



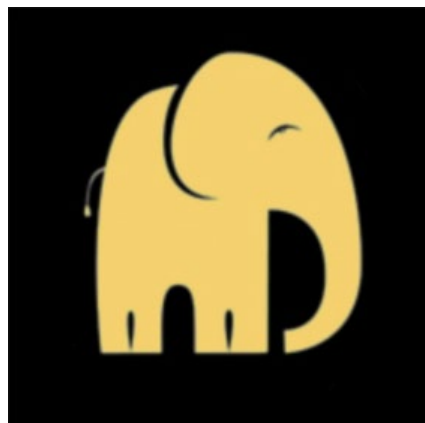
## Sunrise Ranch Newsletter

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*Never doubt that a small group of thoughtful, committed citizens can change the world.  
Indeed, it is the only thing that ever has.*

*~ Margaret Mead*

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### Gentle Wisdom Yoga

September 19-22, 2019

This nurturing retreat will take place during the beautiful Colorado fall season and among a

garden, reflection pond, hiking trails and a private gathering room. We will move gently with yoga, cultivate personal intentions to reshape a belief or habit into something more wholesome, explore and experiment with a variety of meditations and have time to integrate it all with time alone as well. The intention is to create a warm and welcoming environment to build a community of women who feel safe, supported and inspired. In this retreat, we will utilize Gentle Wisdom Yoga, Yoga Nidra, and Meditation.

[Learn More](#)

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## **Inner Bonding 5-Day Intensive with Dr. Margaret Paul**

**October 8-13, 2019**

Dr. Margaret Paul offers five-day intensive workshops for both individuals and couples. In an environment of safety and compassion, discover and heal the cycle of shame and self-abandonment that is the root cause of your anxiety, depression, addictions and relationship struggles. Dr. Margaret Paul quickly sees exactly how you are treating yourself that is causing your suffering and gently guides you in learning to love yourself and others rather than continuing to abandon yourself.

[Learn More](#)

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## **Introduction to Attunement (free event)**

**November 16, 2019**



*Free*

# Introduction to Attunement

- An energy medicine practice that opens up gateways for renewal through the endocrine glands
- A daily consciousness practice for personal wellbeing and empowerment
- A meta-practice that empowers the healing work of medical professionals and therapists
- Core principles of emotional intelligence that change people's lives

*When:* Saturday, November 16, 2019 — 10 a.m. to 5 p.m.

*Presented by:* Leading Teachers of Attunement Certification

*Register early!* Contact Sunrise Ranch  
[reservations@sunranch.org](mailto:reservations@sunranch.org)  
(970) 679-4200

*(Light lunch and snacks included.)*

Your Teachers:



David  
Karchere



Jane  
Anetrini

**[Claim your spot! Register now for this FREE event!](#)**

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All of these events are hosted at Sunrise Ranch Retreat and Conference Center in Loveland, Colorado.

**[See our Upcoming Events Calendar](#)**

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## Community Spotlight

Meet Melissa!



To see more video portraits of Sunrise Ranch Community members, visit <https://sunranch.org/videos/> and click on "Community Video Portraits."

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## Our Gratitude for ARISE Festival Continues





### **Celebrating The 7th Annual ARISE Festival: Colorado's Biggest Cr...**

ARISE Music Festival celebrated its 7th year at Loveland, CO's Sunrise Ranch on August 2nd-4th with a gathering 13,000 people.

[liveformusic.com](http://liveformusic.com)

This article wonderfully captures the multi-faceted time we shared at the ARISE Music Festival.

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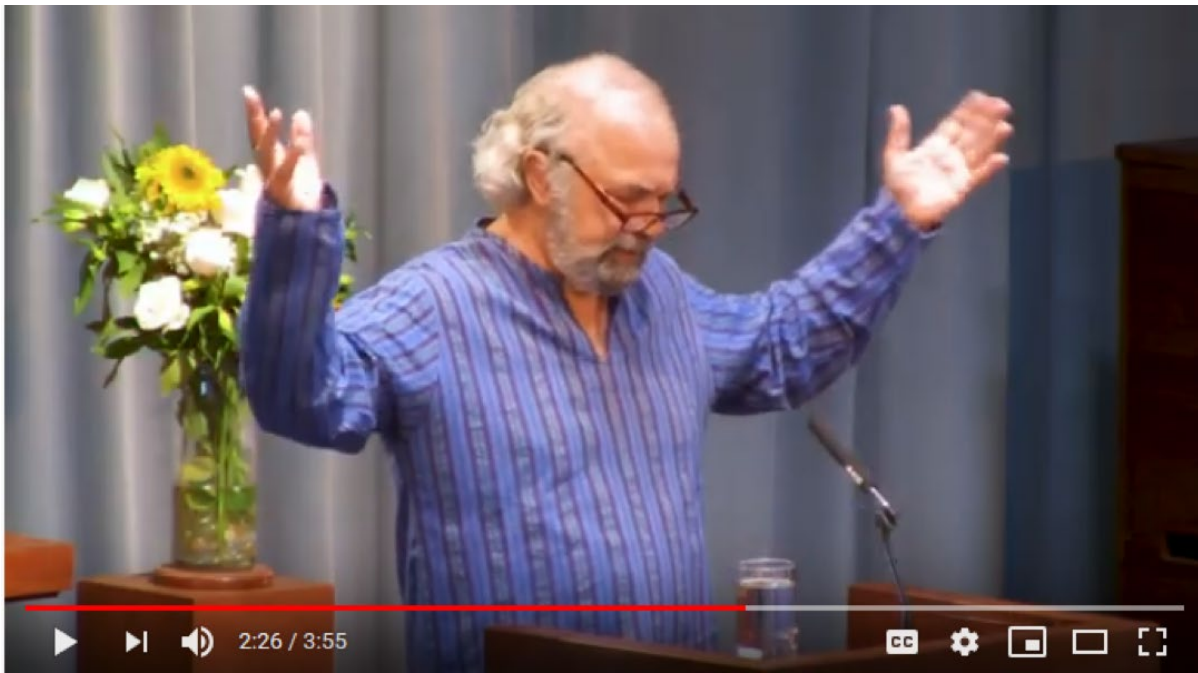
## **Community in Action**



A week after the ARISE Festival, on August 10, Sunrise Ranch community members and the staff from ARISE comb the pastures to pick up any remaining trash. The festival is a leave-no-trace event.

Find out what else has been moving within our community [here](#).

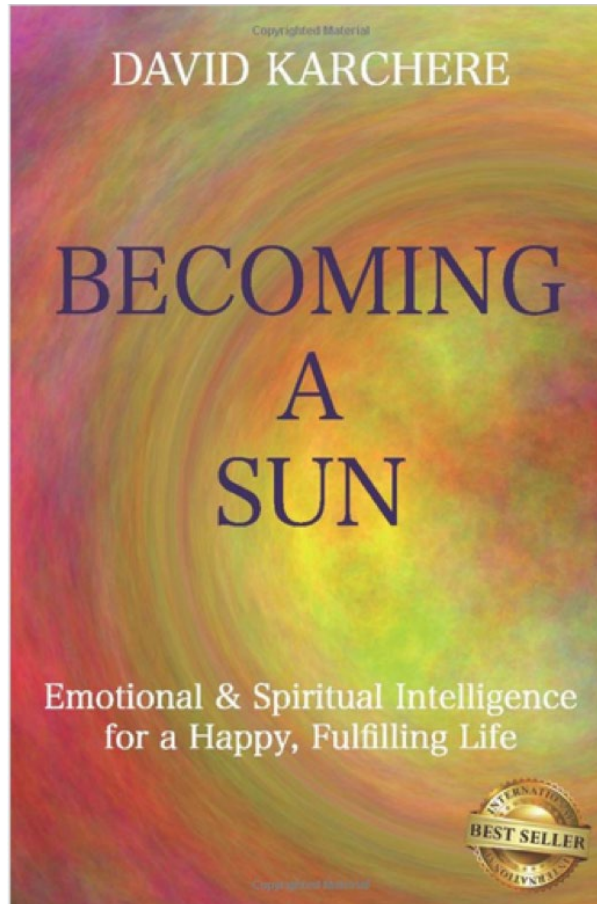
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In this video, Spiritual Director David Karchere reads an Attunement Card, "The Spirit of Purification," during the [Sunday service](#) in the Dome at Sunrise Ranch on August 11. We invite you to take a few moments and allow the Spirit of Purification into your experience.

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# Become a Sun with Us!



Quote from *Becoming A Sun*: *What your world, and the people in it, need most from you is for you to be a sun. They need your warmth. Your ability to offer your care for their well-being. Your ability to offer blessing. Nothing imposed. Nothing affected. Just the abiding spirit of love, constant in your heart of hearts.*

**[Get your copy today!](#)**

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**Who Are the Emissaries of Divine Light?**





In this short video, we open the doors to this unique group of people from around the world and this special valley in Colorado.

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## Find Us at the Farmers Markets!

**Saturdays, 9 a.m. to 1 p.m.**

Larimer County Farmers Market  
200 West Oak Street, Fort Collins, CO

**Dates:** May 18-October 26, 2019

**Sundays, 9 a.m. to 1:30 p.m.**

Farmers Market at Fairgrounds Park  
700 South Railroad Avenue, Loveland

**Dates:** June 23-September 29, 2019

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# The Seven Foundational Truths

For the next seven months, we will share our [seven foundational truths](#) of the human experience. Each one of them offers conscious empowerment for the soul.

We don't recommend blind belief in these statements. Instead, we invite you to reflect on them deeply. Explore whether they are true for you. See if they let you access something that you already know, but might have forgotten. Ponder how your life changes when you embrace the truth of these statements.

## 2: You Become What You Love



Through our love response to the source of all Being, we play our part with the One Law of Creation, which is the law of cause and effect, and so we become one with Source, and a creator of a new day for humankind.



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There is so much more we would love to share with you.

[Follow us on Facebook to see more!](#)