

# ENTERING THE HEART

Spiritual Renewal Retreat  
Presented by James & Leslie Golden

*The Truth is so simple and so straight forward. We are always wondering, "Why don't I experience the love of Jesus? Why don't I experience the love of Krishna? Why don't I experience the love of my inner Self?" Love is there, grace is there, but we are tied to our thoughts, concepts, feelings, and accumulated possessions. We need a clean heart, which can reflect the Truth, which can reflect love, not just a few times each day or at night, but all the time.*

- Swami Chidvilasananda

*You are what you believe you are. There is nothing to do except to be just what you are. You have the right to feel beautiful and enjoy it. You can honor your body and accept it as it is. You don't need anyone to love you. Love comes from inside. It lives inside us and is always there, but with that wall of fog, we don't feel it. You can only perceive the beauty that lives outside of you when you feel the beauty that lives inside of you.*

- 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. 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.

# 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, and is currently serving on the board of the MRC of Far Northern California. This past summer he attended the necessary training and is now qualified to deploy with the Public Health Service as a medical volunteer as needed during disasters.

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*responsibilities and the desire for a fulfilling and enjoyable worldly life is not in conflict with our desire to be truly free to be our authentic selves.*

*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 and authentic; it is the lies in our own mind.*

*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 to dispelling these lies and gaining the mastery of awareness necessary to become free from them."*

- James Golden

## 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 and a Shasta County volunteer fire fighter.



## Contact information for James & Leslie Golden

Phone number: 530-356-7925

E-mail address: james@dreamanewdream.net

Website: [www.dreamanewdream.net](http://www.dreamanewdream.net)