

Inspirations

May 2019

Coming Events



Sunburst Rocks!
Paleontology Workshop
SATURDAY • MAY 11

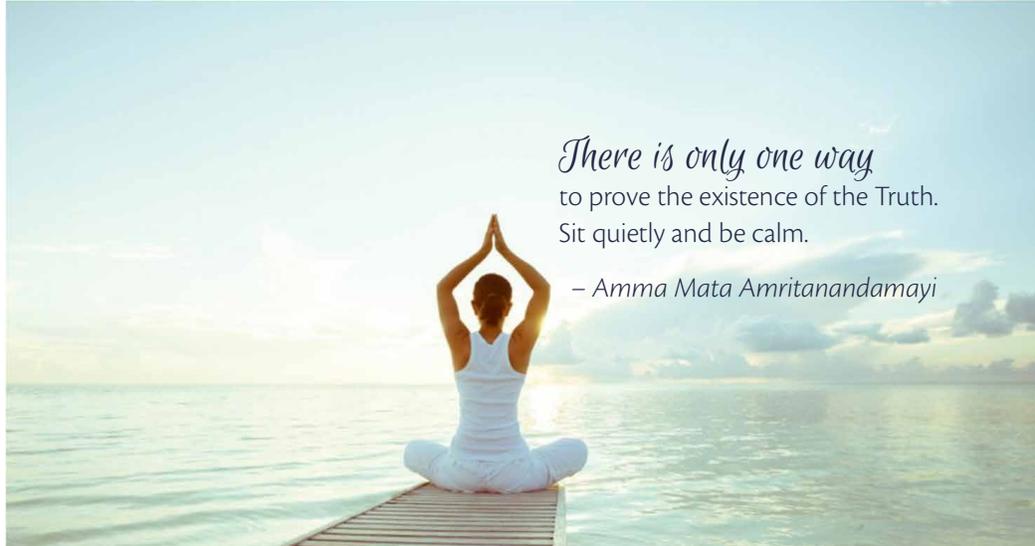


Sunburst YogaFest
A Kaleidoscope of Yoga
FRIDAY – MONDAY • MAY 24 – 27



Kriya Yoga Meditation
Initiation & Retreat
THURSDAY – SUNDAY • JUNE 20 – 23

See page 4 for more events

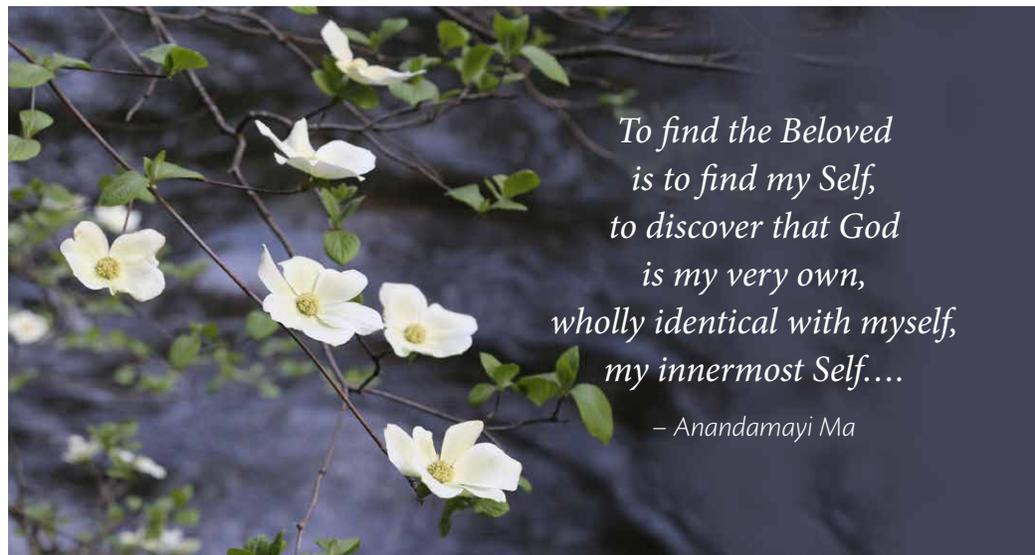


*There is only one way
to prove the existence of the Truth.
Sit quietly and be calm.*

– Amma Mata Amritanandamayi

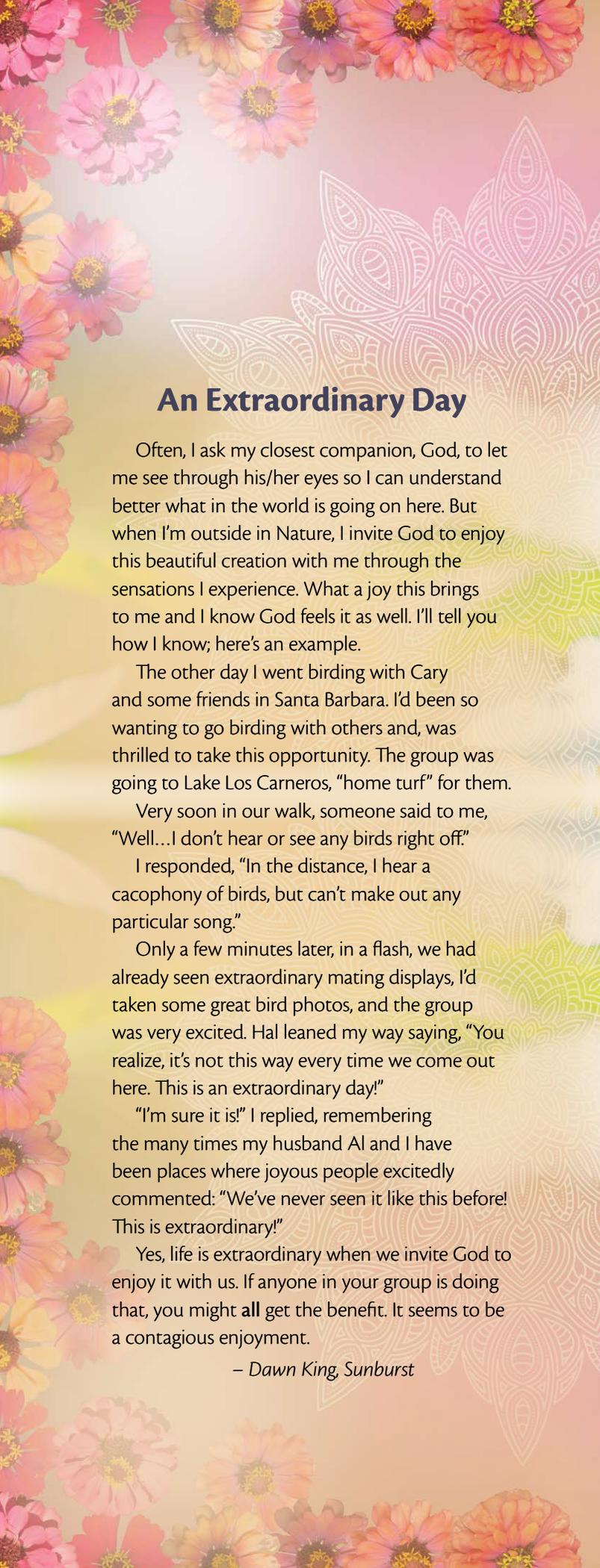
*The breath
connects our body,
emotions and mind.
It's a way that we can connect
our outer reality with our inner reality.*

– Emily Wirtz, Sunburst



*To find the Beloved
is to find my Self,
to discover that God
is my very own,
wholly identical with myself,
my innermost Self....*

– Anandamayi Ma



An Extraordinary Day

Often, I ask my closest companion, God, to let me see through his/her eyes so I can understand better what in the world is going on here. But when I'm outside in Nature, I invite God to enjoy this beautiful creation with me through the sensations I experience. What a joy this brings to me and I know God feels it as well. I'll tell you how I know; here's an example.

The other day I went birding with Cary and some friends in Santa Barbara. I'd been so wanting to go birding with others and, was thrilled to take this opportunity. The group was going to Lake Los Carneros, "home turf" for them.

Very soon in our walk, someone said to me, "Well...I don't hear or see any birds right off."

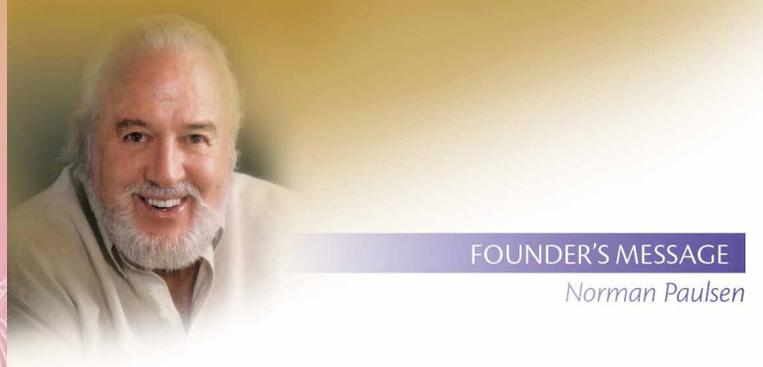
I responded, "In the distance, I hear a cacophony of birds, but can't make out any particular song."

Only a few minutes later, in a flash, we had already seen extraordinary mating displays, I'd taken some great bird photos, and the group was very excited. Hal leaned my way saying, "You realize, it's not this way every time we come out here. This is an extraordinary day!"

"I'm sure it is!" I replied, remembering the many times my husband Al and I have been places where joyous people excitedly commented: "We've never seen it like this before! This is extraordinary!"

Yes, life is extraordinary when we invite God to enjoy it with us. If anyone in your group is doing that, you might **all** get the benefit. It seems to be a contagious enjoyment.

– Dawn King, Sunburst



FOUNDER'S MESSAGE

Norman Paulsen

The Divine Within You

In our self-conscious state of mind, we often think our Creator is so far away, someplace other than within us. We think: *maybe it's out there in space, or he's on a mountaintop.*

The Divine's consciousness inhabits the space between each atom, between each subatomic particle in our bodies. Meditation is so important to each of us, because in the silence of our beings we can find this space where the Divine is. Just sit and be still. Pray that God will reveal himself, herself to you.

When we can perceive the center of our own consciousness, that smallest of all places within us, we can perceive God. We can hear the perpetual chant of *AUM*, of *HUM*. We can then perceive the Divine's voice speaking to us—a real conversation with God. We hear words, actual replies to our questions.

What a wondrous thing it is that we have the ability within us to communicate with the Divine. So few really practice it! Yet, nothing on Earth is more important.

Jesus said: *Seek first the kingdom of God, and: The kingdom of God is within you.*

How can we find it within us? We find it through true prayer and meditation.

*O beloved Mother,
we dedicate this day to your beautiful Earth,
your garden floating in infinity.
What a jewel it is!*

*We dedicate our energy and our lives today
to helping preserve your garden here for your children,
now and in the future.*

*It is a blessing to be a caretaker of your Earth,
so full of your Spirit.*

*We love you Father! We love you Mother!
Descend into our consciousness.
This day, let us all become warriors of light and truth,
that we may go forth in your will and your guidance
to help your world and your children.*

Amen



Cultivating Divine Love

Patty Paulsen, Sunburst

The word cultivate, just as in farming, indicates patience, time and caring to grow your spirit, to nurture the soil of your environment. Association with good people and places nourishes your growth. You learn to sit still in your body and calm your mind so that your heart calms down, and you feel at peace in the comfort of your soul.

It is here, where you begin to cultivate divine love and the joy and contentment it brings to your life. Even in the midst of hard times, peace that surpasses all understanding will come to you and guide you through life.

We may have been told that

God is love, God is life, and God is everywhere. It's pretty hard to fathom that. We've also been told the kingdom of God is within us. It's easy to think of love in our little circle of friends and loved ones. We sacrifice and compromise our own desires out of love for them. But can we realize how expansive love is—this amazing, immense ocean of life, love, God, that we swim in, yet sometimes feel separate from?

Jesus' whole message came from divine love. His great commandments were: Love God with all your heart, soul, mind, and strength; and, Love one another.

Jesus was aware of how powerful the heart is—not just the physical

heart that keeps us in this body, but the energy field and the astral center of the heart. This is the place of deciding either to go more into the depths of matter with our consciousness, or to raise our consciousness into the realms of heaven.

Blessed are the pure of heart, for they shall see God. It's powerful, when you think of it. How can you purify your heart? How does this happen?

Many saints, great teachers, and enlightened ones have realized this love. Either in the body, or out of the body, they still live in this ocean of love, awake and ready to hear our call, and prayers.

Al King, Sunburst

In thinking about the topic of Divine Love, one of the first things that came to my mind was the duality of this creation in which we find ourselves. For example, we breathe in, and we breathe out. Like breathing, there are many other aspects of our life that are dual in nature. There's clockwise and counter-clockwise, masculine and feminine. Our bodies are divided left and right, back and front. There's hot and cold, yin and yang, etc.

Going back to breath, **the ancients who initiated Kriya meditation practice recognized that we are breathing, no matter; so they incorporated breath into the meditation technique.** There's also a dual aspect in our offering of life force, love, and devotion to God; in return, blessings, inner peace and grace come to us *from* God.

There was a point in my life when I realized I didn't understand what love is. I wasn't even sure I was capable of experiencing it. Where do you start then, with creating love for God? You need to start someplace.

A helpful tool is meditation. Through it we experience the presence of God and the divine love that created us and is within us. Our goal is to cultivate a deep love of the Divine, and to express that love unconditionally to everyone around us. There is great benefit in this. As we give love, we find that love is returned to us.

Sunburst's founder Norman Paulsen told us:

"Love is the key. When you can form a concept of the Divine in your mind and approach that concept with love and devotion, it responds.

"Our Creator responds to our love. He/She has everything else, all of these toys to play with throughout infinity, worlds without end, but he does not have our love. He did not create us so that we had to love him. He created us with free will, that we make up our own mind to love him. When we can turn the mind in that direction and open the heart and cry for God, he comes, Mother comes. You think God is far away from you. God is so close to all of us, hiding within every breath we take."

Events

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—uniting with your true divine nature. sunburst.org/yogafest

KRIYA YOGA MEDITATION RETREAT

Unlock Your True Potential

THURSDAY – SUNDAY • JUNE 20 – 23

Learn scientific meditation practices in the lineage of Paramahansa Yogananda. Kriya meditation instruction, yoga, pranayama, sacred silence, nourishing meals, and discussion. sunburst.org/kriya

SUMMER STAR PARTY • AUGUST 3

Presentations, star-gazing. Details soon!

PERMACULTURE DESIGN COURSE • SEPT 16 – 29

Earth Care • People Care • Fair Share

More details at: sunburst.org/pdc

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 cooking, gardening, cleaning. *Apply for up to 2 weeks.*

Pre-registration is required for most events.

For more information and to register, call 805.736.6528 or visit: sunburst.org/events

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. During the quiet portion, a children's program is offered.



White-Crowned Sparrow & Wren's Nest



Blue Eyed Grass



Tree Planting



News

Children and adults enjoyed Sunburst's inspiring *Regenerating Earth & Spirit* retreat this past month.

Natalie Riggs led adults through an interactive *Observation of the Herd* with the Sanctuary horses, while children spent time with our miniature horses, Cinnamon and Sugar.

Sunburst's Al King, the local Santa Barbara grafting expert of California Rare Fruit Growers Association, taught small groups how to **graft their own fruit trees**.

Retreat participants enjoyed helping plant



trees and vegetables in the orchard and gardens.

A hay ride to our compost operation was fun for all. Sean shared how beneficial compost has been in building the soil of the hay fields and vegetable gardens.

The weekend finale was a *Birds & Blooms Walk* led by Al King.

Resident instructor Nikki Hope is offering *Yoga for All Levels*: 1st & 3rd Sundays each month, 9-10 A.M.; \$5-10 donation.

Cinnamon & Kids



Grafting Demo



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