

SUNBURST MONTHLY

Inspirations

August 2019

Coming Events



Creative Spirituality

A Mandala Workshop

SUNDAY • AUGUST 19 • 2 – 4 P.M.



Permaculture Design

Certification Course (2 weeks)

MONDAY – SUNDAY • SEPT. 16 – 29

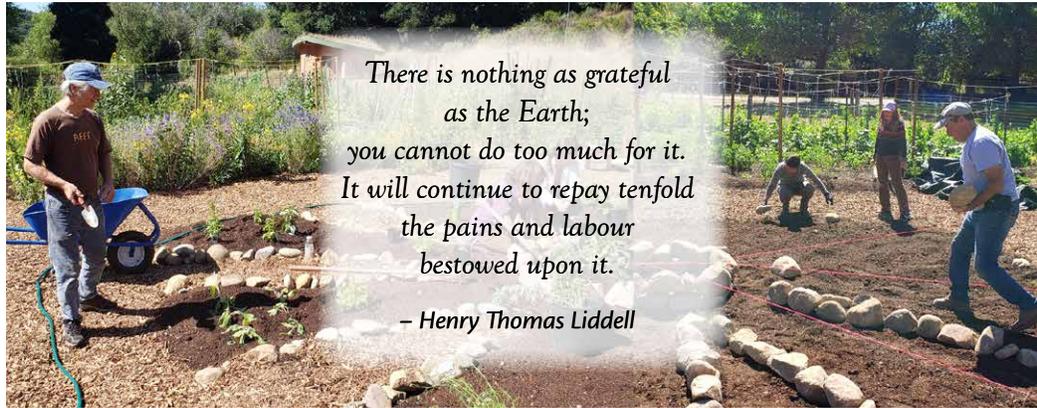


Kriya II Meditation Retreat

Deepening Your Practice

THURSDAY – SUNDAY • Oct. 17 – 20

See page 4 for more events

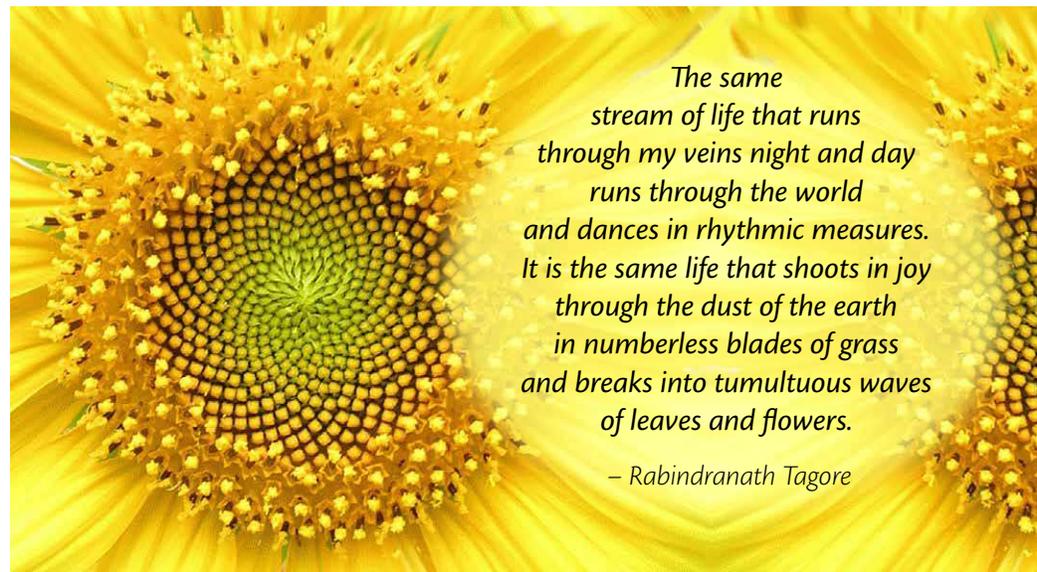


*There is nothing as grateful
as the Earth;
you cannot do too much for it.
It will continue to repay tenfold
the pains and labour
bestowed upon it.*

– Henry Thomas Liddell

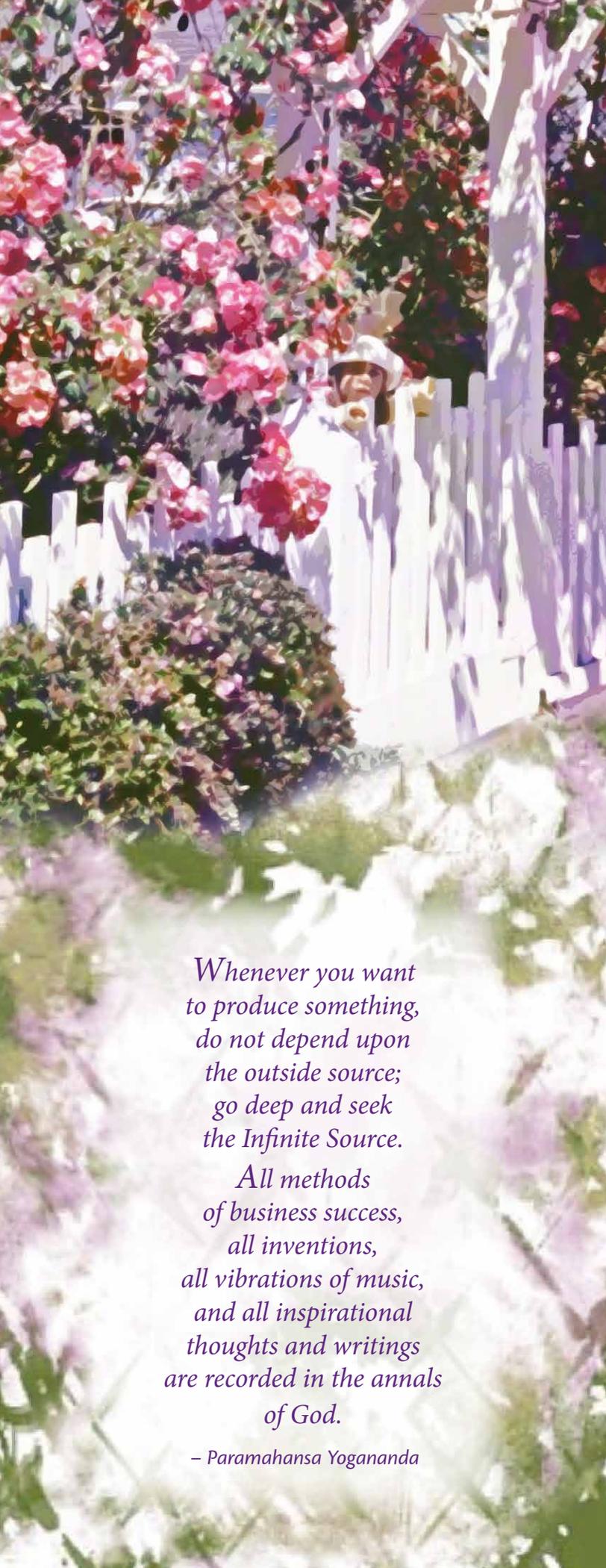
*In the stillness, you begin to hear
the deep hum of the Divine,
vibrating in every particle of creation;
you begin to sense the all-encompassing
love, compassion, and patience of Mother-
Father Divine—so present and so near.
Your heart flows with humility,
yet is filled with joy—the joy of being alive
in this amazing creation.*

– Patricia Paulsen, Sunburst



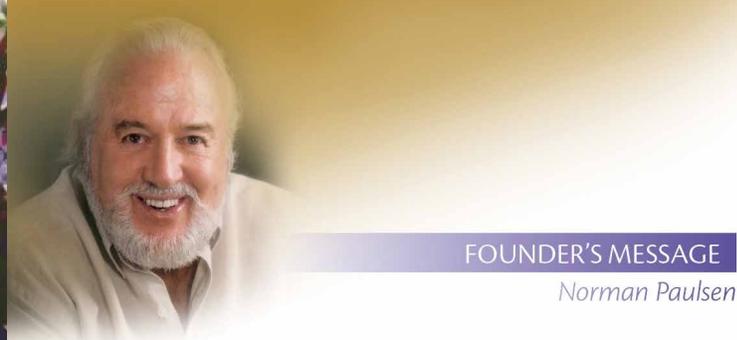
*The same
stream of life that runs
through my veins night and day
runs through the world
and dances in rhythmic measures.
It is the same life that shoots in joy
through the dust of the earth
in numberless blades of grass
and breaks into tumultuous waves
of leaves and flowers.*

– Rabindranath Tagore



*Whenever you want
to produce something,
do not depend upon
the outside source;
go deep and seek
the Infinite Source.
All methods
of business success,
all inventions,
all vibrations of music,
and all inspirational
thoughts and writings
are recorded in the annals
of God.*

– Paramahansa Yogananda



FOUNDER'S MESSAGE

Norman Paulsen

A Wondrous Opportunity

Life is so short in this world; it goes by so swiftly. It seems not that long ago, my mother was driving her 1928 sedan from Lompoc to Santa Barbara on what was then a gravel road. Cattle were everywhere in those days, with men on horseback and wagons, people working together, growing food in their gardens. People had time to enjoy life in the country—as yet unpolluted. They had time to know each other, and talk with each other.

Our world today is going so fast. People hardly know who lives next door. We need to turn to a simpler way of life where folks can grow their own food, knowing the taste and the delight of it, and can enjoy being outdoors in the sun and the gentle wind—things that so few of us do anymore. The Great Spirit, who is present here this moment, may slow things down on this planet and try to save humanity from the madness it is racing toward.

My teacher, Paramahansa Yogananda, came to this country envisioning the idea of creating communities where men, women and children could live, work, and meditate together with the goal of attaining direct personal experience of God. In these communities, children could be raised while given the opportunity to understand and respect the nature of all living things.

It has been many years now that Sunburst has been trying to promote this way of life. I believe that it is salvation for this world. It was in 1969, when we started to gather at a house in Santa Barbara where we began holding meditations. Hoping to save for and find a piece of land, we began doing construction jobs around town. We heard about a 160-acre property for sale atop a mountain overlooking Santa Barbara. Several of us got in a car and began driving up the winding road; it was a foggy day.

At the top of the mountain we suddenly came into a valley as the sun broke out, illuminating the whole place. I heard the voice of Spirit say, “Call it Sunburst”—a name that represents divine joy, and the face of God, which is like a sunburst.

Many years have gone by and the original seed energy of Sunburst is still with us. We want to continue having the means for people to come who want to live and experience this way of life. God is in the midst of us when we meditate together on that Presence. Wondrous it is to have this opportunity.

FINDING the Divine in Nature

Sandy Anderson, Sunburst

Nature, the mother of life forms, in her infinite variety, is the supreme teacher. Study her, for she springs forth from the imagination of our creator. More time should be spent deeply studying, observing and meditating on nature. The mother of all life forms exists in the forests and the valleys, the mountains and streams, in wind and sea. Be alone in nature. Meditate there, with all her life forms, and listen. – Norman Paulsen

Being the kind of a nature spirit that I am, I have definitely taken Norm's words to heart. One of the many ways that I'm fascinated by nature, is observing bees. My husband Steve and I are beekeepers, and we do study our bees. Steve first showed me how to do that physically; it was fascinating.

One day, I saw him get down on his knees in front of one of the hives. He was gazing into the entrance of the hive. Most people wouldn't really want to do that because they'd be afraid to get stung. But Steve is studious, loving and trusting of our bees. They are very tolerant of us, so we don't get stung.

By looking in, we can actually see how many bees are in the hive, and how many frames are full of bees. The bees will hang down to the very bottom of the frame, if it's full. And you can see if there's a lot of honey in there; the honeycomb will be dripping. Keeping bees is a wonderful adventure and many people say it's a lifetime study to learn everything about bees.

I feel the same with God-consciousness; it's the essence of our study in this lifetime. Though there's many fascinating things in nature, the mystery behind all of nature is Divine Spirit, the Creator. That's who and what we really are longing for; that's the mystery that we really want to unfold on a deeper level in our lives.

God-consciousness is the essence of my studies, and has been for over forty-five years; I'm so very grateful for

that. We have a chance to read the words of inspired masters and beautiful poets like Yogananda who wrote fabulous, inspirational works, beautiful songs, and poems.

Here is **Yogananda's description** of his experience with God illumination. It portrays his absolute awe of Divine Spirit:

With open eyes I behold myself as the little body. With closed eyes, I perceive myself as the cosmic center around which revolves the spheres of eternity, the sphere of bliss, the sphere of omniscient living space. I feel the Lord like a gentle breath of bliss, breathing in my body of universes. I perceive him shining through the bright twinkles of all luminosity and through the waves of cosmic consciousness. I behold Him as the light of solar inspiration, holding the luminaries of my thoughts and the rhythms of balance. I feel Him as a bursting voice, leading, guiding, teaching secretly in the soul temples of all men and women.

He is the fountain of wisdom and a radiant inspiration, flowing through all souls. He is the fragrance from the incense vase of all hearts. He is a garden of celestial blossoms and bright thought-flowers. He is the love that inspires our dreams. I feel Him percolating through my heart, as through all hearts, through the pores of the earth, through the sky, through all created things. He is the eternal motion of joy. He is the mirror of silence in which all creation is reflected.

The greatest joy, for me and for so many, has been far beyond reading the



Sandy & Steve
inspect beehives



absolutely wonderful words that others have written. The truth beyond the words is *literally*, beyond words. It is the experience of God, and the greatest blessing of his joy, his incredible love, and that amazing fulfillment you feel in that experience. When you feel His presence, you are beyond any desire, or anything you could want to consume, or do. It fills every cell of your body and being. That fulfillment is beyond reading, or talking, or listening to others. It is direct inspiration and direct communion with living Spirit; that's why we meditate. That's why we live the way the way we live—simply, virtuously, with open hearts for the Divine.

That joy is so much more fulfilling, so much more ecstatic, and so much more wonderful than any joy we can experience through any other source. That was Norm's message to all of us—God illumination is the greatest ecstasy that there is, and therefore the greatest goal of our lives.

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 a unique 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



Upcoming

Care of the Earth and growing organic food have been perennial themes in Sunburst Community’s 50-year history of living and working together, raising consciousness on the planet. Sunburst was an early pioneer of large-scale production and distribution of organic foods, and remains committed to **seeking ways to have a beneficial impact on the planet and each other.**

Soon Sunburst will share the joy of community learning, and changing the world through Permaculture. **Participants will become designers of solutions,** taking home the ability to apply natural principles to create stable and resilient systems for food, water, shelter, and energy, needs

while regenerating ecology, community, and economy.

Explore one topic, or (for certification) all topics.

Sample topics:

Small Scale Food Production; Integrated Pest Management; Composting; Tree Planting; Water Harvesting; Gray Water Systems; Composting Toilet Systems; Earthworks; Natural Building; Watershed Restoration; Appropriate Technology; Beekeeping, Bio Engineering; Livestock Care; Goat Milking; Alternative Economics; Pastured Poultry; Saving the Harvest; Community Building; Nature Awareness; And much more!



**Sunburst**

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