



Sunrise Ranch Newsletter

The Place the Light Enters: A 5-day retreat



From April 4-9, we will gather in beautiful Loveland, Colorado, where we will engage an in-depth journey of nondual spirituality and meditation; guidance and support in shadow work, emotional healing and discovering the tantra of everyday life; plus gentle movement and embodied mindfulness practices, all in the context of a grounded awareness which does not seek to “fix” us, but celebrates the mystery and sacredness that we already are. Together we will explore the mysteries of both being and becoming, acceptance and change, deep rest and a full embrace of life.

During the course of the retreat, each morning you will rest in nondual spaciousness and presence with international author and spiritual teacher Jeff Foster; in the afternoon you will explore the alchemy of psychological and emotional integration with psychotherapist and author Matt Licata, PhD; and prior to the evening session, you will enjoy somatic-based

mindfulness practices with author and mindfulness trainer to the United Nations and Google, Kelly Boys.

[Learn More and Register](#)

View All Of Our Upcoming Events at
<https://sunranch.org/events/>



Sunrise Ranch Community Council

For the past few years, Sunrise Ranch has had a council comprised of local community members. The council gathers to look at individual and collective needs and issues within the community and heart-storm ideas and solutions. They also celebrate what is working well and innovate ways for the community to come together on group projects. Along with the Sunrise Ranch Social Committee, it is a way for the community to support itself with a fun and healthy co-creative culture. At the beginning of the year, the community collectively voted on 3 open seats in the Sunrise Ranch Community Council. Newcomers Justen Deason, Jacqueline Alvine and Gary Goodhue were welcomed by current council members Uma Faith, Atom Terpening, Courtney Bohlman and Diana deWinton.



The council recently coordinated a community project action day, led by Atom Terpening. There were multiple teams of people working together on various projects throughout the Ranch. There was a trails team hiking the side of the mountain, maintaining and creating new trails. A demo team came together to help demolish an old storage shed that had lived past its days of productive use. The fence team helped set posts to build a fence around our new child care yurt that we constructed last year, while the MOOP team combed the property offering care and stewardship to multiple objects that were out-of-place. Caring for our community, letting go of the old and bringing in the new is a good recipe for success for anyone. And, it's always more fun when done with others!



Poetry Corner - The Calling

By Dorian Black

I am commanded by the Truth of Love.

No doubt it could be pleasant to remain
Cultured in comfort while the insistent rain
Of honesty drums on the roof above
My chambered sleep. Dreams might the
specter of
Intention clothe to mystify the brain
And let soft slumber rate the losses gain.
But still the fingers ache within the glove.
Hands must obey, unlock the sheltering
door,
And well-shod feet walk naked on the
sand.
It will not do, when the intrinsic voice
Compels obedience, to presume a choice.
It will not do, to pause upon the shore
When seaward thunders the divine
command.



Blog Excerpts

A Question of Incentive

By Jerry Kvasnicka

There is a longing or natural inclination built into the very core of every human being to offer something of value in the living of life, a compulsion to express integrity and the other qualities of true character, a quest for creativity and excellence. But this innate impulse gets covered over if not totally smothered by the conditioning that comes from living in a world where false values springing from greed and self-centered ambition tend to dominate.

Economic incentives, competitive enticements of all sorts—yes, given the present state of human consciousness, I suppose these contrivances may be useful in mobilizing the energies of human beings to ensure that at least something gets done. But if we will allow

this spurious conditioning to dissolve so that our inherent creative impulse and passion for excellence can surface in life expression, we will find all such artificial devices unnecessary, not only unnecessary but dehumanizing.

[Read Full Blog](#)

Royal Leamington Spa - Some Thoughts on the Future

By Phil Richardson


My wife, Ruth, and I arrived in the town of Royal Leamington Spa in Warwickshire, England a few days before Christmas last year, to begin our protracted ten week house-sit and to use that time to search for the right house in the right place for us to establish a new home.

It's a quiet, pleasant town straddling the winding River Leam, spaciouly laid out and full of Regency architecture, a large well-kept public park and a pervasive atmosphere of wellbeing. A perfect place to ponder with gratitude the sixty five years I had lived in Africa and to relish the unknowns of my future here in the land of my birth.

[Read Full Blog](#)

Special Events

★ Event ♡




Activation of Silence: Enter
the Door of the Heart

March 23 - 25 | 2018

★ LEARN MORE

★ Event ♡




Primal Spirituality 1:
Blessing and

May 08 - 12 | 2018

★ LEARN MORE

★ Event ♡



Mind, Movement, Magic

June 28 - July 1 | 2018

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