

SUNBURST MONTHLY

Inspirations

November 2019

Coming Events



Sacred Geometry Workshop Exploring the Divine Signature

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



Winter Solstice

Meditation & Labyrinth Walk

SATURDAY • Dec. 21 – Noon to 8:30 P.M.

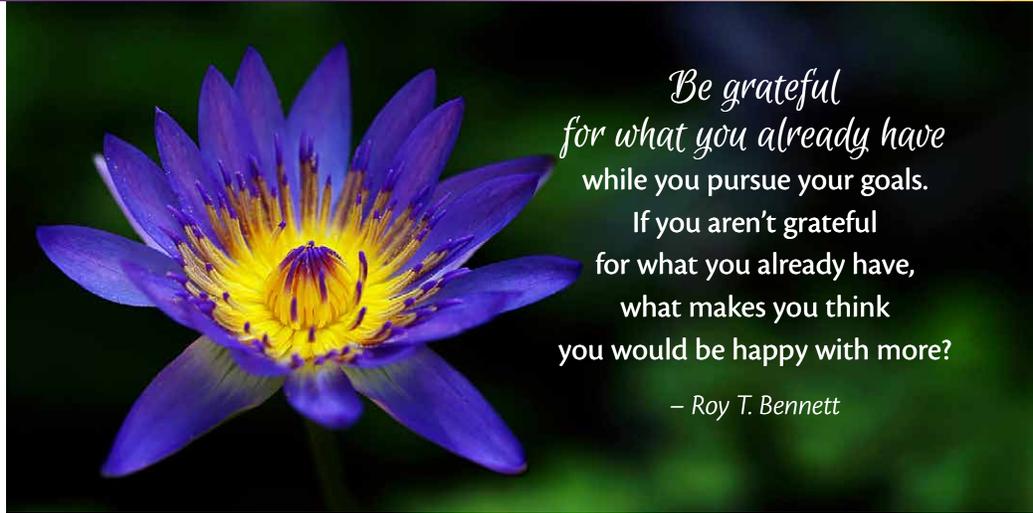


New Year's Kriya Retreat

Transformation • Meditation

THURSDAY – SUNDAY • JAN. 2 – 5, 2020

See page 4 for more events



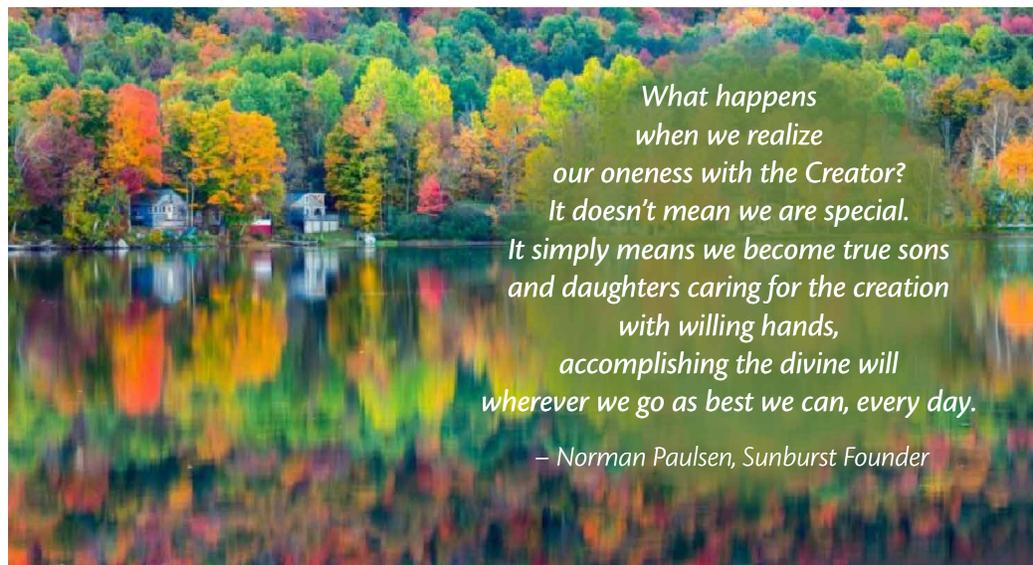
*Be grateful
for what you already have
while you pursue your goals.
If you aren't grateful
for what you already have,
what makes you think
you would be happy with more?*

– Roy T. Bennett

Mother-Father God,
We thank you for bringing us together
in prayer and meditation.
It is the longing of our hearts
that brings us here
To sit with you and feel your energy.
May each of us feel your spirit hand
upon us here today.

Amen

– John Kiddie, Sunburst



*What happens
when we realize
our oneness with the Creator?
It doesn't mean we are special.
It simply means we become true sons
and daughters caring for the creation
with willing hands,
accomplishing the divine will
wherever we go as best we can, every day.*

– Norman Paulsen, Sunburst Founder

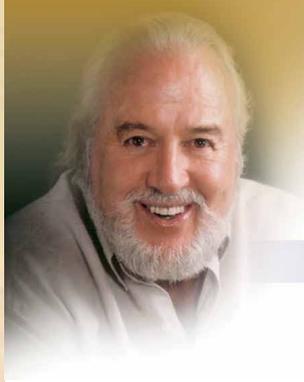
Fullness of the Heart

Letha Kiddie, Sunburst

Gratitude is a quality of thankfulness for both the joys and the challenges in our lives. It is the readiness to express appreciation and has a magnetic quality that attracts positivity and abundance.

Feeling grateful is best experienced as a fullness and expansion in the heart rather than a thought being channeled through our minds. Ultimately it opens us to the flow of love, goodness, and grace.

As Wayne W. Dyer describes:
Gratitude is a sacred space where you allow and know that a force greater than your ego is always at work and always available.



FOUNDER'S MESSAGE

Norman Paulsen

Almighty Spirit, We Thank You!

*Almighty Spirit, your light and energy
moves through our bodies and minds.
Let us see you face to face, brilliant like the sun.
What a miracle it is to be alive, and to contemplate you, Oh God.
All that we see, all that we know,
came forth from your divine presence.
From the testimonies of those who have passed before us,
we know that we can see you; we can hear your voice,
and feel your spirit hands upon our heads.*

*I am your child, Mother-Father Divine.
I pray that I may be a light in this world for others.
Open wide my heart that I may receive Your love abundantly.
I pray that Your light and love may be spread
to those who are afflicted and injured and lost in the darkness.
I pray for the cessation of wars, greed, and suffering.
I pray that this world can again be
a garden of beauty for Your children to live upon,
loving each other, helping each other, growing together.*

*May we turn the presence of our minds inward upon you,
that we may see you and hear you in our meditations every day.
What a wonder it is to be alive!
What a wonder it is to meditate upon you, Father-Mother,
while sitting upon this tiny world
floating in the infinity of galaxies and stars.
Yes, the immensity of your creation is stretching away from us
in every direction; and here we are, so miraculously alive.
What a wonder it is, this life that we have!*

*Almighty Spirit, we your children thank you
for bringing us together in the light of your presence.
Each one of us, in our own way, desires you in our hearts,
in our minds, in our souls.
Walk with us.
Remind us that you are within us
and love us dearly, each and every one.*



Thankfulness

Craig Hanson, Sunburst

Each day I begin with meditation and prayer to the Divine, thanking him and her for my life, and asking how I might be of service this day.

My prayer each day is "Not my will, but thy will be done through me," remembering to pray for others as well as for myself. Reflecting on the good qualities in others, I set an intention to express my love and appreciation for those individuals whenever the opportunity arises.

Having a daily affirmation to repeat has been helpful. For example: *I am grateful for who I am and for what I have. I am filled with happiness and gratitude.* Or, I just think: *Thank you!*

Sometimes I make a list of what I'm thankful for. Then I read it out loud in the morning, or evening.

Pausing before speaking to others, I think to myself: *Will these words be kind? Will saying this bring happiness? Is it necessary to say this?*

Dwelling on past experiences that have brought great joy and happiness has been life changing. These reflections bring me feelings of gratitude and hope.

Divine Spirit is eternally pouring down its light upon each one of us from the brilliant inner sun, who's sacred name is I Am That I Am.

I give thanks for the gifts that each person brings into the world, for their love and care of others, for their creativity, for their perseverance, and for their wisdom. All these things help to make this world a better place.

May we each be blessed with continual inspiration from the Divine. May we always feel thankful.

*Oh, Living Spirit,
I offer each breath unto you.
Thank you for this life.
Thank you for remembering me,
For guiding me,
For bringing your divine direction into my life.
Be with me when I sit in silence
And offer all that I am to thee
Thank you
Amen*

*True happiness is to enjoy the present,
without anxious dependence upon the future,
not to amuse ourselves with either hopes or fears but
to rest satisfied with what we have,
which is sufficient,
for he that is so wants nothing.*

– Seneca

Events

SACRED GEOMETRY WORKSHOP

Exploring the Divine Signature

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

DIVE INTO SILENCE

Weekend Retreat

THURSDAY – SUNDAY • FEB. 20 – 23, 2020

Explore the joy of quietness at this group silent retreat. Guided walking and sitting meditations, pristine nature, and more.

Beginners welcome! sunburst.org/silence

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 at 9:00 A.M. 1st and 3rd Sundays. sunburst.org/sundays



More News: sunburst.org/blog

Permaculture Design Course

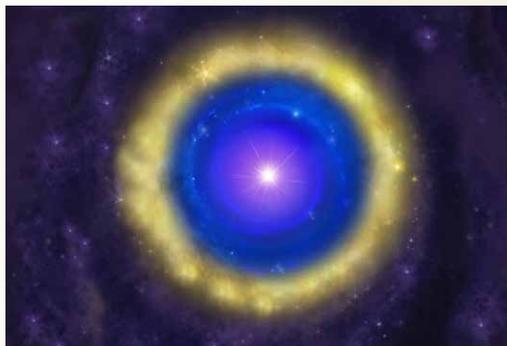
Sunburst hosted its first "PDC" late in September, with 15 participants earning a Certificate in Permaculture Design. Loren Luyendyk was aided by Sunburst's Sean, Heiko and Al, and a dozen other renowned permaculture teachers.

The 2-week program focused on designing agricultural and human land use with numerous hands-on activities. Delicious meals were sourced from Sunburst's gardens and other local growers and farmers.



Local Outreach

A historic landmark, the Lompoc Theater, is dear to Sunburst. Founder Norman Paulsen's blind father played organ accompaniment to silent films in the theater's early years. Lompoc's Chalks Festival benefits the Lompoc Theater Restoration Project. Designed by Sunburst's Michelle Schaefer, our art piece represented the many aspects of Sunburst Community, and was created over two days by Sunburst members.



Kriya II

Kriya II Retreat offered some unique classes: Chakra Yoga—Awakening the Spinal Centers; The Evolution of Consciousness; The Path of Yoga: Divine Union; and Awakening the Spiritual Seed. Those interested in learning or reviewing Kriya at Sunburst will have another opportunity January 2–5, 2020.



www.Sunburst.org
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