

communityspotlight

SUN SALUTATIONS

Sunrise Ranch's David Karchere on spirituality, creativity,
and his upcoming book, *Becoming a Sun*

By Elizabeth Fritzier

As the spiritual director of Loveland's Sunrise Ranch and emissaries of Divine Light, David Karchere has always been passionate about promoting positive change. Growing up in the '60s, he was heavily involved in the anti-Vietnam War movement. As a teenager, he led a 1,200-student march to speak at an anti-war rally in Connecticut. His love for public speaking grew from that experience, but, over the next 25 years, his tone began to change.

"I came to understand that the problems in the world at large were also in me," Karchere says. "The answers to those problems are also in me, and in all of humanity."

In 1994, he realized he was becoming a spiritual teacher, too. It signaled a major turning point in his life and his perspective.

Karchere is a sincere believer in primal spirituality. His 19-month-old grandson inspired this view – innocent, pure, and free from social or emotional worries. Returning to this kind of existence, Karchere says, is key to a life of fulfillment and happiness.

Primal spirituality sparked the idea for Karchere's book, *Becoming a Sun*. As the title suggests, *Becoming a Sun* seeks to help people get back in touch with their inner sun and reawaken to their identities as beings of love and light. The book draws parallels between the biblical seven days of creation and seven spiritual virtues: blessing, understanding, taking action, fulfilling mission, enlightened thought, courage and grace. Karchere sees the virtues as key players in life's patterns of creation.

Comprised of short essays and poetry, *Becoming a Sun* is more of a nightstand addition; Karchere suggests his readers cover one chapter or poem daily.

The messages in *Becoming a Sun* span far beyond the book's pages.

Karchere facilitates several workshops a year at Sunrise Ranch, a retreat center, intentional community, and Karchere's home since 2000. His workshops encompass many of the same ideas presented in the book and include practical techniques for attendees to rediscover their innate spirituality.

One such workshop is Change: Navigating Life Transitions, held in December and March at Sunrise Ranch. Karchere co-facilitates the workshop with Andrea Isaacs, a leader in psychology and Enneagram personality type research. The workshop targets those in the middle of major life changes, presenting tools and exercises to help people move gracefully through their challenges with themes such as personal empowerment, fulfillment and joy. Additionally, visit Sunriseranch.leadpages.net/gift for exclusive access to Karchere's free webinar, "New Year, New Life," on January 8.

While *Becoming a Sun* is expected to be published soon, Karchere offers this excerpt:

"Your world needs your light. Your wisdom. Your intelligence. Your vision. You have the ability to light up your world so that the people in it can see... Your world and the people in it need your light even more than they need your warmth. Your light is the eternal, shining truth you know in your bones. Never imposed, but made freely available wherever you are. Let your world see because of the light of the sun through you."

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