



---

# Sunrise Ranch Newsletter

---

**Permaculture Garden Design**

**March 9 - 10 | 2018**



**This introduction to permaculture workshop will take you on a journey through the design science of**

## permaculture.

We will discuss the founding ethics and principles, touch on the history of the movement, and then move into basic design tools and how they can be implemented in your life and garden. These will include the concepts of zone and sector analysis, observing and reading landscapes and systems, and pattern recognition.

Participants will have the chance to ask specific questions about the ways permaculture design could help in their lives and gardens, and we will provide resources and recommendations for further study, practice and involvement.

[Learn More and Resister](#)

Check out this [video](#) from the 2017 Permaculture Action Course that took place during the ARISE Festival:



**Greenhouse Design with a Professional**

# Permaculturist

March 10 - 11 | 2018



We will discuss greenhouse types and strategies in different climates, how to orient and place a greenhouse for passive heating and cooling, equipment needed for setup, and appropriate technologies for automation and efficiency.

Beyond the structure itself, we will dive into growing systems and watering strategies. We will look at drip irrigation and rainwater harvesting for soil-grown plants, and we will explore growing in the vertical space with hydroponics and aquaponics.

[Learn More and Register](#)

---

## Sunrise Ranch Full Calendar of Upcoming Events

<https://sunranch.org/events/>

**Full Self Emergence**



**The 2018 program is 27 weeks long**

**Beginning Monday, March 26 through Friday,  
September 28.**

The philosophy of Sunrise Ranch is to honor Universal Being in all of Creation and, most importantly, in ourselves. This philosophy is the foundation of the Full Self Emergence Program.

Rebirth happens in the midst of disintegration. This is the way of the phoenix. Virtually everyone finds themselves surrounded by this phenomenon. But it is not only happening outside of us. As human beings, it is transpiring in our own personal experience. For some, struggle pervades their lives. And for others, the spirit of rebirth brings new adventure and fulfillment. What do you want to birth into your life?

If you feel ready to walk a path that lets the fullness of your spirit come forth, and you desire to engage in an environment where that is welcomed, we invite you to consider Full Self Emergence.

[Learn More and Apply](#)

---

## **I was OK**

**By Courtney Herrera**

I was OK, being invisible. This is life, I told myself. Unseen but seeing. Seeing but unseen.

The loneliness became my constant

## **Crutches: A Parable of Humanity**

**By Jerry Kvasnicka**

Ages ago, in what was perhaps the most dubious flash of inspiration in history, someone decided that he could improve

companion. After such a long time, the ache was unnoticeable.

I was OK.

I saw. I was unseen. Invisibility is not a superpower. It is just how things have always been.

Occasionally the ache would break through, but it was nothing I couldn't manage. A few tears, squeezing myself back together. I was OK.

upon the process of walking by developing two wooden poles, with padding on one end, to be placed under the arms and used to catapult the body forward without the necessity of bending the knees or otherwise using the legs except as a stabilizing factor. He called his invention crutches.

Initially the idea was rather slow in catching on. But zealous sales promotion was finally successful in convincing people that they really couldn't afford to be without crutches, and if only because they were such a novelty, more and more were purchased.


[Read Full Poem](#)

[Read Full Blog](#)

---

## Special Events

★ Event ♥



Sunrise Ranch Valentine's Day Dinner

February 14 | 2018

★ LEARN MORE

★ Event ♥




Primal Spirituality 1: Blessing and

May 08 - 12 | 2018

★ LEARN MORE

★ Event ♥



Mind, Movement, Magic

June 28 - July 1 | 2018

★ LEARN MORE