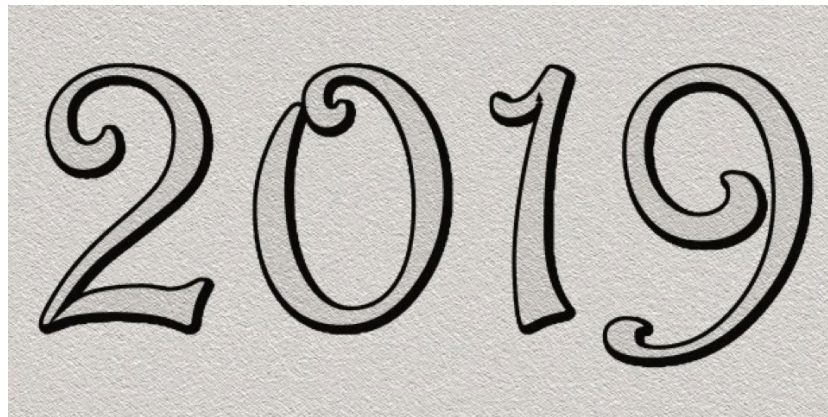




Sunrise Ranch Newsletter



2019 brings a whole new energy for the upcoming year. This is a year of action and transformation. This is the time to fully step up into who you are and who you were meant to be. There will be a heightened influx of energies that are challenging the old paradigms of fear and separation, and creating greater space for the new awakened paradigms of operating from love and connection.

These energies will bring you situations and opportunities to choose and express differently than before. There are many joys and blessings available in the year of 2019, especially in the form of creative expression. The Spirit of Life understands your unique journey and the entire Universe is working to help you remember your inherent greatness. If we take intelligent action steps toward meeting the Truth of ourselves half-way, then the magic of Life is able to unfold a reality greater than we could conceive.

This year will offer greater opportunities to claim your unique gifts and offer them through service, fueling a feeling of fulfilling mission. With new opportunities comes new forms of expression, and fresh, enlightened thinking about your goals, ideals and the purpose you serve in the world. 2019 holds potent creative potential for life-changing action and transformation. It simply requires us to have the courage to step into the uncomfortable and the unknown.

This year invites us to change, expand, grow and radiate love without conditions or attachment. May we meet what is called forth from us and dwell in the everlasting grace of conscious evolution.

Primal Spirituality 4 - Grace

February 7-9, 2019



Primal Spirituality is connecting to our source and embracing our destiny. It is reclaiming our first spirituality—the spirituality we were born with. And it is answering the call of our future, which is to embrace our role as co-creators on Planet Earth.

Primal Spirituality courses teach enlightened principles of emotional and spiritual intelligence. Utilizing these principles, the courses are constructed to open seven personal gateways of experience.

This course consists of clear presentations and powerful experiential exercises that lead the participant into a knowing of their Primal Spirituality. Primal Spirituality courses are led by an experienced team of teacher-facilitators, and assist participants on the journey of becoming on the outside what they already are on the inside—a Being of great wisdom and love.

[More Info and Register](#)

DIY Landscape Design Retreat

February 16-17 | 2019

Work with a professional designer to develop an ecologically smart landscape design specific to your property!

Learn the guiding principles of



permaculture design and how to incorporate elements such as:

- Edible plant guilds
- Rainwater harvesting
- Grey water
- Backyard chickens
- Compost

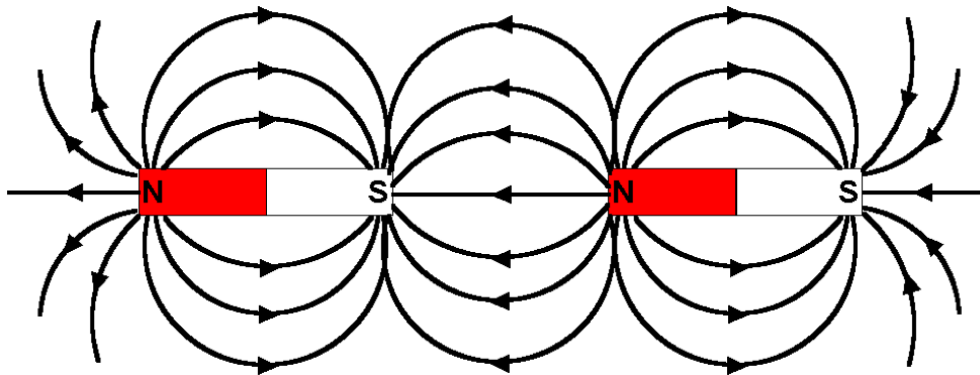
- Micro-climates
- Outdoor living areas
- Hardscape
- Xeriscape

Bring pictures, maps and ideas, and undergo your own design process to develop a base map, concept design and detailed plan that can be implemented this coming spring!

[More Info and Register](#)

Poetry Corner - Attraction

by Patrick Campbell



Apparently the guiding principle of our universe is attraction.

Even as the particles of creation coast silently out from their mysterious origin, they gather forming clusters and clouds
and stars and planets

and human beings.

And human beings are attracted to one another. Human beings are attractive.

We gather

forming clusters and clouds

and families and friendships

and spiritual communities.

This, then, is the Pattern of Creation:

it is as powerful and yet as effortless as gravity;

as mysterious and as simple

as a smile.

Healthy Recipe - Sweet Potato-Spelt Biscuits



Prep time: 20 mins

Cook time: 20 mins

Total time: 40 mins

Serves: 8 to 10

These simple vegan sweet potato biscuits are so moist and flaky, they practically melt in your mouth.

Ingredients

1½ cups spelt flour (or whole wheat)

1 tablespoon baking powder

¼ teaspoon sea salt

4 tablespoons cold vegan butter or coconut oil

1 cup mashed cooked sweet potato (from about 1 medium potato)

¼ cup nondairy milk

Instructions

Preheat oven to 400 degrees F.

Sift flour, baking powder, and sea salt together. Cut in margarine or coconut oil until mixture resembles coarse meal.

Mix in sweet potato and milk until combined.

Scoop out ¼-cup mounds of dough (an oiled ice cream scoop works well) and flatten to biscuit shape on a parchment-lined baking sheet.

Bake for 20 minutes, or until bottoms are golden. Transfer to a fabric-lined platter or basket and serve warm.

Recipe provided by vegkitchen.com