



## Sunrise Ranch Newsletter

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*“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can be taught to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. Even in the grimmest times in prison, when my comrades and I were pushed to our limits, I would see a glimmer of humanity in one of the guards, perhaps just for a second, but it was enough to reassure me and keep me going. Man’s goodness is a flame that may be hidden but never extinguished.”*

- Nelson Mandela

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### **UPCOMING EVENTS at Sunrise Ranch**

#### **Introduction to Attunement**

(free event)

**DATE CHANGED TO** February 29, 2020



*NOTE: We have outgrown the space that we had reserved at Sunrise Ranch for this free event (which had been scheduled for November 16, 2019). We will have to reschedule so that EVERYONE who wants to be here for this can be accommodated. February 29th is the next available date for this, so please change the date in your calendars. Please accept our apology if the date in February doesn't work for you. Know that it is our great desire to connect with you and bring the gift of this energy medicine practice to all who are called to it. Our Attunement and spiritual education programs will be upleveling in 2020, so please stay tuned on our Facebook page for current events and for our Facebook livestream of our Sunday services at 11 a.m. MT. Love and gratitude for you all!*

# *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!](#)**

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## 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](#)**

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## **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](#)

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## 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!

**Day 1:** An educational day featuring several leaders in their field. We will have presentations on a variety of topics related to holistic wellness, including epigenetic nutrition, mind/body medicine, and much more!

**Day 2:** A day for integration, with movement, intention-setting, sound, healing and more. This day is designed to reinvigorate your life so you can have the best year yet!

[Learn More](#)

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[See our Upcoming Events Calendar](#)

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**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!*

*Saidx Podcast Interview*

**David Karchere**

AUTHOR | SPEAKER  
WORKSHOP LEADER



*Amazon Bestselling Author of  
Becoming a Sun: Emotional and Spiritual Intelligence  
For a Happy and Fulfilling Life*



0:02 / 11:48

David Karchere is featured on SaidX Podcast. Here he shares the message of his book, [Becoming a Sun: Emotional and Spiritual Intelligence for a Happy and Fulfilling Life.](#)

## Community Spotlight

Meet Bruce!



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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## Join Our Team!



Sunrise Ranch has openings, including an opening for the **Director of Gardens and Greenhouses**. This person will manage all personnel and be responsible for all operations in our Gardens and Greenhouses.

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

**[Learn more and apply here](#)**

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**David Karchere**

@davidkarchere



When we are in an experience of glory, we're also in an experience of extreme and radical gratitude. And we get to experience that radical gratitude for the source of the glory, —the love that created it all, that's bigger than we are.

♡ 10:54 AM - Nov 4, 2019



[Follow David on Twitter](#)



Oren Yakovee speaks on the Vibrational Ark during the September 22, 2019, Sunday Service.

[Join us live each Sunday at 11am](#)

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## The Seven Foundational Truths

For the next several months, we will share our [seven foundational truths](#) of the human experience. Each one of them 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: Wisdom is the active knowing of the One who knows

When our human mind stops trying to dominate the world according to its own self-serving purposes, and opens to the pattern of Creation, it becomes a conscious instrument of the Creator.



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

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