

Hello Everyone,

I know that most of you are well aware of the wonderful retreats that Dr. James Golden offers to spiritual communities. But in case some of you are not, let me add my endorsement of this wonderful, powerful, transformative experience.

Dr. James was here in Simi Valley this weekend and shared his weekend-long "Entering the Heart" Retreat. I participate along with a number of others (including Dr. Sue Rubin and Rev. Carole Nielsen). This was my first time to do this with Dr. James. The experience was truly transformative for me as an individual, and also for my community. Dr. James led both Sunday services, and the energy in the room was palpably different. We have been going through a number of challenges as a community - and I know that his retreat and services have placed us in the perfect consciousness to move forward.

I have invited him back in the fall.

You can reach Dr. James at <http://www.dreamanewdream.net/>

Love and Light,
Jim

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I tag along with Jim's report on Dr. James Golden's Retreat, as today I consciously discipline myself to stay engaged with applying the weekend to Monday. James and I go back many years, sharing the same meditation teacher and in 1995 we served together on the Board of RSI Professionalism and Ethics Committee which also included Dr. Donald Burt. James brought his Retreat to the Center for Spiritual Living, Westlake Village while I was there and through that first weekend, I directly experienced the meeting of mind and heart through integrating east and west into my spiritual practice.

Let me also say, Jim's description of the Sunday morning services was understated. When I felt the energy and looked around the room and saw people's faces, I got it and Jim said it perfectly... "This is the way church is supposed to feel!" ...and I didn't make a slip, church was the exact term to describe it...or you can substitute ashram, temple or monastery...it was reminiscent of the way so many of us felt the first time we went to a Religious Science Church, Science of Mind or New Thought Center and knew we were home.

I think this is powerfully telling not about one spectacular weekend, but rather about the broader ramifications and possibilities for our teaching. Offering sacredness, simplicity, compassion, spiritual wisdom and doing it as what is referred to in eastern teachings as the "double winged bird of self-effort and grace." So I salute and support the clarity and ease with which every one of us remembers that wherever we are on our journey of sharing Truth, it continues to reveal itself with greater joy, freedom, integrity and success. I hold up my glass of gladness and gratitude to James and Jim and all I can say as I 'patiently' flap my wings is, "Thanks and here's looking at you, kids!"

With great love and respect,
Rev. Sue Rubin