



Sunrise Ranch Newsletter

Media of Awakening

By Tom Cooper

Although films and TV programs are often divided into the well-known genres of comedy, drama, horror, action, etc., I have long been interested in renaming some genres with more pro-social spiritual terms such as the “victory” and “awakening.” What makes the “awakening” genre unique is that throughout the plot, at least one character is rising to a higher awareness in consciousness and then acting upon that new vision. He or she, in effect, “awakens” to a higher truth and then life changes.

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Co-Creators Convergence 2019

June 12 - 16



Come join us as we celebrate and deepen our connection to ourselves, each other, nature, and the universe through the opening of our throat chakra and by listening for and speaking our truth with compassion.

The Co-Creators Convergence creates a safe, sacred, resonant field, where we can surrender to the voice of co-creation speaking to us, through us, as us. We will play, learn, share, and be in service to the personal and planetary voice of conscious evolution.

You will be inspired, transformed, entertained, and connected to the heart centered voice of ALL.

We've reserved a seat at our table of co-creation that can only be filled by your unique divine expression.

[Learn More and Register](#)



BioDynamic Breathwork & Trauma Release

June 27 - July 4 | 2019



The BioDynamic Breathwork & Trauma Release System® (BBTRS®) is a new approach to body-oriented therapy and trauma release. It is founded on a carefully tested combination of specific breathing patterns with therapeutic conscious movement and dance, specialized touch and bodywork techniques, core tension release exercises, gentle emotional release, self-awareness exercises and meditation practice.

BBTRS is designed to break through the many layers of body armoring, and thus releasing mental, emotional and physiological tension from your body, mind and nervous system. BBTRS enables you to feel the full range of sensations and emotions available to a human being, while expanding your capacity to support and contain the free flow of life-force energy. The BioDynamic Breathwork & Trauma Release System® has demonstrated profound and long-lasting benefits for people from every walk of life.

The BBTRS® Training is suitable for aspiring and existing practitioners, as well as anyone wanting to purely experience this powerful work and focus on their own healing process.

[Learn More and Register](#)

[**View our Full Event Calendar**](#)

Whole World Meditation

Whole World Meditation is bringing the Holistic Centers community together, locally and globally, to bring ourselves into resonance with the heartbeat of Gaia in a global meditation on Wednesday, May 15,



at 10:15 am MT.

During the annual Holistic Centers Gathering, participants will meditate together at Hollyhock, Cortes Island, BC, Canada.

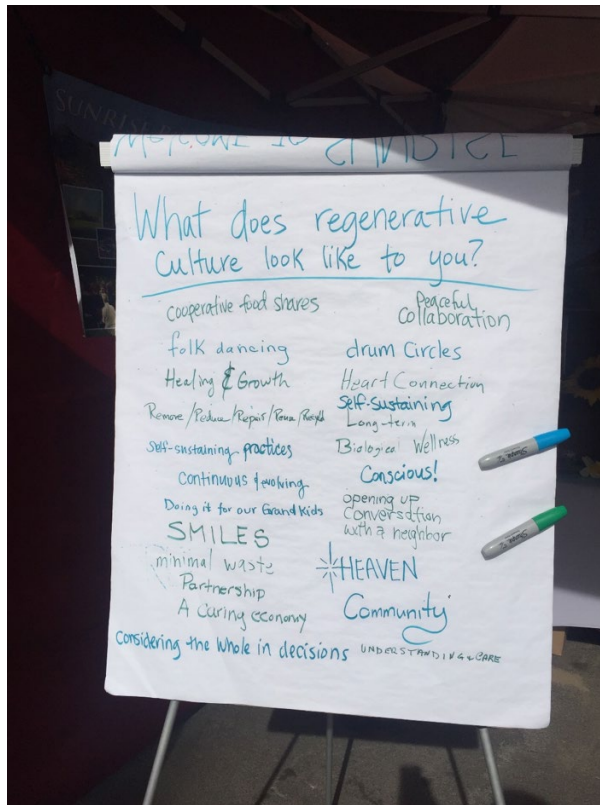
The meditation will be live streamed through the Holistic Centers Network using Facebook Live. Joining the meditation is a way to participate more fully in the evolving life of the planet.

Sunrise Ranch will be joining Findhorn Foundation and other intentional communities and gathering locations as one of the participating centers across the world. We will be holding a live meditation led by David Karchere here in Loveland, CO as we add our energy to this global initiative.

Join and follow [Sunrise Ranch Facebook](#) for inspiring content and live-streaming opportunities.

Sunrise Ranch at Earth Day Fort Collins

Sunrise Ranch was at Earth Day Fort Collins on April 20th. It was a beautiful, sunny day with many people attending that were all gathering around a similar cause: to care for the earth. At our booth, we sold our produce, talked to people about our community and we asked the question, “What does regenerative culture look like to you?” Take a look at what people wrote:



Sustainability Challenge

This month, we challenge you to try to identify all of the single-use plastics that you use (plastic bags, straws, plastic utensils, plastic cups, containers, etc.) and ask yourself what you could use instead that would be reusable and more sustainable.



David Karchere

@davidkarchere

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We are like a surfer on the wave of Creation.
We didn't make the wave, but we're here to
surf it. [#primalspirituality](#)

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