

SUNBURST MONTHLY

# Inspirations

March 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 Meditation Retreat

*Deepening Your Practice*

THURSDAY – SUNDAY • APRIL 25 – 28

See page 4 for more events.

*Faith is the bird  
that feels the light  
and sings when the dawn  
is still dark.*

– Rabindranath Tagore

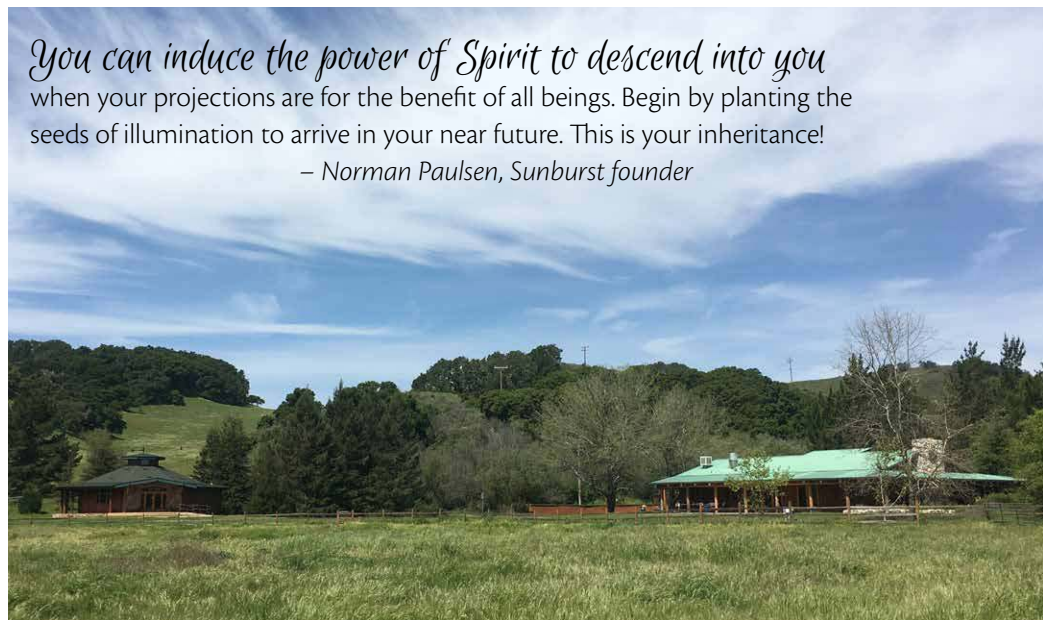


*Think of the moment that you  
were brought to life in this body.  
Your spirit has not changed.  
You came with divine purpose,  
a mission deep in your heart.  
You came to be the hands of God  
in this creation.*

– Heiko Wirtz, Sunburst

*You can induce the power of Spirit to descend into you  
when your projections are for the benefit of all beings. Begin by planting the  
seeds of illumination to arrive in your near future. This is your inheritance!*

– Norman Paulsen, Sunburst founder



*True prayer is nothing but love.*

– Saint Augustine

*I remember how I felt when I was going to leave home for the first time and go to college in another state. My grandmother took me aside that morning, solemnly telling me, "I said a prayer for you."*

*Then my father drove me to the train station. Later, as I sat on the train to New York, I remembered that my grandmother had said a prayer for me. I knew everything would be all right.*

– Sean Fennell, Sunburst

Each week at Sunburst, we offer our prayer circle. After our morning quiet meditation we speak the names of those who are in need of comfort, healing, and peace. From our own experience, and those of respondents, this service is effective, and much appreciated.

If you or another could use this type of support, with everyone's conscious consent, names can be added to those for whom we pray. Contact our office.



FOUNDER'S MESSAGE

Norman Paulsen

## *This Wondrous Experience*

Prayer and meditation, alone or with others, attracts Divine Spirit's attention. **As we pray and meditate, God can appear before us brilliant like the sun!** This is the subjective light, the very face of I Am That I Am. God may also appear before our gaze like a twinkling star at the end of an inner-dimensional tunnel. That light is the reflected image of the first creation of light, the Christ that exists within each one of us. This light of Christ pervades all the dimensions of creation, all space and all time, within us and around us.

The angels in heaven and all the sons and daughters of man who have attained Christ consciousness [saints, seers and prophets] exist in that dimension of light. If we name them, we can call them forth to visit us, to help us, to heal and illuminate us—if we but call, if we but ask.

**True tithing is giving our life force to God.** To sit down twice a day, whether we like it or not, and call and pray that God reveal himself to us; this is the real tithing. Being willing to give of yourself, your time, your love, your energy and desire to God. When we tithe to God in this way in our prayers and meditations, God returns our efforts one hundredfold.

It takes self-discipline to seek God, because our self-conscious minds always want to go and play, acquiring this thing and that, running here and there. But when we discipline ourselves to sit down, even for five minutes, our Divine Mother and Father will reward us. All desires are fulfilled, all transgressions are forgiven. But we have to sincerely offer ourselves.

As a young man I made the effort in prayer and meditation at the monastery of my teacher, Paramahansa Yogananda. I spent over four years diligently applying myself to meditation, praying to God to reveal himself to me. He finally came to me, and he will come to you, if you make the effort.

**This wondrous experience, which surrenders the self-conscious ego to God, is for every one of us to have—to know our divine Parents face to face;** to know our own soul—totally divine, awaiting to be awakened within us; to have our prayers answered, our desires fulfilled, our loved ones who have passed on seen again; to see God's face shining like the sun. It will hide at times to test you to your limits, but it is always there, always loving, always miraculously returning to you.



# The Magnetic Power of the Soul

Missy Collier, Sunburst

"There's just something I feel as soon as I drive through those gates." We hear that all the time at Sunburst. I live at Sunburst, and feel it myself every day when coming home from work. I'm so grateful to be here at a place that is more than just my home; it's my life.

Great spiritual leaders and teachers have magnetic personalities. Sunburst's

founder, Norman Paulsen, was a very magnetic being, both physically and spiritually. He was a tall man with a big personality and he also had the biggest, kindest heart of anyone I have known, and he really, genuinely cared about people. That came through in the work that he did. He was a very deeply, spiritually humble person as well.

Paramahansa Yogananda said: *Divine magnetism is the power of all powers. By meditating regularly, you become increasingly charged with the pure magnetism of Spirit. When you meditate and live in the consciousness that you are a child of the Divine, you gradually dissolve all inharmonious emotions and vibrations within yourself.*

Jake Collier, Sunburst

One of the things that Jesus taught during his ministry was the power of prayer and projection. At one point he taught his disciples *The Lord's Prayer*, which is beautiful. But he meant: "Pray from the heart," not "Memorize this and repeat it mindlessly." Prayer is much more than that.

At Sunburst, we talk about **how important it is to establish our intentions for anything we are doing, or want to do.** Before we start, we set the tone. Opening our hearts, we convey to that divine intelligence, Mother-Father-God, our intent and our desire. **That intent and desire emanates out into the ethers and magnetically attracts like energies.** This can help us in our meditation, and in our practice of conscious living.

If you have a difficult situation arise, possibly having to confront someone, offer up to the Divine your intention of peace and harmony with that person. That energy will be attracted to you through your acts, and through your speech.

In 1972, I knew I was supposed to go to California. While still living in Brooklyn, during one of my meditations, I had an experience in which I found myself in a field, with many, many souls of similar beliefs and attitudes, and we were all on a piece of land together. I felt so much joy, and knew I was supposed to find some sort of a community, so I began traveling.

I stopped along the way many times, but felt to keep pushing on. In Santa Barbara I needed groceries. Walking down

State Street, I found a little natural foods shop called *Sunburst Community Store*. I walked in and immediately felt like I had opened the door to my home and walked in. I thought: "This is really a strange feeling. I feel like I've been here before, but this is my first time."

I began to walk around the aisles and noticed photographs on the walls. There was a picture of Norman Paulsen, and I immediately knew that I knew him. He looked so familiar to me. So, I wound up at Sunburst. Norm truly had that soul magnetism Missy mentions. When he walked into a room you felt his presence.

**Each of us has the ability to increase our soul magnetism.** This can be achieved through a lot of prayer, but an even better, stronger way is through meditation. We begin to draw in the life force of the Divine and circulate it within the centers of our body, purging out the old, igniting the new. We can even change our DNA. The more we practice this, the more we receive energy from the Divine, filling our cup to overflowing.

*O Mighty Spirit, grant that I might have clear vision, that I might see before me those things I can do to not only change myself, but for this planet, to be more in harmony with you.*

*You are my closest friend, my divine companion, and I love you so much. Amen*





# Events

## FLUTE CIRCLE GATHERING

*Native American Flutes & More*

**SATURDAY • MARCH 2**

Meet with others to play music or enjoy listening. Noon potluck lunch; 1 P.M. opening ceremony, followed by open mic.

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

## KRIYA II MEDITATION 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](http://sunburst.org/kriya-ii)

## PALEONTOLOGY WORKSHOP • MAY 11

**YOGAFEST RETREAT • MAY 24 – 27**

**KRIYA YOGA MEDITATION • JUNE 20 – 23**

**SUMMER STAR PARTY • AUGUST 3**

**PERMACULTURE Design Course • SEPT 16 – 29**

## KARMA YOGA PROGRAM

*Selfless Service • Spiritual Practice • Community*

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

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.



*Better keep yourself clean and bright;  
you are the window  
through which you must see the world.*

— George Bernard Shaw

## News

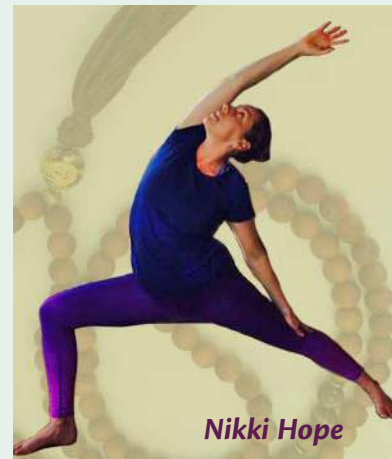
Rain, rain, and more rain has blessed us with around 26 inches, a great boost to recovering from recent drought years. Storm damage has been

minor, such as roads needing repair.

Our vegetable and fruit gardens are thriving. All the creeks are flowing. Grass is surging upward, tall and green.

Wildlife is celebrating Spring. You can follow our bluebird nesting program at: [Sunburst.org/blog](http://Sunburst.org/blog), and join our bluebird walk as chicks hatch. Below the temple, a vernal pool harbors a chorus of frogs, a pair of ducks, and a great blue heron.

Sunburst Sanctuary begins Spring events with an ever-popular silent retreat.



**Nikki Hope**

Sunburst resident Nikki Hope will start offering 9 to 10 A.M. yoga classes on the 1st and 3rd Sunday of each month (*suggested donation: from \$5 to \$10*). Our usual Sunday service, brunch, and hike follow.

We always look forward to connecting with our greater family, and hope to see YOU soon!



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