renewed and recharged about our many Sunburst publishing projects. It was truly a blessing. – Dawn King, Sunburst



I left Sunburst with so much more than when I arrived: a set of real work skills that has continued to serve me and thousands of others through my teaching, writing, and farming; deep friendships that will be with me to the end; a spiritual teaching that I continue to draw upon; and an understanding that each of us are complex individuals.

Norm Paulsen's vision allowed this to happen; his tenacity under awesome odds taught me to persevere; he taught me to accept myself as I am; and his

unwavering belief that another world is possible, matched by a drive to create that world, has informed everything that I am and try to be.

His legacy is embodied in each individual who passed through that community, individuals who still carry that spark, who were touched by the earth and by living and working and meditating together, individuals who learned how to build or farm, or cook, folks who still believe that another world is possible. – Michael Ableman

In Spring 1978, I had the good fortune to visit Sunburst. The 350 residents attended meditations at which we sang soul-stirring original songs. We formed harvest crews each morning in fields of organic row crops for market.

And it all seemed so familiar; I had somehow long been among this people, without having actually ever been there. Thankfully, I was blessed with foresight on that visit. I foresaw spiritual growth, great sharing, tremendous challenges, sacrifices, contributions and splendid manifestations. I foresaw gratitude for each and every moment at hand, gratitude for those I called "brothers and sisters." I foresaw my calling in life.

On meeting Norman, his life began to serve as a stellar example. He often pointed out that we fall short of our goals, of our better selves—it's human to do so—but, what matters most is to get back up and resume our seeking with renewed determination. We can transform what seems to be adversity into very real opportunity.

In 1978, I foresaw sharply that everything in my life would be informed by the Sunburst experience, by my brothers and sisters there, and by Norman's wisdom. Forty-one years later, hindsight simply confirms that, and I'm forever grateful for it. – Dusk Weaver



Over the years, Norm always stayed in touch with the businesses associated with Sunburst, even while tending to all his other responsibilities of being a Spiritual Leader. Around 1979, the community was changing, these businesses were downsizing and some of us needed to come up with a strategy of how to transition them into a new structure.

Norm, at the time, was not well physically and we didn't want to bother him with our ideas. Those of us responsible for the day-to-day operations had a few meetings and came up with what we thought was the perfect strategy.

He called us one day and asked what strategy we had developed. After we told him, he said, "That's very logical, but here's the way Spirit wants to proceed."

What Norm told us was 180 degrees from our plan. We were astounded, but when we proceeded with his suggestions they worked out perfectly without a hitch. Once again Norm had tuned into Spirit for solutions. – Jake Collier, Sunburst

*Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;
Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.
Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.
– H. W. Longfellow, "A Psalm of Life"*

Events

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

DIVE INTO SILENCE • WEEKEND RETREAT THURSDAY – SUNDAY • MARCH 7 – 10

Explore the joy of quietness at this group silent retreat. Guided walking and sitting meditations, mindfulness tools, yoga and nourishing meals sunburst.org/silence

REGENERATING EARTH & SPIRIT Family Friendly Weekend

FRIDAY – SUNDAY • MARCH 29 – 31

Observe nature, explore permaculture, and enjoy yoga, guided meditation, music, and children's activities. sunburst.org/earth

KRIYA II RETREAT

Deepening Your Practice

THURSDAY – SUNDAY • APRIL 25 – 28

Receive the second initiation of Kriya. Learn to activate the healing power of your chakras. Enjoy interactive discussions with seasoned practitioners. sunburst.org/kriya-ii

PALEONTOLOGY WORKSHOP • MAY 11

YOGAFEST RETREAT • MAY 24 – 27

KRIYA YOGA MEDITATION • JUNE 20 – 23

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.



New Kriyabans

News

Last December, Sunburst participated in two local Christmas gift drives: one for foster care children, and another for a family in need. It was a joy to share in these ways. The Winter Solstice meditation & labyrinth luminaria walk with warming fire brought together new friends and familiar faces.

This January, eleven people received their first Kriya initiation. Thanks to all who made this possible!

Most of January and February we



Gift drive

pause for staff and volunteers to rest and renew. You, too, may want to rest and renew; consider one of our March retreats.

If you live close by, feel free to drop in on Tuesday evenings at 7 P.M. to join our weekly, one-hour quiet group meditation. Sunburst's hillsides are green and gardens thriving, thanks to many recent rainstorms. Come soon and be refreshed by the land!

Kriya weekend



Labyrinth luminaria & bonfire



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