



Sunrise Ranch Newsletter

FULL SELF EMERGENCE

RENEW • LEARN • TRANSFORM

7-Month Residential Program



Full Self Emergence is a 27-week work-study residential program at Sunrise Ranch. It is for people who have awakened to the creative spirit within them and who are ready to let it out. The program is designed to share the enlightened knowledge of the transformational process that frees people to be fully themselves. It allows the participant to shed any limiting patterns of thought and belief they have absorbed from the world around them.

It is a place for learning, personal development and thriving community, a place for the

implementation of enlightened thinking and enlightened technology. It is also a place to pioneer a new relationship with Planet Earth and the natural world. Sunrise Ranch teaches primal spirituality—the spirituality that human beings are born with, and that ideally blossoms and grows as a person matures.



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.

The 2019 program is 27 weeks long, beginning Monday, March 25, through Friday, September 27. Accepted participants are asked to arrive on Thursday, March 21.

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.

APPLICATIONS ARE BEING ACCEPTED FOR THE 2019 SEASON.

[More Info and To Apply](#)

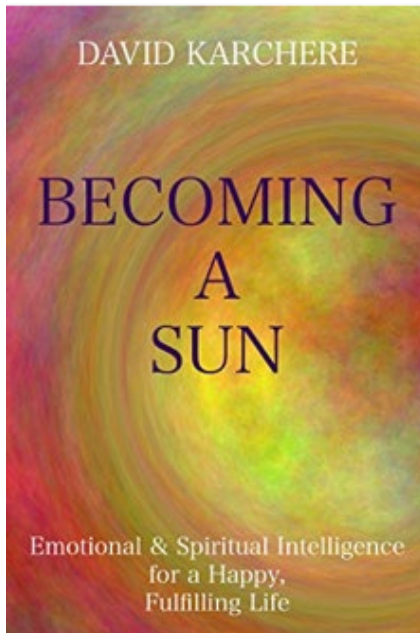
Becoming a Sun

March 5-9, 2019

Join author, speaker and workshop leader David Karchere for an uplifting, empowering journey to explore your personal destiny. You'll have the opportunity to gain a profound insight into the significance of your own life story. You will also see how the issues that challenge you are also doorways for your own creativity. You will learn to access that creativity in new and empowering ways.



Most importantly, you will connect deeply with your own destiny and the destiny of all humankind—to become on the outside what you already are on the inside—to become a sun.



This workshop is based on the book by the same title by David Karchere.

It's an experiential, customized program that will impact your life through the use of emotional and spiritual intelligence.

- The Warmth of Blessing
- The Atmosphere of Understanding
- Burst of Taking Action
- The Fusion of Fulfilling Mission
- Rays of Enlightened Thought
- The Gravity of Courage
- The Radiance and Reflections of Grace

By the time we're finished, you will KNOW your life purpose and calling and be inspired to move forward as never before. You will have experiences that free yourself of the negative messages and patterns of belief so that you can have a happy and fulfilling life!

[Learn More and Register](#)

[Sunrise Ranch Full Event Calendar](#)

Healthy Recipe - Flax Seed Gnocchi



Ingredients

1 pound Idaho potatoes, baked and pushed through a food mill
½ cup flax seed ground
¾ cup gluten free flour
3 Tbl egg replacer*
½ tsp nutmeg

Directions

Bake the whole potato for 1 hour or until completely soft. Peel the potato and push through a food mill. While the potato is hot add ¾ cup gluten free flour, flax seed, the egg replacer and the nutmeg. Form gnocchi's by rolling the dough until finger thick. Slice them into ½ inch long dumplings. Boil the gnocchi for 2 minutes in boiling water or until they come to the surface.

Recipe by pyramidbistro.com

Blog Excerpts

Discover your Destiny in this 5-Day Workshop

By David Karchere

What is your destiny?

Wouldn't it be amazing to know what you truly were meant to do? How would your life change if you KNEW – for certain – why your life story is significant to the world?

You'd probably:

- Have more courage to take risks and get out of your comfort zone – to write that book, ask that person to dinner, or buy that plane ticket!

- Have more love in your life – When you know your importance and worth, it's easier to love yourself and others, and receive love in return.
- Be filled with the joy of purpose – We all need a guiding star to lead us to our next step. When you know where you're going, you'll get there.

[Read Full Blog](#)

Starting with Spirit First

By Gary Goodhue

Let this message be a reminder to us that we are Sons and Daughters of Light, here with a divine mission to help bring spiritual reality into this world, through our living.

Sometimes we talk about the current state of the world. Most people end up talking about the upset state of the world, because it is so prevalent in the human experience. It's easy to see that as a reality, and yet we also want to recognize a reality of merging heaven and earth. I believe that the merging of heaven and earth comes not from relating to earth, but from relating to heaven

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