

Inspirations

October 2019

Coming Events



Kriya II Meditation Retreat Deepening Your Practice

THURSDAY – SUNDAY • OCT. 17 – 20



Sacred Geometry Workshop Divine Patterns in Nature

SATURDAY • NOV. 9 • 9:30 A.M. – 4 P.M.



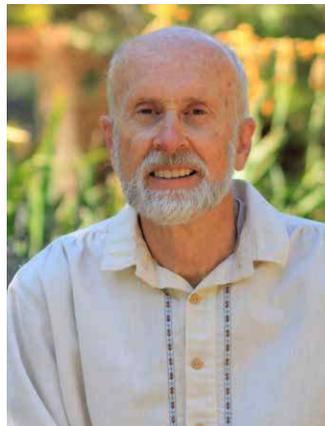
New Year's Kriya Retreat Transformation • Meditation

THURSDAY – SUNDAY • JAN. 2 – 5, 2020

See page 4 for more events

*Live and walk in virtue
as best you can each day.*
Reach for the highest and refuse the old
self-conscious ego with its doubts, desires
and half-truths. Soul freedom is the daily
experience of Christ consciousness
and its attributes.

– Norman Paulsen, Sunburst Founder



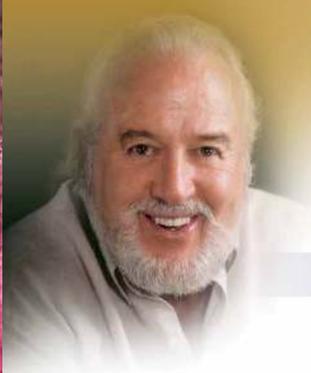
*Each soul
has the power to attract or create
whatever it needs for its happiness,
and also for others' happiness.*
When we realize
that the soul has this innate power,
we have a responsibility to use it wisely.

– Craig Hanson, Sunburst

What good is there
in reading a whole lot of scriptures?
Or in the study of philosophy?
The way to realize God
is through discrimination,
renunciation, and yearning for Him.
What kind of yearning?
One should yearn for God
as the cow, with yearning heart,
runs after its calf.

– Sri Ramakrishna





FOUNDER'S MESSAGE

Norman Paulsen

Our Sixth Sense, Intuition

*Intuition is soul guidance,
appearing naturally in man
during those instants
when his mind is calm....
The goal of yoga science
is to calm the mind,
that without distortion
it may hear
the infallible counsel
of the Inner Voice.*

– Paramahansa Yogananda

Intuition has always been important in my life. When I was a small boy, intuition led me to the basement of the old Lompoc Library where I met a holy messenger. I'll share another story from my youth.

Bud Bouchard was a farmer. He and his father had been farming the area around Northridge for years. I admired Bud. He hauled around a new four-cylinder diesel Caterpillar tractor on a trailer behind an old Model A. I wanted to learn how to drive that tractor in the worst way.

One day I found Bud parked in front of the post office. I stopped my bike, "Say Bud, do you need anyone to help you farm?"

He eyed me silently, "Well, Norm, you sure you really want to work?" "I like to work hard, and I really want to learn how to farm."

"Great! Jump in the truck; you can throw your bike in the back."

Soon I spotted Bud's yellow tractor in a big field as we pulled up.

"Get up there in the seat while I run you through it a few times."

Bud fired up the Cat and jumped into the seat beside me; we made a few turns around the field. "You got the feel of it now, Norm?"

I was a little dubious, but Bud went on: "Hook up the disk and have at it, I'll be back in a couple of hours to pick you up." Bud was putting me to a test, either I did or didn't run this Caterpillar and disk up the field. If I did it properly, I had a job.

I began the job, sensing right away that my intuition would figure out how to disk the field properly. I followed my inner guidance. Two hours later I finished the field, tidying up the edges. After shutting down the machine, I sat there admiring my first completed job.

Bud showed up. "Hey, Norm," he yelled, laughing. "You did okay. Not bad at all. Tomorrow I'll show you how to get it ready to plant."

Years later, as a young man, I was led by intuition to visit an artist with *Autobiography of a Yogi* on his coffee table. Seeing Yogananda on that book, my inner voice spoke loudly; I knew in an instant that I had to meet him. My life was changed forever, and eventually I was led to Santa Barbara to develop a spiritual community.

The all-seeing eye of God, the seat of Intuition, resides within each soul. Through Kriya meditation practice we return to our Divine Source, and commune with our Creator.

Practice patience, and listen to the voice of conscience, your intuition, when trying to make a decision. True direction from the pure Self does not arise from the emotions, nor from a confused mental condition. Be still and meditate a moment; listen to the space between your thoughts and you will receive the right direction.



*The soul has been given
its own ears to hear things
the mind does not understand.*

– Rumi

Finding Balance

Jake Collier, Sunburst

An amazing thing about Sunburst is that in the early days, we were able to establish communities and Sunburst businesses that supported them. Many members worked in the businesses, and all profits went into a common fund. This fund was managed by a few people who made all the property payments, paid the taxes, and took care of people's needs out of the fund. All that most of us had to do was get up in the morning, go to our job, show up for group meditation, and enjoy being with our friends throughout these activities and during our time off.

Just imagine, for a moment, if you didn't have to think about money, if you didn't have to worry about paying the bills that came in each month. And imagine having a job that you really enjoyed, so you felt inspired about going to work every day. And imagine living among friends who had similar interests. Just imagine how liberating that could be, just as it was in the early days of Sunburst. We were very free to focus on our spiritual path in everything we did.

Life in today's society is not always easy, and many of us find ourselves seeking more balance in our daily lives. As we learn to sit in silence, and focus within ourselves, we begin to notice our breath. We notice our inhalations, our exhalations, and the pause between each breath.

Thoughts begin to fade away, and suddenly we can feel Divine Spirit moving around us and within us. Like a gentle wind it presses upon every cell, and brings light to the darkness. Our understanding becomes clear. We may even recognize what changes we might make in order to find more balance in our lives.

If you are searching for a more balanced life, I encourage you to start turning the wheel of meditation every day. It brings indescribable joy and bliss, while opening up strengths within us that we didn't know existed. We begin to feel in tune with other souls, with Mother Earth, and with Divine Spirit.

Turning the wheel of meditation gives us the courage to make changes in our lives, to go against negative

opinions, and judgements of others. Ultimately, we're able to perceive, and know within us the truth that sets us free. We grow to understand that in order to be truly happy and free in this life, we must pursue this truth, and seek balance in every aspect of our lives.

*Almighty Spirit, creator of all,
Mother and Father to all,
We invite you into our presence
That we might feel your life
Pulsating within us and around us.
May our thoughts begin to slow
As we feel your presence
Come upon us.
May all mankind
Awaken to your presence
And to your calling
For us to become one with your nature,
And to live in harmony with one another.
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 embrace,
And to merge our love with yours.
Amen*

Events

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

SACRED GEOMETRY WORKSHOP

Divine Patterns in Nature

SATURDAY • NOV. 9 • 9:30 A.M. – 4 P.M.

Enjoy hands-on exploration in nature, presentations, and a creative workshop, guided by Sunburst's expert, Craig Hanson. sunburst.org/geometry

WINTER SOLSTICE CELEBRATION

Meditation, Dinner & Labyrinth Walk

SATURDAY • DEC. 21 • NOON – 8:30 P.M.

Celebrate the return of the light! Extended quiet meditation, connection with friends new and old at dinner, and a luminaria-lit labyrinth walk under the stars. Participate in all or part. sunburst.org/solstice

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

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

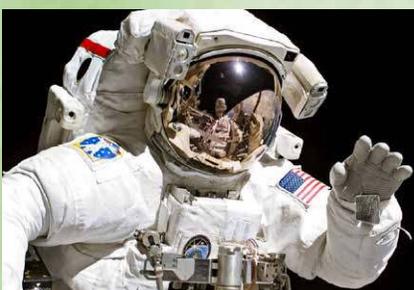
SUNDAY MEDITATION GATHERING

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. sunburst.org/sundays

News

Memorial Celebration

On Saturday, July 27th, Sunburst celebrated the life of our dear sister Valerie King who transitioned after a battle with breast cancer. The Sanctuary lodge was filled with family, numerous friends from Sunburst's early days to the present, as well as many business associates. Songs that had been written and sung by Valerie were performed by Sunburst musicians. Beautiful stories were shared of how Valerie had touched our lives.



Sunburst's Summer Star Party Spectacular

It was wonderful again to have such a huge crowd attend (August 3rd). Moksha, our Starfleet commander, led a presentation honoring the 50 year anniversary of Sunburst Community as well as a tribute to the 50th anniversary of the moon landing. She brought an actual space suit!



Retreat Chef

We are delighted to have Anna Lanman-Williams join our staff as a retreat chef. She brings many years of farm-fresh culinary delights to large group events. Everyone can look forward to her tasty creations at our upcoming retreats. Welcome, Anna!



Sunburst Community & Sustainability

Community members shared our 50-year history of sustainability and community living as well as a slideshow of past, present and future sustainability and permaculture inspired projects in San Luis Obispo and Santa Barbara in late August.

Permaculture changed my life and the way I view the world.
– Sean Fennell, Sunburst Permaculture instructor



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