



Sunrise Ranch Newsletter

"We are already a human being of warmth and light on the inside. It is our destiny to become a living embodiment of that on the outside."

—David Karchere

[Check out this short podcast from eHealth Radio Network](#) with Sunrise Ranch Spiritual Director David Karchere on what it means to "become a sun."

UPCOMING EVENTS at Sunrise Ranch

Living Fully, Loving Well

A New Year's Retreat with David Chernikoff



December 27 - 31, 2019

The primary focus of this retreat will be the practice of sitting and walking meditation in Noble Silence. There will be meditation instruction, dharma talks 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.

[Find Out More](#)

New Year's Retreat

Coming Home to the Core of Your Being with Amoda Maa



December 29, 2019 - January 2, 2020

This retreat is an invitation to discover your deepest longing to “come home” and to fall open into the core of being. Held in a container of loving inquiry, you will be supported in bringing to light everything that stands in the way of your true radiant nature as this beingness. Through tender yet unwavering honesty, you will be invited to bring your brokenness, your vulnerability, and your wildness, right here into the present moment, to simply be with whatever arises, and to hold it in the bowl of unconditional acceptance. Together we will

enter the radiant field of openness at the core of all experience. And together we will celebrate the unspeakable grace of being human!

[Find Out More](#)

Healers Symposium

January 11-12, 2020

Are you looking to bring out the most radiant you possible in 2020? Come and immerse yourself in this two-day event as we learn new ways to care for ourselves and celebrate our new intentions for 2020!

The Second Annual
Loveland Healers Symposium
Focus On Nutrition, Health & Well-Being | Day 1: January 11th, 2020

Kristy Hall, MS, ROHP, RNCP

Dr. Michael Gaeta *Dr. Simi Ahuja* *Monica Corrado* *Diana Sproul*

The Second Annual
Loveland Healers Symposium
Guided Transformation Process - Clear Vision For 2020
Day 2: January 12th, 2020

Jonelle Davis

Apollo Love *Flora Melby* *Dr Jane Anetrini* *Secé Foster*

[Learn More](#)

Introduction to Attunement

(free event)

February 29, 2020



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

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

[See our Upcoming Events Calendar](#)

David Karchere's Book Signing

Please join us at 11 a.m. January 18 at Book Haven ([680 East 29th St., Loveland, Colorado](#)) to hear excerpts and get a signed copy of David's new book, *Becoming a Sun: Emotional & Spiritual Intelligence for a Happy, Fulfilling Life*.



Sunrise Ranch at Loveland's Winter Wonderlights!



Join us at Winter Wonderlights in Chapungu Sculpture Park on Saturday, December 13 & 14. In our igloo, we will have free holiday cookie painting and chocolate fountain treats!



The Power of a Radiant Heart

By Jane Anetrini



An excerpt from the November 27 Pulse of Spirit:

A pure heart is generous. There is generation when the heart is radiant, receiving the constant flow of love and pouring love into every circumstance. This happens easily in an atmosphere of gratitude. We have been given so much by life and by the people in our lives. There is so much to be grateful for.

We can express our appreciation in a universal way, and we can also specifically thank those who have offered us love and direction, and who consequently assist us to be where we are presently in our lives. [Continue Reading](#)

[Read more from previous Pulse of Spirits here](#)

Community Spotlight

Meet Jwala!



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

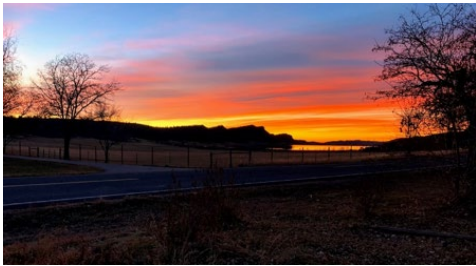
What's Happening at the Ranch?



Jake and Ayla cover themselves with leaves on the Pavilion lawn November 20.



Bruce does some cleanup work in the greenhouse November 15.



Mornings in Eden Valley can be stunning, as seen in this photo taken November 19.



A huge snowstorm hit Colorado and much of the Midwest during the last week of November. Our Maintenance crew and several community members shoveled many hours to make the campus walkable and drivable.



Members of the Kitchen crew pose for a photo on November 24.



Rachel sets up for our community Thanksgiving meal.



Sunrise Ranch residents and guests enjoyed a beautiful Thanksgiving dinner on November 28.



Our Thanksgiving meal, like all of our meals, receives a blessing before we dig in.



Roshana, Robby and Eden share the love with each other during Thanksgiving.

Join Our Team!



Sunrise Ranch has openings, including an opening for the [Homekeeper](#) to help in our Accommodations Building and other areas around the Ranch.

Know of a good fit? Please let them know about us!

[Learn more and apply here](#)



David Karchere

@davidkarchere

Follow



Mastery in living is first of all facing that there is something wild happening here. It's a wild ride, and there is all this creative energy, and you're either with it or you're against it.

8:02 AM - 14 Nov 2019

The Seven Foundational Truths

Each month, we are sharing our [seven foundational truths](#) of the human experience. Each one offers conscious empowerment for the soul.

We never 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.

4: What the World Needs Most from You is for You to Be a Sun

Just as the sun is the center of the solar system, we, as human beings, are destined to become a center of warmth, light and gravity for our world.



There is so much more we would love to share with you. [Follow us on Facebook to see more!](#)
