

Inspirations

June 2019

Coming Events



Kriya Yoga Meditation

Initiation & Retreat

THURSDAY – SUNDAY • JUNE 20 – 23



Star Party Spectacular

SATURDAY • AUGUST 3

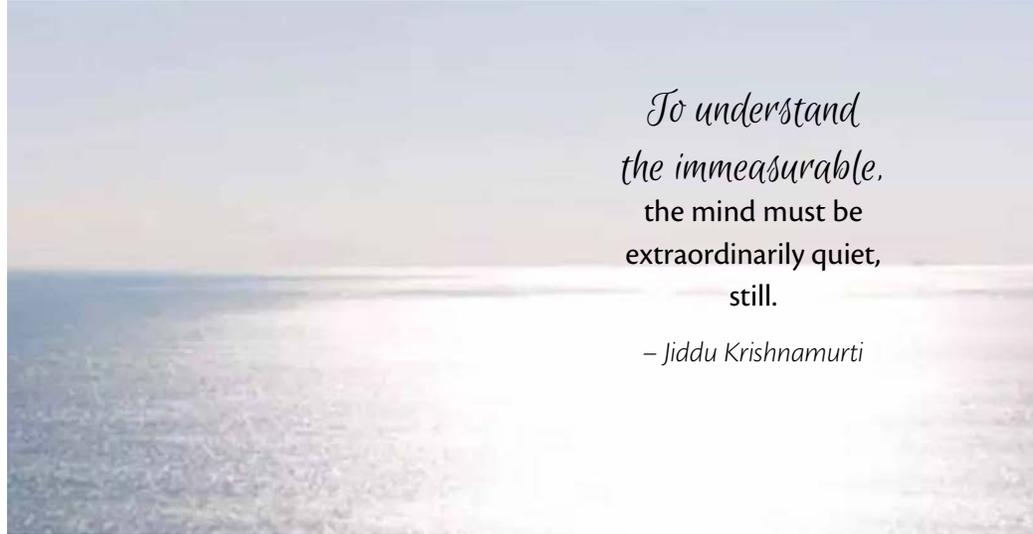


Permaculture Design

Certification Course (2 weeks)

MONDAY – SUNDAY • SEPT. 16 – 29

See page 4 for more events

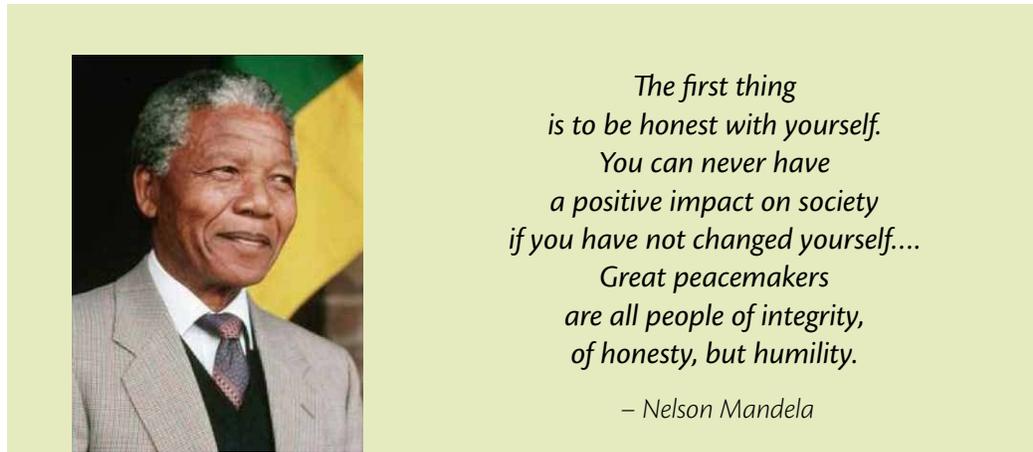


*To understand
the immeasurable,
the mind must be
extraordinarily quiet,
still.*

– Jiddu Krishnamurti

*Through the word,
you express your creative power.
The word is not just a sound or a written symbol.
The word is a force; it is the power you have
to express and communicate, to think,
and thereby to create
the events in your life.*

– Paul Custer, Sunburst

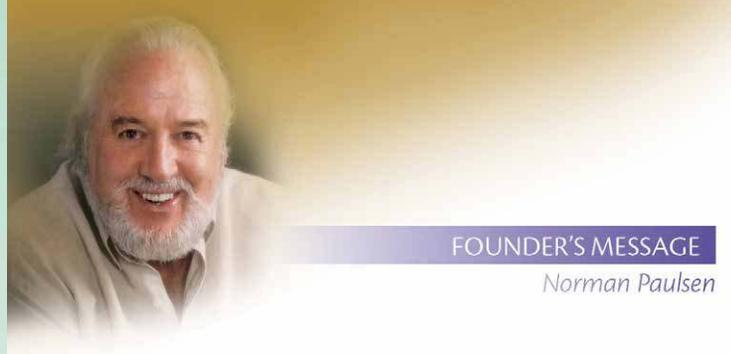


*The first thing
is to be honest with yourself.
You can never have
a positive impact on society
if you have not changed yourself...
Great peacemakers
are all people of integrity,
of honesty, but humility.*

– Nelson Mandela

*My dear,
Is it true
That your mind
Is sometimes
Like a battering ram
Running all through the city,
Shouting so madly inside and out
About the ten thousand things
That do not matter?*

– Hafiz



In The Stillness

In stillness, God's presence is revealed to us. When the thoughts have quieted down, and the breath has become obedient, the soul stirs in us to meet our Maker, our Creator, our Beloved. We are all connected to this Being of Light. We are all children of this Divine Mother and Father.

What a miracle it is that God is with us in our deep meditations, in stillness and in love, as we communicate with the reality of our immortal souls. Yes, God says we are all immortal, dreaming this life in all its beauty and its sorrows. **God longs to speak to us in the silence of our meditations, to give us comfort, support and direction in our lives.** As often as we remember that God exists in the center of our souls, we are blessed.

My spiritual teacher, Yogananda, used to say, "In the humdrum activity of this world, it is so hard to stop and remember that God is the doer, not the individual self." God is the doer if we allow, if we remember. When we take the time to sit down in the silence and talk to him, talk to her, with our heart's devotion, our love can find its source in God. Our love finds its fulfillment in seeking God.

Follow the breath up and down the spine with your consciousness. This is our inner-dimensional tunnel that leads to God. At the crown of our heads the infinite Christ light, like the sun, burns so brightly, illuminating our souls. The presence of God descends like a silken garment upon each soul who calls for God to reveal the light of his presence.

Jesus said, the kingdom of heaven is within you. Inner-dimensionally, it is all here, not somewhere out in space, but so near that you can touch it, feel it, and see it in your deep meditation, if you persist. Love is the key that unlocks the spiritual gates.

O Beloved,

*let me see your face shining like the sun
at the end of the tunnel to eternity.*

Let your body of light come forth to greet me.

I pray that your peace descend upon all beings, that your children may continue to live into the future, creating heaven on Earth, as the saints and masters have prophesied.

By my service to all beings, help me be prepared for the day when I may joyously enter your body of light.

Attune yourself with the creative power of Spirit. You will be in contact with the Infinite Intelligence that is able to guide you and to solve all problems. Power from the dynamic Source of your being will flow uninterrupted so that you will be able to perform creatively in any sphere of activity.

– Paramahansa Yogananda



The Depths of Honesty

Heiko Wirtz, Sunburst

In late May and early June the Earth is bathed in the astrological energy of Gemini, and its virtue Honesty. On the surface, it's easy to perceive that we need to attempt to speak with truth. But honesty goes deeper; it reflects the place of choice in us.

It's been said that the heart center, the heart chakra, is the place of discernment, the place of decision making. If something doesn't feel right, it's here, or in the belly, that we feel it isn't correct.

When I was living in Germany, there was a little chapel you could go in and have a quiet moment. It just consisted of a room with candles, a cross, and Jesus. It was on the street where I had been playing for many years. One day when I was about eight years old, I walked into that chapel, not quite sure why, but I felt drawn there. As I looked upon the figure of Jesus and the candles, the essence and the strength behind it, I could feel my heart and the will of it come forth and make an offering of itself unto God—that my life might have purpose, and it might direct me. It was on that day **I let go of the idea of needing to be the one always making the decisions about what I should be doing.** It was now a partnership. Spirit was my companion.

Walking out of that shrine, I felt blessed, and looked at the world in a slightly different way. About six months later, my life changed dramatically by a move to the U.S. It wouldn't have happened if that connection hadn't happened between my pure Self and what I tend to call "me" here in this body.

When we are honest with ourselves, and we give love to the great Spirit within our souls, we are loved back. In that moment, we have found a way to satisfy that feeling inside which says, "I have to be doing something," or "I have to adjust my life in some way."

So the first step is to be honest, to be present—to not judge, but to love. Take that next breath and let the air fill your nostrils and enter in with clarity. **Observe a moment beyond thought. Allow divine life force to re-energize your inner body.** And as you rest your focus on breath, feel your heart in a relaxed state. With each breath, inwardly say, "Divine Spirit, I love you. Be with me; teach me. Open me again, so that I am in your presence in this moment."

Whenever I came into Norm's presence, I felt that he could see what my spirit was up to. With Norm, I never felt any reason to hide because I knew that the purpose of our connection was for me to grow inwardly, and that was my desire.

You can block this openness by being dishonest with yourself. You have to be willing to offer up to Spirit your anger, your sadness, and your joy—present it and release it. It's a constant effort. The harder the lesson, the longer it takes, but with effort and with honesty, you can come to a place where you're at peace with it, and you can move on; you can become a person at peace.

O Divine Spirit, I lay before you my whole self; all my love, all my troubles. I ask you to enter in; to live in my heart and grow. Divine Spirit, I love you. Amen

Events

KRIYA YOGA MEDITATION RETREAT

Transform Yourself, Transform Our World!

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 SPECTACULAR SATURDAY • AUGUST 3

Explore astronomy through interactive presentations and activities. Watch the Perseid meteor shower after dark! sunburst.org/stars

PERMACULTURE DESIGN CERTIFICATION COURSE

Earth Care • People Care • Fair Share

MONDAY – SUNDAY • SEPT 16 – 29 (2 WEEKS)

Would you like to make a difference and leave our planet better than you found it? Immerse yourself in hands-on permaculture in action. Learn a holistic and scientific approach to designing regenerative living systems based on the patterns found in nature. sunburst.org/pdc

KRIYA II YOGA MEDITATION RETREAT

Deepening Your Practice

THURSDAY – SUNDAY • OCT. 17 – 20

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

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. Children's program is available during quiet time. Yoga is offered 1st and 3rd Sundays at 9:00 A.M. (before meditation).



James & Al

News

There's always work going on at Sunburst that isn't evident weekends; for example on the water systems. Our work crew, the unsung heroes: Heiko, David, Al, Craig, Sean, Ross, and currently James—we so appreciate you, each and every one!

Moksha and Craig led an awesome Paleontology Event in May. *See pix.* It was fun for kids and adults as well.

Everyone enjoyed a yummy Mother's Day feast prepared by Sunburst's men. In June we reverse roles for Father's Day.

Annapura Devi (Ann) led a



Ancient Clamshell



kirtan sing-along on Mother's Day, and is part of YogaFest.

Thanks to rains, continued into May, the Sanctuary is still quite green. Six-foot high rye and other grasses have given Red-winged blackbirds a new place to nest. The appearance of different wildflowers keep brightening the scene.



← Finding Fossils
Paleo Event ↓

Annapura
Devi (Ann)



Mother's
Day



Red-winged Blackbird



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Flowering Gooseberry

