

**From:** KAREN ASPIN <karenaspin@centurylink.net>  
**To:** Karen Aspin <smiling.soul1133@gmail.com>  
**Sent:** Friday, July 7, 2017 5:07 PM  
**Subject:** Paneurhythmy Venue Upgraded to Kircher Ranch, Aug. 17-21

Greetings, Dear Ones,

Wonderful news on the Paneurhythmy venue in Pagosa Springs: **Pam & Mark Kircher have invited us back to the beautiful One-In-The-Spirit Ranch**, 11 country miles south of the hot springs downtown.

**This event runs from Thursday, Aug. 17th to Monday's eclipse on Aug. 21st. We have awesome energies for this year's gathering and a fabulous setting that provides many opportunities for rest, relaxation, and community. We love this venue for many reasons besides our kind and gracious hosts.**

We encourage wearing whites (or pastels, if possible), especially on the "High Day", when we have our big picnic following the dance, generally followed by singing, and a local hike. Each morning of the 18th-21st we will greet the sun.

Although we are still calling this a camping event, in truth, you can camp outside, if you wish, OR do so inside wonderful spaces in the Kircher home and in a currently vacant, and unfurnished, 4-bedroom/3-bath mobile home, called The Serenity Cottage. We also have a large gathering space in the Shunyata Room. The San Juan River runs by the property and there is a shaded dance spot and labyrinth here, too. How fortunate we are! **And, if you are a local and just want to come join us for our morning dances and hang out with us, you are welcome to do that, as well.**

This is an open invitation, so feel free to share this email. Unfamiliar with Paneurhythmy--the Supreme Cosmic Rhythm? Check out [this great link](#). Our loveable mentor Valentin will be dancing Paneurhythmy in Bulgaria this year. There is plenty of expertise if you want to get your moves on. It's quite easy to follow and you don't have to know how to play Paneurhythmy in advance to participate. All-in-all, pretty informal, but always a good time! Bring your family and friends--kids can dance, too! **We thank you in advance for keeping this a pet-free zone!**

**There is a love donation for those just dropping in and a full-event donation of \$22/per person for expenses.** In addition, you will be asked to contribute to dishwashing activities and assuring that all the property is clean and restored to the condition we found it in, or better! The Kirchers are offering to provide water, coffee and half-and-half, and would like for the group to figure out how to provide everything else except for typical spices, sugar, flour, etc. [ I will provide teas.] Pam has also volunteered to be the Chief Dishwasher with the assistance of 1-2 people. This is the extent of their hosting contribution beyond supplying this beautiful venue for us to enjoy. Pam's intention is to enjoy our company in a stress-free manner, so let's do all we can to ensure the Kirchers will have been delighted with our presence!





**Respond to me with your intention to join us and anticipated length of stay and I will answer any questions and send you the specific directions to the ranch and keep you apprised of our dance schedule, which will be subject to change.**

**The following info is for those interested in staying on the ranch; please read this carefully so there will be no misunderstandings:**

Please continue to pretty much prepare for your visit as if you are camping, knowing that we now have some great amenities, like real bathrooms with showers, and full kitchen access, complete with dishes, utensils, and a commercial dishwasher! You will need to bring your own towels and linens, and a pad or inflatable mattress to sleep upon. We may be able to surprise some of you with upgraded sleeping options, but no guarantees, and this will likely affect couples more than singles. So prepare to supply your own bedding. [A few notes on the mobile: This is an approx. 10-minute walk away through the meadows or a very short drive. New carpeting is presently being installed, so this will not be good for those who may have sensitivities. If you choose to stay here you can borrow, and return dishes & utensils to the main residence. ] IMPT: If you plan to camp outdoors, then please be mindful of the fact that there is always the possibility of bear and mountain lion visits, so all precautions must be taken--absolutely no food in your tents or on your clothes and plan for safe food storage or Yogi may visit you personally! For the less adventurous, remember, we do have plenty of indoor space!

**FOOD:** Breakfast and lunches are on your own with the exception of Saturday's potluck picnic at the lake on the High Day and a breakfast brunch meal on the day of departure--Tuesday, the 21st-- for which I can provide the ingredients. We will work in teams to provide the group with yummy dinners for the 3-4 nights of meals. Once I know the specifics of who is coming and when, I can better make these team assignments. I expect this will work as either team-produced potlucks or prepared meals. We have great groceries for organics here: uptown City Market and Joy's Natural Foods, Old-Town Market downtown, and a WalMart, so don't worry about hauling a lot of food from OK and other outlying areas. You can likely get whatever you need right here in Pagosa Springs.

**Here's the tentative plan as known to date:**

**George Kilmer and Steve Bonn will be offering some afternoon programs on the teachings and music of Master Peter Deunov.** I heard a little birdie whisper something about "Near-Death Experiences" as a potential topic... There will be lots of free time to walk the property, go to the hot springs, or other town activities.

**Arrive on Thursday, Aug. 17th,** at 3 PM or later. Directions will be provided to those who respond to this message.  
Group dinner at 6 PM.

**Friday, Aug. 18th:** Greeting the Sun, Paneurhythmy ... afternoon program? Dinner at 6 PM.

**Saturday, Aug. 19th:** Very early rising for carpooling to the mountains for our "**High Day**" Paneurhythmy celebration at **Williams Lake**, which includes Greeting the Sun at approx. 7 AM followed by the Paneurhythmy Dances, Picnic with contributions of mostly finger foods, like pestos, hummus, breads, cheeses, fruit, etc.... Generally a little hike/walk along the lakeside and creek or such. The specific dance location in this vicinity will be selected based on the conditions, height of the grasses, etc.

On our way back to the ranch, those who are interested, are invited to the home of Steve Anderson and Susan Spenser for a special treat which I've arranged for you: a 1-hour-or-so, **Crystal Bowl Sound Healing** to prepare for the incoming eclipse energies! Yippee!

**Sunday, Aug. 20th:** Greeting the Sun, Paneurhythmy ... program? Dinner at 6 PM.

**Monday, Aug. 21st:** We'll have our last dance on the 21st--the date of the total solar eclipse! Although, we won't be able to view it from here, we will bathe in its powerful energies as we greet the Sun and dance ... then we'll clean up for a **late morning departure** and enjoy a going-away Brunch.

**TIPS:** If you enjoy the [Dances of Universal Peace in Crestone](#), and are not in a rush to get home, this is a divine way to extend the experience and also soak in our wondrous hot springs! (If you're 55 up, head to the Senior Center on Hot Springs Blvd. at lunchtime and buy a \$10 membership and you'll receive extraordinary savings for visits to our 3 yummy hot spring facilities--really!)

We hope you can join us this year. Let me know if you have questions.

**My heart is as pure as crystal, My mind as bright as the sun,  
My soul as vast as the Universe, My spirit as powerful as the ONE...**

-- Master Beinsa Douno

(adapted version)

Blessings,

Karen

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