

Inspirations

April 2019

Coming Events



Kriya II Retreat

Deepen Your Practice

THURSDAY – SUNDAY • APRIL 25 – 28



Sunburst Rocks!

Paleontology Workshop

SATURDAY • MAY 11



Sunburst YogaFest

A Kaleidoscope of Yoga

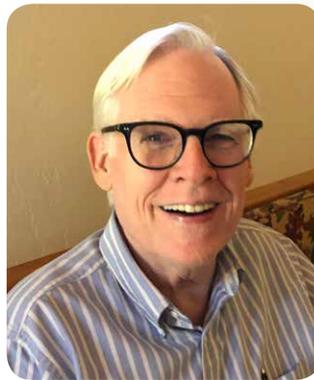
FRIDAY – MONDAY • MAY 24 – 27

See page 4 for more events

We all flow from one fountain.

All are expressions of one Love.

– John Muir



Oh Divine Spirit, you are the doer.

You are the light that shines.

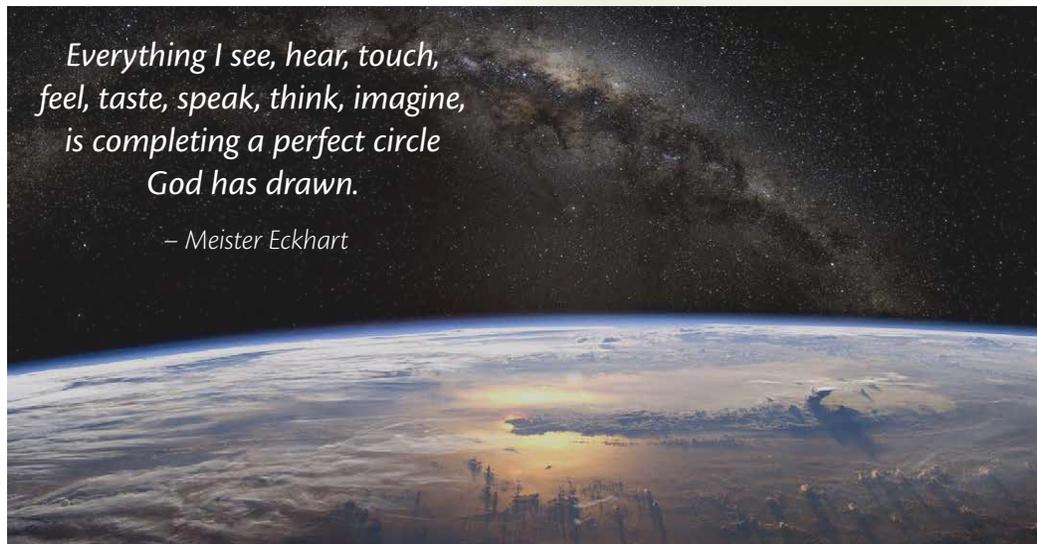
You are all creation within each one of us,
and we are willing participants in your divine play.

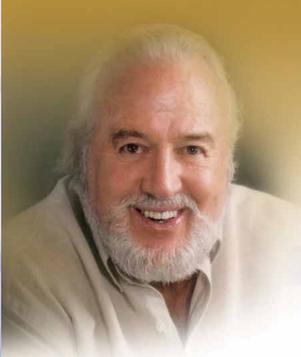
It is our joy, it is our recreation, and it is our honor
to manifest and exemplify your grace.

– Jonathan King, Sunburst

Everything I see, hear, touch,
feel, taste, speak, think, imagine,
is completing a perfect circle
God has drawn.

– Meister Eckhart





FOUNDER'S MESSAGE

Norman Paulsen

Speak To Me Of Rebirth

I said to God, "Speak to me of rebirth. Whisper to me of immortal life. It is for all of us; this I surely see." I Am That I Am, the name of the most high, our Mother and Father Creator, conceive the true you, the true me, the pure Self. This is the rebirth! This is the immortal Christ Child.

Speak this name, chant it. Think of Him and Her all the livelong day. **One drop of that Light will change your life forever.** The great bliss and ecstasy is before you now. It alights upon your head as you meditate. It touches the secret places in us.

I Am That I Am will create us anew while yet we live, if we will but allow, if we will but remain steadfast, and seek. We're afraid to die for fear of losing the body, but in **seeing I Am, we become fearless, and in giving ourselves to him/her, we become immortal.** This gift is what we seek; and it is to be administered.

To gaze upon the past is to look upon shadows. It matters not what you have done, or where you have come from. Those who have seen and merged with I Am That I Am, the Christ consciousness, all specify that now is the time. This very moment, this very life, this miraculous body that you have possession of, should be deemed extraordinary. It's extraordinary to be alive; it's even more extraordinary to hear about eternal life, and the fact that it can be attained. Therefore, each one of us has one goal before us: its attainment.

To think you have other lifetimes for its attainment is to be deluded. With all your strength, all your mind, and all your love, seek I Am That I Am now, while you can. Who can say if after this lifetime you will hear of it again? Now is the time!

To attain that of which we speak

demands obedience to the love and virtue it teaches us. I Am That I Am seeks to bring forth this divine rebirth within each of us. It is waiting for all who will receive, guard, nourish, shelter, preserve, and grow it. Every cell of the physical body will be encompassed by it, born into the kingdom of heaven.

The orbits of the atoms begin to change in vibration. The son and daughter of God comes forth in joy indescribably, unimaginable!

This earthly life is so short in duration. All that you desire in this world, having gained it, will not fulfill you. Nothing can fill the great emptiness that can only be occupied by I Am That I Am. Cast aside all desires in hopes that you might gain this pearl of great price; that which cannot be bought, sold or controlled.

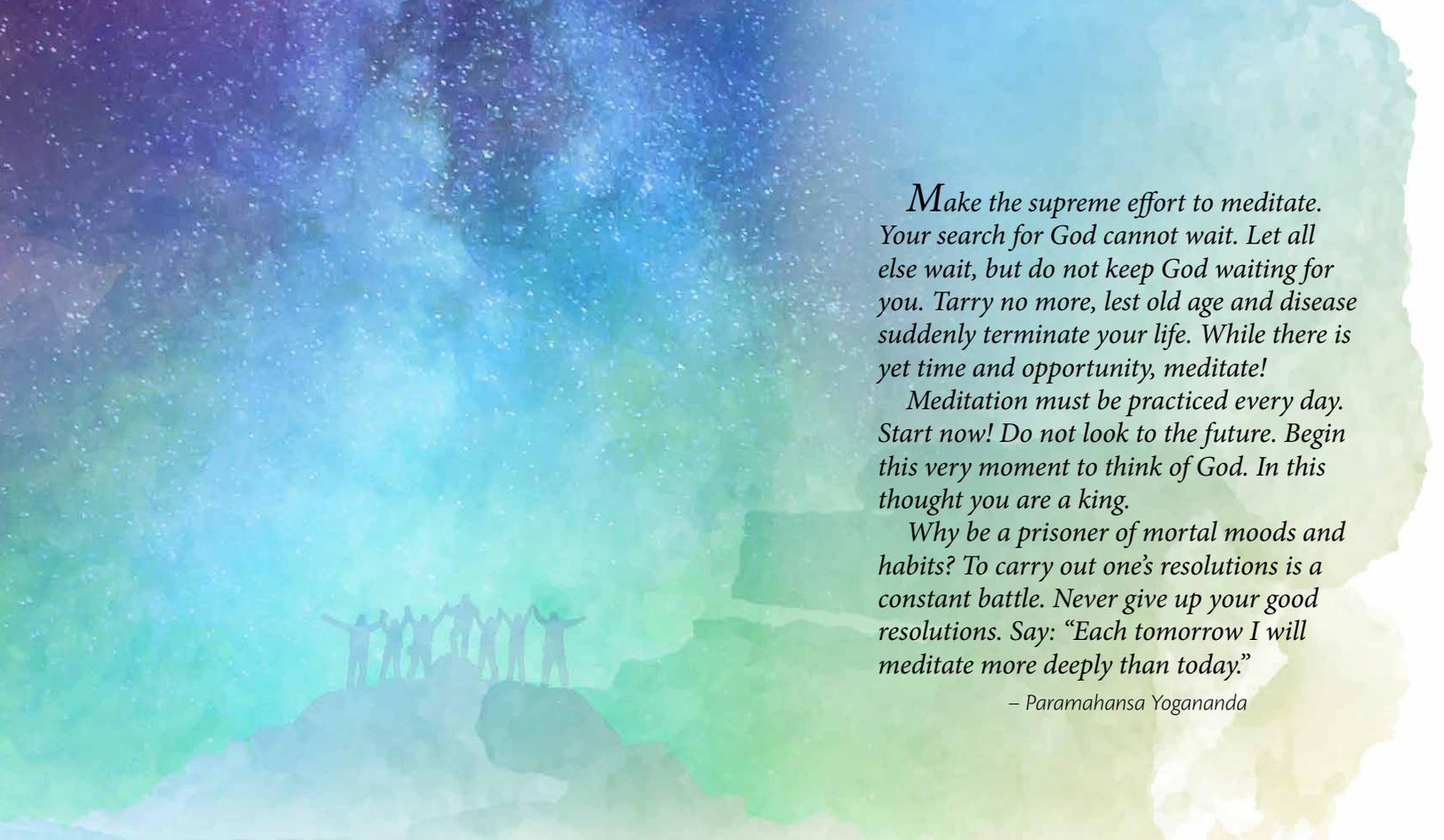
Like a tiny flame within you, shelter it from the winds of worldly thoughts and desires. Once receiving it, realize that this is your moment, and only you can bring it forth to its full height and know its full purpose, as a son or daughter of God.

Pray, cry, pull, desire Mother-Father Divine. If negative thoughts surround you and plague you, realize they are not yours unless you accept them. Daily, whether you're working, eating, playing, or praying, constantly try to give all that you do and are, the good and the bad, to I Am That I Am. In our truthfulness and sacrifice, each of us is seen as we are, and will be rewarded openly. **By being honest and forthright before God, we are forgiven; we are relieved, and lifted up.**

Mother-Father Divine takes a seat in the rear. She is not found in front, but behind; not above, but below. He walks with you wherever you go.

If, having dedicated everything to God, you sit for God alone, then God will bring everything to you.

– Amma Mata Amritanandamayi



Make the supreme effort to meditate. Your search for God cannot wait. Let all else wait, but do not keep God waiting for you. Tarry no more, lest old age and disease suddenly terminate your life. While there is yet time and opportunity, meditate!

Meditation must be practiced every day. Start now! Do not look to the future. Begin this very moment to think of God. In this thought you are a king.

Why be a prisoner of mortal moods and habits? To carry out one's resolutions is a constant battle. Never give up your good resolutions. Say: "Each tomorrow I will meditate more deeply than today."

– Paramahansa Yogananda

Awakening in Christ Consciousness

Greg Anderson, Sunburst

Paramahansa Yogananda said a day will come when all humans on Earth will be Christ-conscious. How do we get it? What exactly is it? How does it change us?

In 2013, I had an experience in meditation. I started doing Kriya circulations, and several events occurred. The final thing that happened is that I was allowed to see myself in meditation. **As I inhaled, my chakras lit up like someone was blowing on the hot coals of a fire. As I exhaled, I could see the same thing happen from above, moving downward.**

I realized that brother Norm was right, the heart chakra was gold, it was very visible. I also realized, there were two shafts of light coming down through my astral spine, and they were almost connected. While I was watching this, I realized: "This is my divine feminine and my divine masculine. They're about to meet for the first time in power, in my heart chakra." When they did, there was an immediate expansion of my heart chakra. The light was gold and emanating in all directions, and I felt bliss at that moment: "Don't let this ever end!"

Christ consciousness ignites in that divine embryo in each of us. It grows in our heart chakra, and enables us to begin the journey all the way to cosmic consciousness.

So, what changed in me? After that experience, my body didn't feel the same. My mind was expanded. Service to

others became very important to me. My connection to nature became different. I'd never been a tree-hugger but, I found myself actually saying to my wife that one of the plants in our yard looked happy after the rain. I would never have said that before 2013.

I have more empathy for people, too. I feel connected to people that I've never met—you and I are one in that we're all connected to the same Creator. After my experience, I really felt like I was now "Greg 2.0," a different me. My perspective was changing. A new being had occurred.

Those are the kind of changes that I felt. I know Divine Spirit wants each of us to experience this. I know that it may never have happened in my life had I not come to Sunburst on a weekend when a training in Kriya meditation was offered. It's, by far, one of the greatest gifts that I have received in this lifetime. Take advantage of Kriya meditation training, if you haven't done so yet.

I don't think any of these steps forward in consciousness that we make happen suddenly. They happen over a long period of time, and maybe over many lifetimes. Be patient; it may not be for you exactly as I described my experience. However, **if you practice Kriya meditation, you will experience Christ consciousness.** That spiritual embryo will begin to grow and mature.

Events

REGENERATING EARTH & SPIRIT

Family Friendly Weekend

FRIDAY – SUNDAY • MARCH 29 – 31

Observe nature, explore permaculture, and enjoy yoga, guided meditation, music, & children's activities. Workshops: composting, fruit tree grafting, and connecting with the wisdom of a horse. sunburst.org/earth

KRIYA II MEDITATION RETREAT

Deepening Your Practice

THURSDAY – SUNDAY • APRIL 25 – 28

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

SUNBURST ROCKS!

Paleontology Workshop

SATURDAY • MAY 11 • 9:30 A.M. – 3:00 P.M.

Explore geology and fossil records of the Central Coast and Sunburst Sanctuary, with interactive presentations, a hike to view fossil specimens and the stunning natural beauty of the land. sunburst.org/paleo

SUNBURST YOGAFEST RETREAT

A Kaleidoscope of Yoga

FRIDAY – SUNDAY • MAY 24 – 27

Looking for a deep practice that will help you become your best self? Experience different styles of yoga that engage the physical and go far deeper. Discover yoga's real purpose: to unite you with your true divine nature. sunburst.org/yogafest

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 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, and 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

SUNDAY MEDITATION GATHERING

Sundays 10:30 A.M.

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.

9:00 A.M. Yoga class is offered before meditation on 1st & 3rd Sundays of each month.



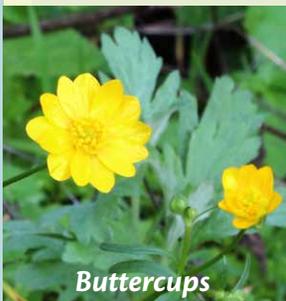
Emily, Expo Booth



Greg led a meditation



Lesser Yellowlegs



Buttercups

News

During the February L.A. Conscious Life Expo, we made many wonderful new friends. A big crowd gathered for Greg's meditation.

March began with a melodic Saturday gathering in our lodge of excellent Native American flute players and makers, as well as drummers and many

others. See a full report at: Sunburst.org/blog.

Also in March, we were delighted that Sharon once again hosted Sunburst's silent retreat.

What a blessing it is to enjoy Nature's dance of Spring! Birds and flowers are abundant at Sunburst Sanctuary. Watch for the upcoming date of our **Birds & Blooms Walk**.

Flute Circle Gathering



Joanne Lazzaro



Nash Tavewa & son



Sharon & David

Sunrise view from the temple



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