



Sunrise Ranch Newsletter

Sunrise Ranch and other Emissary Centers participate in the Whole World Meditation

Our own Director of Operations and beloved Trustee, Keahi Ewa, was present at the annual Holistic Centers Gathering at Hollyhock, BC.

The Whole World Meditation was led and broadcast live from Hollyhock on May 15th, via Zoom and Facebook. The purpose of this meditation was to unify centers all over the world and bring ourselves into resonance with the heartbeat of Gaia. It was a powerful experience of tuning in and participating in the evolving life of the planet.

WHOLE WORLD MEDITATION

Join locally and globally, to bring ourselves into resonance with the heartbeat of Gaia

www.centersnetwork.org/meditation/

Holistic Centers
Network
in the spirit of collaboration

FINDHORN
FOUNDATION

HOLLYHOCK



Sunrise Ranch community participating in Whole World Meditation live from the Dome at Sunrise Ranch.

Centers all over the globe participated in this meditation, which included Sunrise Ranch, Edenvale, Gate House, Riverdell, Findhorn, New York Open Center, Omega, The Haven, Retreat Guru, Mount Madonna, Esalen, Guest House Center, Clear Sky, Sunrise Ranch, Kashi Interfaith Ashram, Institute of Noetic Sciences, Breitenbush Hot Springs, Newbold House, Community of Living Ethics, Sourcing the Way, Consciousness of Money, Simply Wild, Bethlehem Centre, Sorrento Centre, Sentinel, Centre for Courage and Renewal, Yasodhara Ashram, Simply Wild Sanctuary, Ananda and Vishva Niketan International Peace Center.

Be with Us...

Every Sunday at 11am MST, we invite you to join us for a transformational Sunday Service. You can be with us in person or join us online. [Click here](#) to join us live on Sunday. [Click here](#) to view excerpts from past services.



At our Sunday Service, we invite you to:

- Come to a place of deep peace, Universal Love and profound meditation
- Enter a safe space to let your mind open and your heart melt
- Hear an enlightened message on the spiritual birth transpiring today
- Equip yourself to bring your highest possible creativity to the world
- Find a deeper attunement with the life-giving current within you
- Share a liberating, conscious spirituality

[Join Us Online!](#)



David Karchere

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Follow



Reality is forgiving. It's forgiving of us, each one of us. Whatever has happened in our life, whatever we think we've done, whatever we think has been done to us, we're here now and life is ready to go, reality is ready to go. Forgiveness is the very nature of what reality is.

7:32 AM - 4 Jun 2019



BioDynamic Breathwork & Trauma Release

June 27 - July 4 | 2019



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, 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](#)

[Full Event Calendar](#)

The Farm at Sunrise Ranch

Our greenhouses and gardens are abundantly full of life!



Jackie sorts cherry tomatoes May 24, 2019.



WWOOFer (World Wide Opportunities on Organic Farms) Deana Medina enjoys harvesting celery May 24, 2019.



Come and find our produce at the [Larimer County Farmers Market](#).

[Follow The Farm at Sunrise Ranch on Facebook!](#)

Sunrise Ranch Community Giving Back



A few of us from Sunrise Ranch went to the Larimer County Food Bank in May to volunteer

for an afternoon. We sorted and re-packed eggs to help feed those in need in our larger community.

When we are spiritually centered, we are filled up from within. We are connected, first of all, to the source of all life within ourselves, and then we are connected to that same source in other people, and we feel connected.

— *davidkarchere.com*

THE CREATIVE FIELD.ORG

