

LEADING A NOBLE LIFE

INTEGRATING OUR SPIRITUAL VALUES INTO DAILY LIVING

Spiritual Renewal Retreat

Presented by James & Leslie Golden

“There is one great obstacle that keeps us from knowing the Self, and that is the mind. The mind veils the inner Self and hides it from us. It makes us feel that God is far away and that happiness must be found outside. Yet the same mind that separates us from the Self also helps us to reunite with it. That is why the ancient sages, who were true psychologists, concluded that the mind is the source of both bondage and liberation, the source of both sorrow and joy, our worst enemy as well as our greatest friend. That is why, if there is anything worth knowing in this world, it is the mind.”

- Swami Muktananda

“For thousands of years people have believed there is a conflict between good and evil in the universe. But this is not true. The real conflict is between truth and what is not true. The conflict exists in the human mind, not in the rest of nature. Good and evil are the result of that conflict. Believing in the truth results in goodness; believing in and defending what is not truth results in evil. Evil is just the result of believing in lies. All human suffering is the result of believing in lies.”

- Don Miguel Ruiz

We all have the desire to live our daily lives in the full awareness of our true spiritual nature as free beings and in a genuine experience of communion with God; to live true noble lives. Many people have become disappointed in their spiritual quest for this goal thinking that it is not really possible for every day people who live in the world. The truth is just the opposite. Living in the world of relationships, work, business, daily commitments and responsibilities and the desire for a fulfilling and enjoyable worldly life is not in conflict with our desire to be truly free and fulfilled. In fact our daily lives provide endless possibilities for the re-discovery of what is eternally true and real in us, others and the world. It is not other people or the world which stops us from being fully awake, alive and free; it is our own inner attitude. The mindful practical application of our spiritual knowledge supported by our own personal spiritual practice shows us a way to live in the world so that our daily living provides us with the most direct route for discovery the limited attitudes that steal our freedom and joy. The intent of this retreat is to support those who attend in renewing their spiritual enthusiasm for realizing the true Self and refreshing their understanding of just how they can accomplish this while living a life of happiness, love, fulfillment and joy.

The program includes spiritual teachings and practices from a variety of spiritual traditions, as well as experiential activities that will support those who attend in deeply touching and renewing their inherent spirituality and deepening of their own personal spiritual practice. Each participant will be asked to take a vow of silence for the duration of the retreat and will need to have a personal journal. In order to gain the greatest insight into the patterns of the mind that hold us in bondage, each participant is encouraged to attend all sessions and participate fully in the retreat. The goal of the retreat is to create an environment and consciousness together that will allow us to step the limited dream of the planet that is based in limitation & ignorance, and to wake up to a greater embodiment of our oneness with God so that we can return to our lives renewed, reawakened and revitalized.

(TENTATIVE) **RETREAT SCHEDULE**

Friday

TIME	ACTIVITY
6:30 PM	Registration Begins
7:00	Evening Session
9:00	Evening Meditation

Saturday

7:30 AM	Morning Meditation
8:30	Breakfast
9:30	Morning Session
12:30	Lunch
2:00	Afternoon Session
4:00	Afternoon Meditation & Conclusion for the Day

Sunday

TIME	ACTIVITY
7:30 AM	Morning Meditation
8:30	Breakfast
9:30	Morning Session
12:30	Lunch
1:30	Afternoon Session
4:00	Conclusion

What to Bring:

Journal or notebook and pen; Sweater or shawl; Comfortable, loose fitting clothes.

Seating:

Chairs are available but you are welcome to bring your own seating arrangement like a meditation cushion or comfortable folding chair.

In Preparation:

Please plan to attend the retreat without outside obligations. You can prepare by informing “your people” that you will have your cell phone turned off and that you will be holding a vow of silence Friday and Saturday night when you return home. We make these suggestions in the spirit of opening deeply to this experience.

Dr. James Golden

Dr. James Golden has a Bachelor of Science degree in Religious Studies from Oregon State University and has been a Religious Science minister for over twenty years.

Dr. James was the pastor of the Redding Church of Religious Science from 1981 to 2003, during which time he served a term as President of Religious Science International. Dr. James served on the RSI Board of Directors for almost ten years and held positions as Director of Youth, Director of Placement and the Ethics Committee Chairperson as well as serving on the Bylaws & Policy committee and budget committee. In July of 1997 Dr. Golden was elected President of Religious Science International and he served in that position for two years. In 1999 he was awarded a Doctorate of Divinity by Religious Science International and in 2000 he was awarded the first presentation of its most prestigious honor, the Ernest Holmes legacy award.

James also served as a chaplain for the Redding Police Department and Redding Medical Center for many years. James's spiritual studies have included spending time with such teachers as Swami Chidvilasananda, Thich Nhat Han and as personal student of Don Miguel Ruiz.

For the last few years, James has been following his Dream of offering retreats, seminars & workshops, as well as being a personal mentor for dedicated spiritual students worldwide.

His more recent creative activities include becoming a Shasta County volunteer fire fighter as well as an EMT & working on a 911 ambulance in the Redding area. Most recently he has joined the Medical Reserve Corp in the Northern California area. James has also completed the necessary training and is now qualified to deploy with the Public Health Service as a medical volunteer as needed during disasters.

Leslie Golden

A Practitioner of Religious Science for 12 years and Chaplain Minister for three, Leslie Golden embodies the teachings of Religious Science and uses these tools while incorporating the devotional aspects of compassion and Trust in her daily life and service to others.

Leslie has also studied with several spiritual teachers including: Eastern Meditation Master: Gurumayi Chidvilasanada of the Siddha Lineage, Don Miguel Ruiz of the Toltec Tradition and the teachings of Paramahansa Yogananda. Traveling to India, Egypt and Israel and Mexico with her spiritual teachers have added a deep sense of devotion and compassion to her spiritual experience.

She currently serves her local community as an EMT serving with the Medical Reserve Corp. In 2009 she attended the necessary training and is now qualified to deploy with the Public Health Service as a medical volunteer as needed during disasters.



Contact information for James & Leslie Golden

Phone number: 530-356-7925

E-mail address: james@dreamanewdream.net

Website: www.dreamanewdream.net