



Sunrise Ranch Newsletter

July 2021

The personal life deeply lived always expands into truths beyond itself.

— Anais Nin

Hello Roshana,

This time of year when the firework stands pop up, I start to reflect on how grateful I am to live on this beautiful land. I'm so grateful for the freedom I have to be myself and follow my creative passions.

Of course, I could certainly find things that need improvement. I dream of a time when we can all find compassionate understanding so that we can work together and accomplish greater things. Do you feel that way too?

What is your dream? I'd love for you to reply and let me know.

Let's hold on to these precious dreams as we stay rooted in the present moment. Together

we can navigate through all of life's situations and create the new world.

I hope you have a wonderful independence day and enjoy this version of the newsletter.

Upcoming Events

Relationship with the One

July 23-25, 2021



Many people spend a large portion of their lives or a ton of time and energy searching for the ultimate soulmate relationship. That one person that will make us feel whole, complete and somehow worthy of being loved.

What if I told you that this relationship that you are seeking already exists? That you already have it and that it has been there the whole time. That the most important relationship that you can ever experience is between you and the ONE infinite creator, the ONEness or whatever you would call the unimaginably high vibrating consciousness from which everything, including us, derives.

[Learn More](#)

Treasure Maps, an Untangling Retreat

Aug 12 - 18, 2021



Do you long for life to change but keep getting tangled up when you try?

Does what you want for your life seem impossible?

It sounds like you might have a Tangle...

Treasure Maps is a six-day retreat for untangling your Tangles and turning your life around – so that what was impossible becomes possible.

[Learn More](#)

Entering a Sacred Space

Join me along with Sunrise Ranch resident, Karen Boyett, as she blesses us with a chant that transports us into a sacred space together.



A horizontal banner with a blue background and a white sun icon on the left. The sun icon is part of the 'SUNRISE RANCH' logo, which includes the tagline 'RENEW • LEARN • TRANSFORM'. To the right of the logo, the text reads 'BECOMING A SUN PROGRAMS' in bold, black and blue letters. Further right is a circular image showing three people standing together in a field. To the right of this image, the text reads 'Emotional and spiritual Intelligence for a happy, fulfilling life'. On the far right, there is a yellow button with the text 'JOIN FREE TODAY' and the words 'Online Learning Community' above it.

BECOMING A SUN PROGRAMS

Emotional and spiritual Intelligence for a happy, fulfilling life

Online Learning Community

JOIN FREE TODAY



Heaven is known on Earth
because we bring it.

— *Patricia Gursu*



Community Highlights



We have some truly amazing people who work with our animals here at Sunrise Ranch! Sarah and Casey are two heroes who bring their smiles and warm hearts with them everywhere they go. We are so thankful for what they bring to our community!



We had an AKC dog race here at the ranch over Father's Day weekend! Look at them go!



Lupa is seen at the Farm Stand on County Road 29, just north of the Sunrise Ranch campus. The Farm Stand is open from 2-5 p.m. Fridays and 11-5 Saturday and Sunday.



Keahi and Derik spent the evening at Sweetheart City General in downtown Loveland on June 11, where Sunrise Ranch had veggies and fruits and all kinds of goodies for sale.



Atom is seen on the big-screen TV while David speaks during our Community Session in the Mountain View room on June 17. It was the first in-person Ranch event in more than a year, as restrictions from the global pandemic were lifted.



Several of us took a trip to Sweet Heart Winery on Tuesday, June 29. The property is gorgeous and the conversations with friends were amazing!

True Vision



I often have to remind myself to shift my perspective. I know that I am seeing through the lens of polarization anytime I feel frustration or distress. I ask myself, *How would I see this if I perceived it as a golden opportunity to rise above the tyranny of the mind's habitual judgments and polarized perceptions? What limiting beliefs and assumptions are interfering with my seeing this from the perspective of heaven?*

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The Body Temple



The physical body can be subject to all kinds of abuse—lack of care, proper feeding, watering, and exercise; and self-criticism due to size, shape, and appearance. And even shame born of vestigial religious shadows around physicality and sexuality.

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Thank you for taking the time to read this newsletter. On behalf of Sunrise Ranch, I send our love and I look forward to connecting with you again next month.

All the best,

Lana
Sunrise Ranch Outreach