

Sunrise Ranch Newsletter

2018 Full Self Emergence

Monday, March 26 ~ Friday, September 28



Full Self Emergence is a 27-week residential program at Sunrise Ranch. It is for people who have awakened to the creative spirit within them and who are ready to let it out. The program is designed to share the enlightened knowledge of the transformational process that frees people to be fully themselves. It allows the participant to shed any limiting patterns of thought and belief they have absorbed from the world around them.

This program is held in a place for learning, personal development and thriving community, a place for the implementation of enlightened thinking and enlightened technology. It is also a place to pioneer a new relationship with Planet Earth and the natural world. Sunrise Ranch teaches primal spirituality—the spirituality that human beings are born with, and that ideally blossoms and grows as a person matures.

[Learn More and Apply](#)

Empowered Hearts

January 13 - 14



Gathered together in the warmth of Sunrise Ranch, Katie Gray and Bridget Law will hold a sacred and nurturing container for growth and healing. Katie will lovingly lead the group through various talks and group exercises, sharing insight about the collective mind and societal patterning. By consciously recognizing the mental loop settings, we can intentionally create new patterns that will allow us to act with love instead of fear. Bridget will guide us in a movement meditation connected to sound that will awaken our energetic bodies through dance and mindful contact. Opening ourselves from the inside-out helps us integrate the trust we will develop so that we can communicate more clearly and collaborate more effectively.

[Learn More and Register](#)

Winter Personal Retreats



Winter is a wonderful time to come to Sunrise Ranch and enjoy some personal R&R. The valley is a serene setting of peace amidst the stillness of the season. With comfortable accommodations, delicious healthy food and a loving atmosphere, Sunrise Ranch could be the perfect little getaway during the season. We have a number of additional options available to enhance the experience of your stay with us. Express yourself creatively in our Art Studio or with body movement with Yoga or Ecstatic Dance. Imagine a massage, a fondue dinner for two and a relaxing evening in the hot tub. Or perhaps a workshop, an energy session, or a guided inner exploration is more your style. We welcome you to relax, refresh and renew in this atmosphere of regenerative living.

[Learn More and Book Retreat](#)

Blogs

Winter Epiphany

By Jerry Kvasnicka

Planet earth,
Magnificent blue and silver orb
Coursing through space.
Not aimlessly,
But on a mission.
Guided by cosmic design and purpose.
Each subtle movement of the dance
A perfect response to tones of the Universe.

Tones clearly discerned
In the deep of a winter night,
Beneath skies sparkling with Orion's light,
As the seven sisters of the Pleiades frolic in the west,
And in the east a waning moon raises part of itself above the horizon.

[Read Full Poem](#)

A Subconscious Composition

By Gary Goodhue

If I have a vision of my mission, some idea, some little bit of sight or an inkling of knowing of why I am here, what my purpose is and what I am here to do inside of this world, then I can move forward. I can make a new decision. I can execute with precision. I can make choices based off of what I know as my truth about who I am and why I am here, what I am here to do. The more I make choices, and the more I actually take action with those choices, the greater that vision becomes. I can see more and more of who I am and why I am here, the part that I play in the greater whole.

[Read Full Blog](#)