

SUNBURST MONTHLY

Inspirations

July 2019

Coming Events



Star Party Spectacular

"One Small Step..." – 50 Years Later
SATURDAY • AUGUST 3 • 7 – 10 P.M.



Creative Spirituality

A Mandala Workshop

SUNDAY • AUGUST 18 • 2 – 4 P.M.



Permaculture Design

Certification Course (2 weeks)

MONDAY – SUNDAY • SEPT. 16 – 29

See page 4 for more events



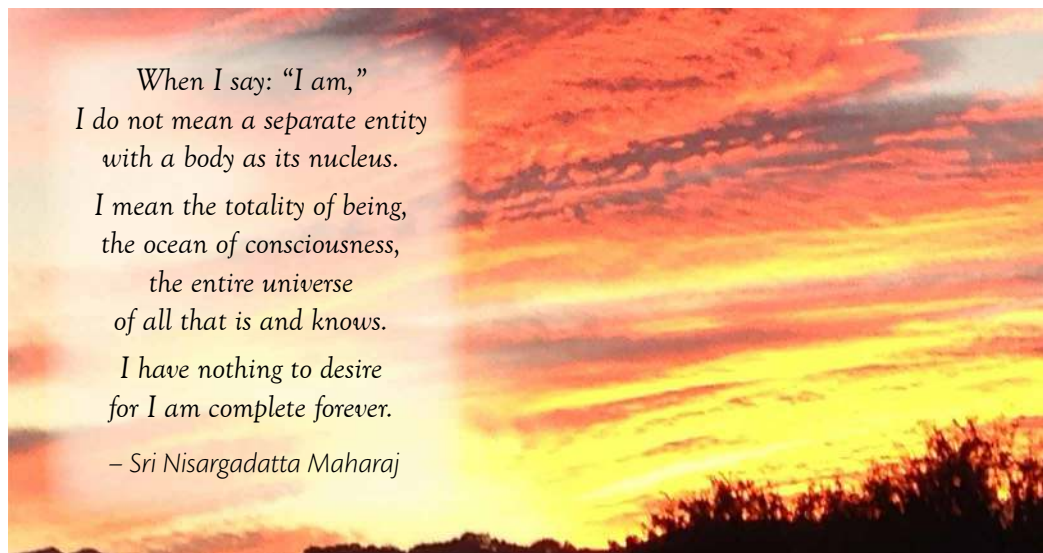
*You
have made us
for Yourself, O Lord,
and our hearts are restless
until they rest in Thee.*

– Saint Augustine



*Often, when we're
on a spiritual path
it can feel a bit isolating.
I'm so grateful that
I have the Sunburst Community,
both near and far,
to rely on for friendship,
companionship,
and spiritual sustenance.*

– Missy Collier, Sunburst



*When I say: "I am,"
I do not mean a separate entity
with a body as its nucleus.
I mean the totality of being,
the ocean of consciousness,
the entire universe
of all that is and knows.*

*I have nothing to desire
for I am complete forever.*

– Sri Nisargadatta Maharaj



FOUNDER'S MESSAGE

Norman Paulsen

Finding The Kingdom of Heaven

The kingdom of Heaven is within you, stated the man from Galilee. But how do we find it? How do we get there? We get there through the ancient teachings; they lead to the Light of consciousness, the Christ. The way is open!

The ancients described our spinal column as the tree of life, with roots anchored in heaven, the first creation of Light. Each one of us is indeed like an inverted tree. This means that our great higher brain, called "the upper chamber" by Jesus, exists inner-dimensionally in that region where light originally projected the great expanding sphere of creation.

The tree of life in each one of us carries the breath of life, which comes forth from the first creation of Light, the inner cosmic Sun, the body of Christ. It enters into us through the door at the crown of our heads that was open and beating with each heartbeat when we were infants. Without that life coming into our bodies our hearts cease to beat, our senses cease to function, and life in this body ends.

The inner-dimensional tree of life in our spinal column is hollow, like a tunnel. The breath of life flows through the center of our inner-dimensional tunnel and outward into the causal, astral, and physical dimensions of our being. The astral body resembles a vibrating electrical tree full of colors, like a rainbow at times. We each have this Christ-mass tree crowned with a star, the cosmic Sun.

Through the inner-dimensional tunnel in our spine, the Light of Christ, as the breath of life, flows from the center of creation into us. This means that existing within us, inner-dimensionally, is knowledge of the totality of everything that our Creator ever projected outwards from the smallest of all places into the creation. The kingdom of heaven is, indeed, within us.

We are made in the image of God! Our bodies and souls are divinely connected to that Infinite Source, that life-giving Being, that consciousness, that unconditional divine love. Yes, the Light of Christ, **I Am That I Am**, is in each of us, **dreaming momentarily that he or she is our little individual self-conscious ego**.

Why meditate? To reestablish our connection, our oneness with the blazing Light of God at the divine center of creation. We are created in the image and likeness of this whole creation, God's kingdom. Within us, it all exists, we have but to realize it. Then we become heirs and divine caretakers of the creation, true sons and daughters with willing hands to accomplish the divine will, as best we can, wherever we go every day.

*Let no devotee
miss his daily appointment
with God.*

*The mind
may suggest the movies
or some other distraction;
but when the time comes
for God each day,
keep that holy engagement.*

— Paramahansa Yogananda

My Lessons In Perseverance

Valerie King, Sunburst

In Sunburst's teachings, twelve aspects of spiritual energy (virtues) are identified, corresponding to the purest energy of the 12 astrological signs. As the year progresses, and the Sun moves through each sign, you may feel the 12 energies. You may also feel that you are being tested by that energy (virtue) of the current astrological month. The sign of Cancer, whose virtue is perseverance, tells us, "Never give up."

The spiritual path is a purification of our habits—thought, emotion, and action habits. Little by little, we chip away like a sculptor chips away at a great stone, and reveals a beautiful piece of art. That's perseverance. Here's a little story.

I joined Sunburst when I was 18, and soon after took karate, aspiring to earn a black belt. My teacher was wonderful, and I really enjoyed it. Karate was fun. I worked out really hard, and this was perfect for a young person.

After a few years, I'd gotten to brown belt. Then my regular day-to-day work became very intense with lots of long hours. I was getting really tired. On top of working at Sunburst's warehouse, I was driving the employees' bus (an old schoolbus) to and from work. That made my day even longer. Still, I was practicing karate three times a week.

One night at the end of driving the bus home to Sunburst's property, I was thinking how tired I was. My thoughts were: "Maybe brown belt is good enough. I've gone pretty far, and gotten a lot out of it. Maybe that's fine. I'm just so tired. I feel like I need some kind of break here."

I brought the bus to a stop, and pulled the lever to open the door. Who was standing right there, outside the door, but Norm. His face was animated, saying, "Valerie, I am so happy you're going to be a black belt. You'll be the first black belt woman in Sunburst, and this is such a good energy..."

I just had to chuckle to myself. Norm was such an open channel for Spirit; it came right through. Spirit was saying, "Finish this. You set a goal; finish it!" While growing up, I'd often gotten really excited about starting something, but never quite finished it. So I needed to learn how to finish things. Perseverance was important for my spiritual growth.

Sometimes someone's words really resonate in you, and you know it's right from Spirit. That's how they were to me from Norm, and what made him a teacher for me, words that strike me to the bottom of my soul.

At times we are persevering in manifesting our dreams in a way that's no longer useful. The cycle is over; it's time to let that go, and move on.

From almost the time Sunburst started, we had a "common fund" economic system in which we pooled our money; if we needed a coat or shoes, we talked to whoever was administrating the money. This worked pretty well, as long as we were young and didn't have children. But once people married and had children, it became very difficult; expenses outgrew income. We tried all kinds of different ways to make it work, but were just getting farther and farther into debt.

At that time, my husband and I were in charge of administrating the funds. We would have a certain amount of money we could allot each week, and then a BIG list of requests. "What are we going to cut here?" we'd ask ourselves. It was very difficult, but Jonathan and I were hanging onto this system; we felt it was really important.

Finally, one day Norm came to us, sat us down, and said, "You know, I think it's time to let go of this financial system."

It was then we realized that the dream we didn't want to give up on was the dream of keeping Sunburst alive and thriving. But, **Sunburst wasn't ever a financial system, or a social system. It is a community that came together to build Spirit individually and collectively, so that the energy would reverberate out through the world.** I realized I'd been holding onto an outer thing, when it was really the inner thing that needed to be maintained.

Each sign with its virtue, has a corresponding virtue and sign across the zodiac; they balance each other. The virtue of perseverance (in Cancer) faces the opposite virtue, temperance (in Capricorn). **It's wise to temper our perseverance.**

"What are we really holding onto? What is the real dream, and is this the best way to accomplish it?"

Events

SUMMER STAR PARTY SPECTACULAR SATURDAY • AUGUST 3 • 7 – 10 P.M.

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

CREATIVE SPIRITUALITY

A Mandala Workshop

SUNDAY • AUGUST 18 • 2 – 4 P.M.

Learn about the “palace of inner being” and “abode of the Deity” as you listen to sacred music and view beautiful works of art. Guided by Rev. Dr. Ron Gibbons; create your own mandala. sunburst.org/mandala

PERMACULTURE DESIGN CERTIFICATION COURSE

Earth Care • People Care • Fair Share

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

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 YOGA II 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.*

sunburst.org/karmayoga

Pre-registration is required for most events.

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

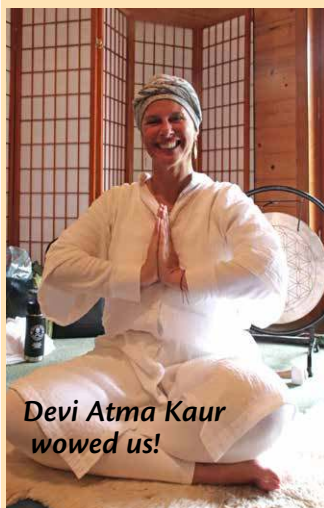
SUNDAY MEDITATION GATHERING

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).

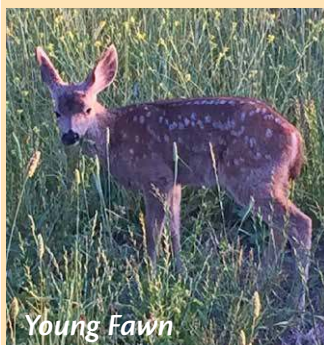
sunburst.org/sundays



Men of Sunburst



Devi Atma Kaur wowed us!



Young Fawn



Nicole led a guided heartfelt journey.



Lori Anderson



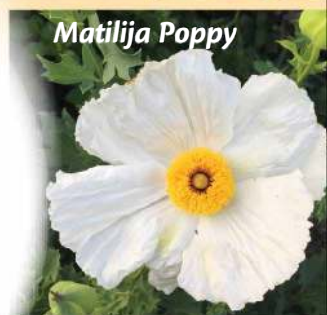
Craig drummed a heartbeat for Nicole's yoga.



Bhakti Yoga Band



Ring-necked Pheasant



Matilija Poppy

News

Photos honor some of our YogaFest facilitators, Sunburst men and more. Several karma yogis are offering much needed help at the Sanctuary. An exotic bird has been spotted making itself at home here. Regarding birds, AI has given us new, rare photos inside our Bluebird nest boxes, which include some surprises. [\[sunburst.org/blog\]](http://sunburst.org/blog)

Ischa also contributed to the blog with her “Magical Moments” entry.



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