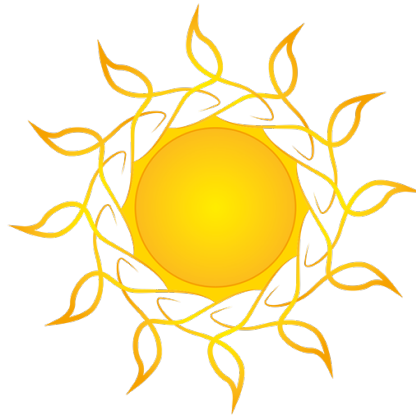




Sunrise Ranch Newsletter

Blessing & Understanding: Primal Spirituality 1

May 8 - 12 | 2018



Primal Spirituality is the innate spirituality of humankind. This is the reality behind all the world's religions and spiritual paths. It is the key to our conscious function as creators, and our access to Universal Love. And it is the remedy for the ignorance, dysfunction and self-sabotage that afflicts humanity.

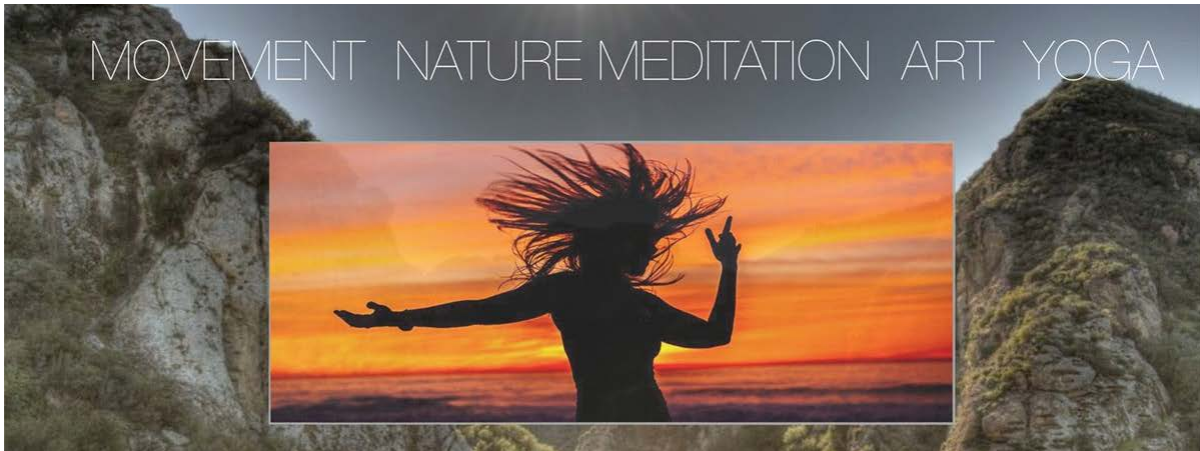
Primal Spirituality courses teach enlightened principles of emotional and spiritual intelligence. This workshop will take the participant through the first 2 of 7 gateways: Blessing and Understanding. People who take the Primal Spirituality Courses have the opportunity to come into their own personal mastery as a creator and to assist others to move into that same experience. The courses unlock the creative genius that inspires liberated thinking and opens new pathways of Universal Love.



[Learn More and Register](#)

Soul Kitchen Dance Weekend Retreat

May 4 - 6 | 2018



Join us for a three-day journey of Rewilding and Wellness. Take some time to release, unfold, unwind, unfurl. Take space to be held and nurtured by passionate guides while you let go, move, reflect and connect—with your body, your heart, your essence and others. Return radiant, rested and renewed. Enjoy organic, wholesomely prepared meals with all-day coffee and tea service. This is a time for self-care and hitting the reset button.

- MOVEMENT/DANCE RACHEL PHILIPPE, SOUL KITCHEN DANCE
- NATURE WORK NADINE FLOWERS, M.A., WILDERNESS THERAPIST
- MEDITATION JESSICA MADY, LCSW, MEDITATION COACH
- CONTEMPLATIVE ART & YOGA CHRISTINE DIANNI
- SPIRITUAL INSPIRATION LORI ROCK, REIKI PRACTITIONER

[Learn More and Register](#)

Sunrise Ranch Spectacular Summer Specials

April 1 - Sept 30



Announcing Sunrise Ranch Spa Passes!

Come relax, renew and revitalize in our peaceful valley, and indulge in our pool, hot tub and sauna, enjoy farm-to-table meals, and kick back with refreshments in our open-air lounge. Sunrise Ranch has unlimited opportunities for hiking, biking and spectacular photography, too!

- Customize your experience by indulging in one of our free classes/activities:
- Art classes on Monday and Thursday evenings
- Ecstatic Dance on Thursday evenings
- Hula Classes on Tuesday afternoons
- Personal Growth seminars on Friday evenings

[Learn More and Register](#)

View All Of Our Upcoming Events at
<https://sunranch.org/events/>

Poetry Corner - Any Moment

By Martin Cecil

Any moment of hating,

Any moment of lying,

Any moment of resentment,

Is a moment of dying.

Any moment of loving,
Any moment of giving,
Any moment of thankfulness,
Is a moment of living.

All our moments add together
Like the digits in a sum,
And the answer tells us plainly
Whether life or death shall come.



Blog Excerpts

Safety, Transparency and Co-Creation

By Justen Deason

Spring is here and with it agriculture is ramping up once more after working hard through the winter preparing for all things and running the greenhouse and winter markets. There are important reminders for everyone to observe at the end of this post, as well as a look at what is going on for our Food Sovereignty—the right of people to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.

Please come love the animals. So many of us, myself included, enjoy watching and interacting with them. The more they trust people, the easier they are to keep safe and healthy and thus happy. We want everyone to enjoy them. Just respect their nature and be observant of how they are able to communicate with us.

[Read Full Article](#)

Dissension – Friend or Foe?


By Heather Ryan

Maybe every moment in history NEEDS these seemingly opposing forces. Maybe we need the young to forge a path forward and break out of old ruts. Maybe we need the balance and understanding that can be gained from a lifelong pursuit of consciousness. Maybe we need opposing forces in politics, religion, business, education, finance, and at home in order to finally see that we are all part of one gorgeous, infuriating, ridiculous, amazing thing, and we all have parts to play at different stages and from different points of view. After all, dissension provides diversity, and a diversity of amateur inputs has been shown to solve problems more quickly and with better results than expert agreement. Maybe dissension is the grease on the wheels and the fire in the belly that facilitates and even empowers the All, moving from conflict toward cohesion, from confusion toward creation.

[Read Full Blog](#)

Special Events

★ Event ♥



Inner Bonding 5-Day Intensive with Margaret

April 25 - 29 | 2018

★ LEARN MORE

★ Event ♥




Primal Spirituality 1: Blessing and

May 08 - 12 | 2018

★ LEARN MORE

★ Event ♥



Mind, Movement, Magic

June 28 - July 1 | 2018

★ LEARN MORE