

# **DREAMING A NEW DREAM PERSONAL MENTORING PROGRAM OVERVIEW**

## **How does the program work?**

The first 4 weeks are spent in preparing yourself to enter fully into the program. This is done both on your own as well as in weekly dialogue over the phone with James. The exact program outline/content is purposely **NOT** predefined. Each one who participates is invited to develop their own unique version of the mentoring program in conjunction with their interactions with James. The intention of this model is to arrive at a mentoring program style that is specific to the desires & objectives of each participant.

→ It is vital that anyone contemplating entering into this program makes their own inner commitment to take as much time as they need to deeply contemplate & journal their insights and thoughts on each area that they want to address through this program and not rush through any area of contemplation. It has been well said that in any area of life we only get out of any endeavor the amount of true effort we put in to it.

Some of the areas that an individual might be looking at in order to define their mentorship are:

### **- Am I living my dream?**

- Am I giving & receiving the quantity & quality of love that I want in my life?
  - What is your dream of love for you and your life?
  - What needs to change for this to be manifest?
- Am I experiencing the degree of freedom & happiness that I want in my life?
  - What is your dream of freedom & happiness?
  - What needs to change for this to be manifest?
- Am I in touch with the meaning & purpose of my life?
  - What is your dream of meaning & purpose?
  - What needs to change for this to be manifest?

### **- What are my core spiritual values and how well do I live by them on a day to day basis?**

- This should include a complete list of your values and your contemplation of the degree to which you are genuinely embodying them on a day to day basis.

### **- What does my spiritual practice consist of?**

- How regular am I in doing it?
- Am I satisfied with the method/approach that I am using?
- Is my practice really helping me in attaining mastery of awareness?

### **- What are my practical goals for this stage of my life?**

- Am I happy with my life/dream?
- Are there inner or outer aspects of my life that I know that I want to change?
- Am I clear on where I want to be in my life in 5, 10, 15, 20 or more years?

**- Do I have any “unfinished business” with people? Am I experiencing blame, judgment, resentment, anger or shame?**

- Even if it is a “small” amount of blame, judgment, resentment, anger or shame it is crucial that they are contemplated so that they are in your conscious awareness.
- Do I blame others for my own life experience?
- Is there ANYONE that I have not 100% forgiven in those areas where I have experienced hurt, disillusionment or disappointment?
- Do I judge myself and/or others?
- Am I able to genuinely love myself?
- Do I feel any shame or self-criticism for the choices I have made in my life up until now?

→ In order to have enough personal power to Dream a New Dream it is essential that your energy/consciousness is free and not bound up by any “unfinished business.” For many people this is one of the main areas that the mentoring program proves to be most helpful in working to the point of mental, energetic and emotional freedom, which is the prerequisite for Dreaming a New Dream.

**- Are there any areas of my life and the life I live in this world that I am angry about?**

**- Are there any of my life experiences that I have regret or quilt about?**

**- Do I have any personal habits or mental or emotional patterns that I want to release or more healthy/spiritual mature patterns that I want to establish?**

**- What am I ready to commitment to (Inner and/or outer) to live my New Dream?**

## What are the costs?

There are several options that will allow anyone who is genuinely interested in participating in this program to do so, regardless of where they find themselves on their path, while also allowing James to receive a reasonable financial compensation for his time spent in personal sessions with you.

**Option 1** ~ A fixed compensation amount based on the actual number & length of sessions with James based on a compensation rate of \$100 per hour. This is the option selected by most people.

**Option 2** ~ A monthly tithe to James. This means you commit to sending James a percentage of your actual monthly income while you are participating in the program. The exact percentage can be discussed as a part of the initial phone session you will be having with James.

**Option 3** ~ A flexible “love offering” to be determined at the end of each session with James

Any questions you might have about the financial commitment for participation in the program can be discussed as a part of the initial phone session you will be having with James.

To enter into the program you are requested to make an **initial 30 day commitment** that will include weekly sessions with James as well as the completion of a initial defining of your new dream/vision for yourself and a personal assessment of what areas you want to focus on to support the shift in consciousness that will allow you to demonstrate your new dream.

Upon the completion of this initial process you will then have the opportunity to evaluate the value of the mentoring program and make a decision to continue or, if for any reason the program is not what you desire for support on your path at this time, then you can release it and move on to another approach.

If you do desire to continue your participation in the program you are requested to make a **six month commitment**. After the first six months you will be invited to evaluate your participation in the program to consider another six month commitment.

### **What is expected of me?**

- ✓ **Impeccability:** Unwavering adherence to the personal commitments you make as a part of the mentoring program
- ✓ **Complete honesty:** Full and honest disclosure of yourself in all communications with Dr. James
- ✓ **Spiritual maturity:** You have created the dream of your life experience up until now and you have total and complete freedom to change it as you so choose. Accept full 100% responsibility for yourself and your life.
- ✓ **Confidentiality:** All communication you have with James will be held in sacred confidence. In addition you are asked to hold what James shares with you in sacred confidence

### **What form will the support I receive take?**

- ❖ **SPIRITUAL:** James will support you spiritually by including you and the specific shifts in consciousness that you are seeking to make in his personal spiritual practice
- ❖ **ENERGETIC:** James will support you energetically using techniques & methods he has learned from his experience & studies with Swami Chidvilasananda & Don Miguel Ruiz
- ❖ **PRACTICAL:** James will support you through the monthly personal sessions

### **What do I do to find out more about this mentoring program or to get answers to my questions?**

- Contact James by phone or e-mail to set up a time to talk about the mentoring program and any questions that you might have to determine if this is a commitment that you would like to make.

### **CONTACT INFORMATION FOR DR. JAMES GOLDEN**

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