

# Inspirations

September 2019

## Coming Events



**Permaculture Design  
Certification Course (2 weeks)**  
MONDAY – SUNDAY • SEPT. 16 – 29



**Kriya II Meditation Retreat  
Deepening Your Practice**  
THURSDAY – SUNDAY • OCT. 17 – 20



**Sacred Geometry Workshop  
Divine Patterns in Nature**  
SATURDAY • NOVEMBER 9

See page 4 for more events

*A fully awakened consciousness  
functions only through  
an untrammelled mind and body.  
When both body and mind are light,  
it is easy to attain to Liberation.*

– Anandamayi Ma



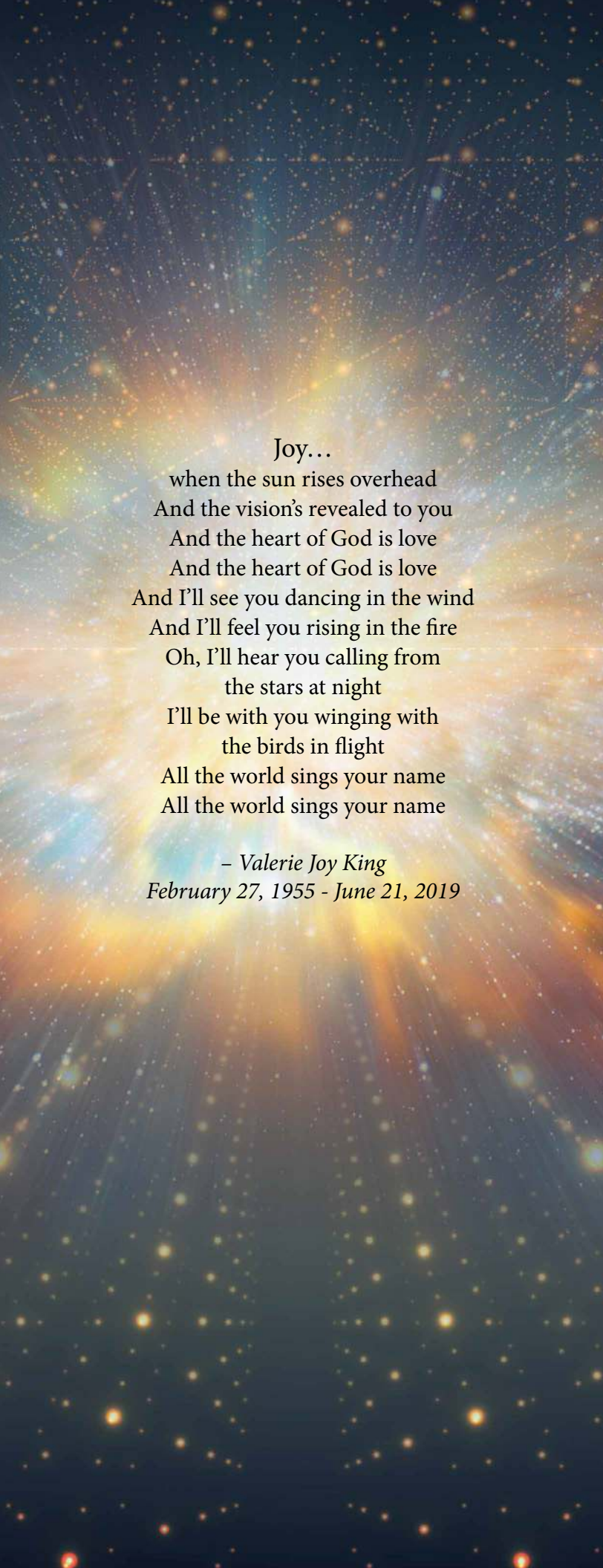
*Oh, gracious Father Mother Divine  
Open our inner vision  
So we might see clearly  
The path we should walk  
That leads us home to your embrace.  
We so desire to feel your arms around us,  
And to merge our love with yours.  
Amen*

– Jake Collier, Sunburst

*We pray for our world and its people,  
and for all those who suffer.  
We pray, Beloved, that your peace descends  
upon all beings, and that your children may  
continue to live into the future, creating  
heaven on Earth. By our service to all beings,  
help us be prepared for the day when we may  
joyously enter your body of light.*

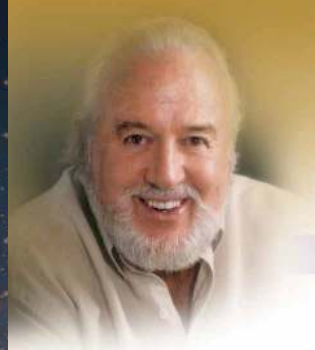
– Norman Paulsen, Sunburst Founder





Joy...  
when the sun rises overhead  
And the vision's revealed to you  
And the heart of God is love  
And the heart of God is love  
And I'll see you dancing in the wind  
And I'll feel you rising in the fire  
Oh, I'll hear you calling from  
the stars at night  
I'll be with you winging with  
the birds in flight  
All the world sings your name  
All the world sings your name

– Valerie Joy King  
February 27, 1955 - June 21, 2019



## FOUNDER'S MESSAGE

Norman Paulsen

### *God Is In Our Hearts*

In our deep meditations, each one of us can sit in the presence of I Am That I Am, our Creator, our God, our beloved Father and Mother. We are all connected in that energy, in that wondrous Spirit. Like the wind, it blows through our souls and caresses our hearts.

*Oh Beloved, we all want to see you as you really are, face to face. Like a son, like a daughter looks at their earthly parents, so we want to look upon you, to really see you, to hug you, to confess our great love for you that stirs in our hearts.*

*This is what this life is about. You created each one of us—each one with a different face—that you might enjoy and work and live through each of us, and that some day you might awaken us to your presence within. Yes, to know who we really are, to know that you really exist—we can really know, see, and feel you.*

I know this Being that we call God loves each one of us so very, very much, and cares for each one of us, and has so uniquely created each one of us. Just look at all the faces, each one different. All the faces of God cover this world today, but how many really know who they are? God is pleading with his children that they sit down and find out who they really are.

The opening of the way that is being offered to all of us, if we seek it, can save our planet. This beautiful jewel floating here in space has become polluted by the mismanagement and waste of mankind, yet it struggles on. The effects of this maltreatment can be seen in the weather and the natural catastrophes that continue to come. We each need to live a virtuous life the best we can, and make the effort to sit down in stillness and meet our Creator God face to face.

Our energy emanates out through our meditations and prayers and it becomes a tool in God's hands for helping others, and for saving this world. We really need to do something about what is happening around us in our world.

The good news is that God is present in the hearts and minds of each one of us, hearing us as we think, feel, and desire. Our work within and without becomes a force for good to turn the tide.

A small cup  
cannot hold an ocean within itself.  
Likewise, the cup of human consciousness,  
limited by the physical and mental  
instrumentalities of material perceptions,  
cannot grasp the universal Christ Consciousness,  
no matter how desirous one may be of doing so.

By the definite science of meditation  
known for millenniums  
to the yogis and sages of India, and to Jesus,  
any seeker of God can enlarge  
the caliber of his consciousness to omniscience—  
to receive within himself  
the Universal Intelligence of God.

– Paramahansa Yogananda

## Finding Peace in My Kriya Practice

Emily Wirtz, Sunburst

Yogananda tells us: *The wave is the same as the ocean, though it is not the whole ocean. So, each wave of creation is a part of the eternal ocean of Spirit. The ocean can exist without the waves, but the waves cannot exist without the ocean.*

I sometime remember this in a briefer form: “Oh yeah, the wave and the ocean; we’re like the wave in the ocean.”

**Bhakti** is a Sanskrit word for devotion. It’s one way my heart opens and I touch that greater space within me, the ocean of Spirit. Devotion to another human being, like that I feel for my son, can be a start. That relationship has been really helpful for me in touching the ocean of Spirit. The devotional songs we sing at Sunburst open our hearts. Other parts of the Kriya yoga practice taught here at Sunburst have also been really powerful for me.

Sunburst’s founder Norman Paulsen learned this practice from his teacher, Paramahansa Yogananda. Kriya yoga has been passed down from teacher to teacher through the ages. A few teachers back, the mission grew to include teaching householders, not just monastics.

**What’s so powerful about Kriya yoga is that it works directly to help release the seeds of karma we build up** through our everyday interactions, and especially our ego’s ambitions and reactions. When we react to a hurt with a jab right back, or are jealous of another’s position or possessions, that creates karma for us. We have to clear those out, and Kriya yoga actively works on clearing karma. Repeatedly, we need Kriya practice because we keep creating more seeds of karma.

We have choices. We need to be conscious of our motives, and how we react to others. Hopefully, next time we will act or react out of the ocean of Spirit, instead of the little wave of ego.

But, if not, it’s okay; there will come an opportunity again to choose more consciously, more carefully.

Another thing really helpful about Kriya is that it teaches us to stay tuned to the present moment. Thich Nhat Hanh said: *The address of the kingdom of God, the address of peace and brotherhood, is Here and Now. If you want to meet the Buddha, if you want to touch God, if you want to touch the ultimate dimension, that is the address. The here and the now.*

Of course, we know we’re physically here; but are we mentally here? Are our emotions churning back through something that happened a couple of days ago that’s still bothering us? Is our mind thinking about what we have to get done this afternoon before the work week starts? Are we really, all parts of us—all here, right now?

We can meditate with our attention solely on our breath. The breath is a great tool for returning to the here and now because it’s always physically with us; and it has a rhythm to it, so you can always tune back into it. It’s just there, and doesn’t have its own agenda. You tune into your breath and release the ego agendas that you had for the past or the future. You do this for just a moment. Then keep doing it for another moment... and another moment...and another moment.

Where is that ocean of Spirit? What is that ocean of Spirit? Who am I? Beyond the personality that I know, it’s only as far away as the breath, and an open heart—a practice of being present so that that true awareness can fill us.

Now, when I walk around, I still think of the past; I still think of the future, and still think about ideas. Sometimes, I make judgements about myself or other people. But now I know, I don’t have to do those things. There’s a more peaceful state beyond thinking.

When I remember that, I turn to my breath, and the present moment. It’s a practice to open up to an awareness of Spirit, to learn what Spirit is from a direct experience of that Presence. Let go of being a wave, and rest in the blissful ocean. Just keep practicing whenever you think of it and, over time, let your inner peace grow and grow. Through the practice of Kriya, the Divine in each of us is growing in recognition of the Divine outside of us, and in each other. Namaste.

# Events

## 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](http://sunburst.org/pdc)

## KRIYA YOGA II MEDITATION RETREAT

*Deepening Your Practice*

**THURSDAY – SUNDAY • OCT. 17 – 20**

Advance and deepen your Kriya practice. Learn to activate the healing power of your chakras. Enjoy interactive discussions with seasoned practitioners. [sunburst.org/kriya-ii](http://sunburst.org/kriya-ii)

## SACRED GEOMETRY WORKSHOP

*Divine Patterns in Nature*

**SATURDAY • NOV. 9 • 9:30AM—3PM**

Learn to recognize divine patterns found throughout nature, guided by Sunburst's expert, Craig Hanson. Enjoy presentations, hands-on exploration in nature, and a creative workshop. [sunburst.org/geometry](http://sunburst.org/geometry)

## KRIYA YOGA MEDITATION RETREAT

*Transform Yourself – Transform Our World*

**THURSDAY – SUNDAY • JAN. 2 – 5, 2020**

Learn scientific meditation practices in the lineage of Paramahansa Yogananda. New Year's ceremony, sacred silence, discussion, and pristine nature. [sunburst.org/new-year](http://sunburst.org/new-year)

## 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](http://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](http://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. [sunburst.org/sundays](http://sunburst.org/sundays)

## In Love & Appreciation

On June 21, 2019, our sister, Valerie Joy King, passed quietly into the next realm. How fitting that she would pass during the Summer Equinox, when the Sun was at its maximum strength and power!

At the age of seventeen, Valerie came to Sunburst with the blessing of both her parents, to pursue a spiritual life, dedicated to the teachings of Jesus, Paramahansa Yogananda, and to those of Sunburst founder, Norman Paulsen.

She worked tirelessly for over

forty years to promote and teach the ancient Kriya technique of meditation, and helped to lay the foundation for the Sunburst Sanctuary Retreat Center.

Throughout her life, Valerie worked alongside her husband, Jonathan King, and touched countless souls with her huge smile, her angelic voice, and her passion for the Divine in all of its embodiments.

We join our voices in gratitude for the beautiful soul of Valerie Joy King that continues to shine!



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