

Waking From the Dream

INTEGRATING OUR SPIRITUAL VALUES INTO DAILY LIVING

BY DR. JAMES GOLDEN

“Humans are dreaming all the time. Before we were born the humans before us created a big outside dream that we call society’s dream or the dream of the planet. The dream of the planet is the collective dream of billions of smaller, personal dreams, which together create a dream of a family, a dream of a community, a dream of a city, a dream of a country, and finally the dream of the whole humanity. The dream of the planet includes all societies rules, its beliefs, its laws, its religions, its different cultures, and ways to be, its governments, schools, social events, and holidays.”

- Don Miguel Ruiz

The focus of this seminar is to give Dr. James the opportunity to share with you some of his most profound and transformative insights that he has gained from his personal studies with Don Miguel Ruiz, author of The Four Agreements, and from his practical application of these insights in his own life. The intent of this presentation is to support each one who attends in more fully waking up from the dream, the mitote, of limitation, fear, and unhappiness that is an all too common experience for many of us. Discovering our true freedom, being liberated & truly happy, is the goal of the spiritual path. Dr. Ernest Holmes the founder of Religious Science wrote that, *“Freedom is the birthright of every living soul... Man must be created with the possibility of limitless freedom and left alone to discover himself.”* We all have the inherent capacity to gain mastery of our own awareness and to claim the true state of our Being and become fully alive, in love, and joyously free in the midst of our own life, but in order to accomplish this we must wake up from the dream of humanity.

Some of the topics to be covered are waking from the dream through:

-  **Right Effort: The balance between personal effort & Divine grace**
-  **Seva: The practice of giving to others what you yourself want to receive**
-  **Dharma: Making all life choices from spiritual wisdom**
-  **Spiritual Practice: Deepening the ability of the mind to be strong and free**

LOVE, SERVE & REMEMBER

A Meditation Seminar

Presented by Dr. James Golden

“With great respect and love, I welcome you all with all my heart. I welcome everyone every day. This is all there is to learn in one’s life. There isn’t anything else. Forget everything that you have learned and learn this one thing, to welcome everyone, and keep that in your heart all the time.”

- Swami Muktananda



As seekers on the spiritual path we are very familiar with the understanding that within each of us there is an inner Presence and Intelligence that is our true Self; God in us as us. Yet all too often we may not be in the direct experience of this truth. The purpose of this seminar is to support each one who attends in deepening their direct personal experience of this Inner Presence so that we can refresh and deepen our commitment to our spiritual goals and the practices that allow us to open ourselves to the deeper levels of our Being. The goal of the seminar is to create an environment and consciousness together that will allow us to dive deep into the experience of the Inner Self so that we can return to our lives renewed, reawakened and revitalized.

Some of the topics to be covered are:

- ☞ **The Spiritual Dynamics of Meditation; How Does it Work?**
- ☞ **The Four Supports of a Successful Practice: The “How To” of Meditation**
- ☞ **The Meditation Life Style; How Meditation Changes Us**
- ☞ **How Meditation Teaches Us to Live Our Spiritual Values**

Don’t miss this opportunity to truly enjoy this seminar experience with Dr. James Golden. His style of teaching is fast paced and spontaneous, totally involving the listener in the flow of consciousness and understanding that is being shared. His seminar is a blend of Self-revealing humor and stories combined with direct and clear expressions of truth that leaves ignorance no place to hide.

Where:

When:

Time:

Cost: \$

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SEVA ~ THE GIFT OF SELFLESS SERVICE

A Seminar by Dr. James Golden

“When you surrender completely to God, as the only truth worth having, you find yourself in service to all that exists. It becomes your joy and recreation. You never tire of serving others.”

Mahatma Gandhi

WHAT IS SEVA?

Seva is a Sanskrit word which when translated to English means “*selfless service offered to God.*” It is work performed with an attitude of non-doership, without personal egotistical attachment to the outcome or the desire to receive praise and recognition for our efforts. **Seva** is more than volunteering your time and talents to help and support the church or the community: it is a spiritual practice. Performing our actions in the world in the consciousness of **Seva** allows us to watch our mind and to have insights into the beliefs and attitudes that are the causes for our experience. Many people use **Seva** as a means to develop a greater trust in Spirit as the source for their supply and to release feelings of resentment directed towards work. Many people gain a greater respect and appreciation for other people as they experience a sense of unity of purpose and support instead of competition. Perhaps one of the greatest benefits is the experience of uplifting happiness, love and grace in our own hearts as we offer the best of ourselves in a selfless manner to this world and to God.

Some of the specific topics to be covered are:

- ❖ The nature of Seva consciousness and how it supports the teachings of the Science of Mind
- ❖ How to transform our volunteering into Seva
- ❖ How to make our gift of Seva a powerful and transformative personal spiritual practice
- ❖ How to bring our experience of Seva to our homes, work and community

“When you consider work as divine service, you can do it anywhere, at any time. It is an offering to God, an offering to Truth. Seva is uplifting your own self, your own people, your own world. It is embracing creation.”

Swami Chidvilasananda

STALKING ABUNDANCE

INTEGRATING OUR SPIRITUAL VALUES INTO OUR QUEST TO DEMONSTRATE ABUNDANCE IN OUR LIVES

BY DR. JAMES GOLDEN

“Everyone automatically attracts to himself just what he is, and we may set down that wherever we are, however intolerable the situation may be, we are just where we belong. There is no power in the universe but ourselves that can free us. Man must bring himself to the place in mind where there is no misfortune, no calamity, no accident, no trouble, no confusion; where there is nothing but plenty, peace, power, Life and truth.

- Dr. Ernest Holmes

The focus of this seminar is to give Dr. James the opportunity to share with you some of his most profound and transformative insights into what is required of us to live in 100% integrity with our spiritual beliefs and values while at the same time seeking to manifest a greater level of prosperity and abundance in such way that our personal demonstration not only allows our own lives to be changed but also supports the transformation in consciousness and demonstration of all humanity. As the above quote by Ernest Holmes indicates the only way that we can accomplish this is through our own personal spiritual growth in understanding and the transformation of our consciousness. By “stalking” our attitudes and beliefs we discover both what is in us that attracts our abundance and what it is that repels it. We all have the inherent capacity to gain mastery of our own awareness and to claim the true state of our Soul as abundant and free beings, but in order to accomplish this we must first “stalk” and transform our beliefs about ourselves and our relationship with Life.

Some of the topics to be covered are waking from the dream through:

-  **The Nature of “Stalking”**
-  **Stalking our beliefs about God as the Source of our good**
-  **Stalking our beliefs about sharing & generosity**
-  **Stalking our beliefs about how we feel about poverty & lack in the world**

The Path of Impeccability

The Dharma of Forgiveness

By Dr. James Golden

The intent for this workshop is to deepen our understanding of how the practice of impeccability can lead to a greater ability to achieve lasting forgiveness towards ourselves and others. Many people have found that in spite of making sincere efforts to achieve a greater degree of forgiveness in their lives that lasting forgiveness is a challenging achievement. However with a moderate discipline and a consistently focused intention forgiveness is an achievable goal.

A few of the topics that will be covered are:

- The two most common roadblocks that derail our efforts to practice forgiveness
 - Forgiveness is not a moral victory that will make you “right”
 - Forgiveness does NOT necessarily mean you will see the changes in yourself and others that you may have in mind
- The struggle to attain forgiveness is not with others but with our own cherished opinions and beliefs
- Forgiveness is not a onetime accomplishment; it is a new way to approach life