



Sunrise Ranch Newsletter

Tibetan Cranial Apprentice Training

Thursday, May 24, 2018 (4 p.m. start) – Tuesday, May 29, 2018 (6 p.m. end)



This training is open to new and continuing apprentices. New apprentices will work with our teacher interns and will join with Shar Lee and continuing apprentices for significant portions of the program.

To become a Tibetan Cranial® Practitioner, a two- to four-year program of instruction, study, and practice is required. We call this process “Apprenticeship,” in the same way other fine crafts have been taught throughout history. Working under Master Teacher Shar Lee, apprentices develop the ability to hear the language of the pulses in order to know exactly what each client needs. Developing this skill takes training, practice, patience, humility, time, and dedication. Apprentices also cultivate a strong spiritual practice that allows them to sustain a sacred state of mantra or prayer throughout a Tibetan Cranial session. Connection to Spirit allows for information to be received and understood in a more precise way, thus opening the possibility for the client to heal from within.

[Learn More and Register](#)

Co-Creators Convergence 2018

Heartful Co-Creation: Answering the Call to Love

May 30 - June 3



Join us for a unique, experiential gathering in Loveland, Colorado.

We welcome ALL HEARTS to join us as we celebrate and deepen our connection to the power of LOVE to unite, heal, harmonize and transform. The Co-Creators Convergence creates a safe, sacred resonant field of immersion in ceremony, play, learning, sharing and being in service to the personal and planetary heart of conscious evolution. You will be inspired, transformed, entertained and connected to the heart of ALL, meeting soul family and heart friends.

Bring your tender, noble, open heart. Bring your curiosity, wonder, awe and gratitude. We will meet you in the HEART: Harmony, Expansion, Activation, Radiance, Transformation.

[Learn More and Register](#)

See Our Full [CALENDER OF EVENTS](#)

Poetry Corner – Many Voices

By Dorian Black



I have heard many voices in my life
And understood them all as if they were
A part of me. Voices of wrath and strife,
Voices of indignation and despair,
Voices that cut my heartstrings like a knife,
And voices full of tenderness and care.
None of these voices can contentment bring,
Yet all contribute to the song I sing.
Contentment comes when in one moment's grace
The gathering of a lifetime's voices blends
Into the bass tone for an interface
Of thought and form. Then gratitude extends
For new creation, and the Song descends
Full-fashioned, fresh, melodious and sweet.
Who would not marvel, such a Song to greet?

Healthy Recipe – Stuffed Cabbage Rolls

For the Stuffed Cabbage

- Coarse Salt
- 1 Large Head Savoy Cabbage (2 to 3 lbs)
- 1 Pound of Ground Beef, Pork or Chicken
- 2 Cups of Brown Rice (from 1 cup dry)
- 1/2 Medium Onion, Finely Chopped (1 cup)
- 1/4 Cup Chopped Parsley

For the Tomato Sauce

- 3-4 Large Tomatoes, Peeled
- 2 tbsp Extra-Virgin Olive Oil
- 1/2 Medium Onion, Finely Chopped
- 2 Garlic Cloves, Minced
- 1/8 tsp Red-Pepper Flakes



- 1 tbsp Hot Paprika

Make the tomato sauce: Pulse tomatoes with juice in a food processor until finely chopped. Heat oil in a medium saucepan over medium heat. Add onion, garlic and red-pepper flakes. Cook, stirring constantly for about 6 minutes until onion is tender, then add pulsed tomatoes and juice. Bring to a boil. Reduce heat and simmer for about 20 minutes, stirring occasionally, until slightly thick. Season with salt. Let cool completely.

Make the stuffed cabbage: Bring a large pot of salted water to a boil. Add cabbage head and cook for about 3 to 4 minutes until outer leaves are tender. Remove with a slotted spoon and peel outer layers of leaves. Pat each leaf dry. Return remaining cabbage to water, and repeat until all leaves are cooked and removed. Select 12 large light-green leaves and reserve remaining leaves for another use.

Preheat oven to 375 degrees. Gently stir together the raw meat, rice, onion, parsley, paprika and 1 tbsp. of salt to make the filling. Working with one leaf at a time, trim the thick part of the rib with a paring knife, leaving leaf intact. Arrange about ½ cup of filling in the center of each leaf. Fold stem end of cabbage over filling. Fold in the sides of the cabbage and carefully roll cabbage over filling to form a package, overlapping ends to make a seal. Transfer each, seam side down, to a large, shallow baking dish.

Spread sauce over stuffed cabbage leaves. Cover and bake for about one hour until cooked through and cabbage is tender. Enjoy!

Blog Excerpts

The Inspiration List

By Tom Cooper

What if someone created a different type of listing such as, “the most inspiring” or “the most spiritual” media of all time? Or, what if the list were more modestly identified as “media that matter” or “media that elevate” so they are not tied to the notion that I am somehow uniquely qualified to determine what is best, nor caught up in the comparison game.

Throughout the year, I’ve given readers examples of works in different media that I and close friends of mine have found uplifting. In this blog I have called them Media which Matter. So, I’d like to compile a list that includes some of these in case you or your friends are looking for the opposite of a bucket list. The inspiration list I’ve compiled is not tied to something to do before you eventually die, like a bucket list, but rather to enrich your very reason for living.

[Read Full Blog](#)

Understanding the Blessing: Primal Spirituality

By Gary Goodhue

There are structures of design within creation that are set as the rules of the game. For those that know the rules of the game, they are able to play at a higher level than their brother and sister who do not understand why things are happening the way they are. There is a divine design, the way things work, and there are consequences of life when we try to work outside the design. This is not punishment from an angry God, simply the result of the One Law: Radiation/Response, Action/Reaction, and Cause/Effect.

There are certain gateways within the human design that either allow for or block the expression of seven divine virtues for a whole and healthy life. As human beings, we are made up of a combination of elemental influences and natural capacities. We each have a body, of whatever type and function. We each have a mind, however well wired or trained. We each have a feeling realm, to whatever degree of sensitivity. We each have a spiritual connection, by whatever name we give it.

[Read Full Blog](#)

Special Events

★ Event ♥




Tibetan Cranial Apprentice
Training

May 24 - 29 | 2018

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Primal Spirituality 1:
Blessing and

May 08 - 12 | 2018

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Mind, Movement, Magic

June 28 - July 1 | 2018

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