



Sunrise Ranch Newsletter

Holy Days of Holidays

Written by Gary Goodhue



The holiday season brings something different for everyone. For some, it is a time of celebration and gathering of family. For others, it is a time of deep communion and spiritual focus. For yet others, it is a time of disconnection and loneliness. We tend to use this time to focus on either the presence of, or the lack thereof, of connection, joy and generosity in our life. The holiday season highlights our appreciation of what is; or our disapproval with what isn't. Feelings of disconnection are a result of the absence of connection in our living. And this is a gift that we can freely give to another in any moment, especially during the holidays.

May this season bring a surge of blessings and grace through connections to each other in this world. Freely offer a kind word and a smile, a secret loving thought, an offer of service or a random act of kindness. You could even offer a recognition of the divine being inside a

person regardless of what might be showing up through the personality. These are the gifts that mean more to our heart than any object wrapped in pretty paper. These are the gifts of Spirit that carry the true meaning of Christmas.

Imagine walking through your world with an invisible robe of radiance that penetrates loving energy into the heart of every person and every situation you encounter. You would be giving the greatest gift possible to your world, and it wouldn't cost you a dime. It does take choice, awareness and effort. And like all things, the more you practice the better you become!



May we each take advantage of every moment to dwell within the grace of love and be a blessing to this planet and all the living species and kingdoms, including human. The perspective of love, the openness to love and the expression of love is what every heart truly wants for Christmas. May your holidays become holy days as you live within and as the presence of LOVE.

Insight Meditation Retreat

December 26-30 | 2018

The Insight Meditation Community of Colorado presents:
Living Fully, Loving Well, a New Year's retreat with David Chernikoff.

The primary focus of this retreat will be the practice of sitting and walking meditation while keeping silence. There will be meditation instruction, dharma talks,

mindful movement practices, and opportunities for discussion. Using guided experiential exercises, we'll review the year that is ending and reflect upon what we've learned. At the end of the retreat, we'll set our intentions for the year to come and prepare to set them in motion on January 1st.

[More Info and Register](#)



The Nourishing Peace of Being Retreat

December 30, 2018 - January 5, 2019

Hunker down with Jeannie and friends for some cozy wintertime rest and rejuvenation at Sunrise Ranch in Loveland, Colorado.

Nestled in a valley at the feet of the Rocky Mountains, we will deeply sink into the nourishing peace of Being, feeding our bodies with presence and mercy, while we enjoy some of the most delicious organic meals that can be found on retreat. Let the cells of your body surrender to Jeannie's soothing guided meditations, be inspired and opened by compelling talks, exchange with Jeannie about your most core spiritual questions and enjoy experiential activities that take you further into the silent core of your being.

[More Info and Register](#)



Poetry Corner - The Angel's Call

by David Karchere



This blue green orb turns and turns, making another trip around the sun on her path through the celestial sea; Intrepid earth, finding her destiny, teaming with voyagers on board, turning, turning, Going 'round and 'round her source of warmth and light. She sails through the deep to explore territory unknown of stars, of nebula and night.

And now, the curtains of heaven open, just as she enters a new space resonating with the frequency of distant stars. The face of the angel appears through the parting of the telluric mist, shimmering in heavenly light, the hum of wings beating slowly, barely heard, his presence felt more than seen, his voice heard before he speaks, we hear the angel's call.

All is well, dear ones. Your journey has just begun. And while earth's fever shall continue for a while, peace is coming to the land, entering you even now as your human flesh transmutes into robes of light.

Fly, angel of earth, on this great journey through the galaxy. Keep coming, blessed one, for you are becoming fully what you already are, a luminous star in human form.

And so we continue our precious earthly lives now seen in the celestial setting in which they take place. And remember the angel's call in all things, large and small.

Aum-en. Aum-en. Aum-en.

Blog Excerpts

My Observations on Life, 76 Years In

By Jerry Kvasnicka

“Nullify” as defined by my dictionary is “to make of no value or consequence; to bring to nothing.” The founder of Sunrise Ranch, Lloyd Arthur Meeker, spoke of the principle of nullification and used it in relation to the distortion and dysfunctional patterns that surfaced in his own consciousness and also in relation to the conflict and corruption that were present in the world of his day.

By exercising the principle of nullification, he made these patterns of no effect in his own consciousness, and by virtue of the subconscious connections he had with all humanity he planted a similar nullifying influence in the mass consciousness. The force of this nullification depended on the absoluteness of his spiritual centering, and of the latter there was no question; he was totally centered in the truth of himself.

[Read Full Blog](#)

Gotti Get Out of this Place

by Tom Cooper

The title of this blog, *Gotti Get Out of this Place*, is not a typo. I want to talk about the movies *Gotti*, *Get Out* and the 60's hit song by the Animals, “We Gotta Get Out of this Place” all at once.

For the first time in this blog series I am not recommending the featured films –both are too violent and spiritually vacuous. But I think their popularity and the prominence of similar gangster and horror films/social satires represents something very spiritually important for your consideration.

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