



Sunrise Ranch Newsletter

Dimensions of Disclosure

August 17 - 20

The old paradigm that created a story line of oppression and lies has ended. It is through our will that we courageously seek the truth about hidden technologies, systems of control, spiritual evolution and consciousness raising.

Awareness has created an ever-expanding unity in the collective, creating a common unity. We are that collective. We are becoming one in the Consciousphere.

As our collaborative brilliance folds into this powerful energy of creation, we bravely embrace the unfolding truth of Full Disclosure while celebrating the axiom of discerning wisdom, the abundance in unity and the ever-present frequency of love.





Our collective force acts as one heartbeat that will persevere with determination as we demand and embrace the many facets of Full Disclosure, while expanding our consciousness individually and, therefore, collectively. The common unity of awakening is widening. We welcome all to the Dimensions of Disclosure, a three-day and three-night co-creative camping conference with [20 speakers](#) disclosing their vast array of experiences and knowledge.

[Learn More](#)

The Bliss Retreat

August 30 - September 3

The Bliss Retreat is a four-night, five-day spiritual retreat held at the lovely Sunrise Ranch in Loveland, Colorado, and led by teacher, healer and channel Crystal Anne Compton, founder of The Lightworkers Lab.



Attendees of the retreat will have access to life-shifting teaching, vibrational attunement services, sacred ceremonies, intuitive resources and channeled information that will help them shift their perception and ultimately their whole lives.

They will also have opportunities to participate in sacred ceremonies, groups and workshops specifically designed to expand their consciousness and reach new spiritual heights.

Come to The Bliss Retreat to profoundly shift your life and leave with lifelong friends, a tightly knit spiritual community, and a new energetic lease on life.

[Learn More](#)

[Register](#)

[View All Our Upcoming Events](#)

Healthy Recipe – Cashew Chocolate Banana Protein Shake

Vegan / Gluten-Free / Sugar-Free / Delicious!!



2 frozen bananas, cut in 1/4-inch slices

1/2 cup cashews

2 cups almond milk, unsweetened

3 tablespoons cocoa powder

1/2 teaspoon pure vanilla extract

2 tablespoons honey

Place in high-power blender and blend until smooth.

Makes 3 servings.

Great for an afternoon treat and extra boost of protein for the day.

Enjoy!!

— Chef Barrett

Poetry Corner – What Stuff

By Atom Terperning

What stuff of which we are made.

All image we see, shadow and streak



In it we are made.

All charm we hear, rumbling and humming

The plink of a solitary raindrop, a pine
needle long tumbling to earth

Of that we are made.

All our flesh may touch, tender and vile,

Crouched and handled, seasonally
tempered and fading with onion skin

On that structure we are made.

All elixirs we taste, subtle sweet pine
pollen, salty sweat, draughts of rare wine of
rarer virgin water

Through this, made.

What stuff of which we reckon and recall,
imagine and endure,

Connecting our carved independence from
the cosmic all

Of which we are made

Of which the air stops at tissue yet the tiny
swerving particle race unimpeded

Of which we see only

The larger of the small infinity

And know only the smallest of the larger
manifestation

We are made

At once impermanent and splendid in the
eternal

This Stuff

These

Bones



Of

Ancient Stars.

Blog Excerpt

Media Animals Who Matter

By Tom Cooper

From a spiritual standpoint, what has intrigued me is how easily the more idyllic four-legged, two-winged, and multi-finned characters could open the hearts of audiences, especially of children. Many of these “real” animals have taught us about unconditional love, unwavering loyalty and self-sacrifice.

Although one is often moved by such films due to the animal’s exceptional heroism, what seems even deeper is that the canine (or dolphin, cat, horse or whatever) teaches the human being about love and about regaining primal spirituality. Usually in the “animal bonding” plots, the primary human characters have been wounded or alienated and thus they have difficulty with trust, with relationships, and with living with themselves. It is often the animal who models unconditional giving and loyalty to their human partner such that the wounded human learns to trust first their “pet” and then eventually to trust other humans and life itself.

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