



Spiritual Retreat Network

Soul Mind – Dual Mind

by Patrick Yesh

THIS SECOND ARTICLE ON OUR RELATIONSHIP WITH OUR ADJUSTER is in answer to questions presented in my first article. As we study and develop our relationship with our Adjuster, as we meditate and worship with Him, deeper meanings begin to surface and life gets miraculous. God gave us more than just our human mind to cope with life's vicissitudes. Many of us tend to depend on our human mind as our only hope to get us to heaven. It is important, but God also gives us His divine mind, Holy Spirit adjutant mind, Jesus' mind, and soul mind. Our growing awareness and willful use of these higher minds is constrained by our creature nature and evolutionary time restrictions.

We must be patient with ourselves in our slow comprehension of the amazing potential inherent in the use of our higher minds. Patience is necessary in our ideal expectation of our wholehearted continuous execution of God's divine will. For divine reasons, it seems our dense creature nature must be experienced. But once you begin to know and use these supernal minds, your soul mind begins to evolve. Slowly, automati-

cally, your soul develops a mind function that augments spirit control and coordinates with true spiritual values of truth, beauty and goodness. [*The Urantia Book, Paper 111, Sections 3-4 & 5-2:5*]

A question posed to us is... have you begun to "...spiritually develop and discipline your minds to the point of favorable liaison with your divine Adjuster?"¹ Is this quote a challenge? Of course it is! I have days where I am oblivious of my God connectedness. I need to be jolted out of my self-centered complacency with this challenge. When I ascend to superconscious mind, I shake my head in disbelief at my animal-mind attitudes and circular thinking. And with my perfectly patient, Adjuster's perspective, I sometimes chuckle.

Has your Adjuster been able to register the inspiring spirit leadings from the broadcasts of love from our Paradise Father into your animal mind yet? Have you had intimate contact with your divine presence?² Have you AUTHORIZED Him to make mind changes,³ given Him an affirmation of permission to do so? He constantly translates these broadcasts to you all day and night. Would you like to

hear them, or are you just too preoccupied with material concerns or as they say, the mere trivialities of life?

All the while a part of you is waiting in the prison of your human mind⁴ to express to you, the creature, a new and majestic⁵ you. We need to nurture that intimate relationship with our Adjuster; open our Avatar soul-mind, hold hands and go for a walk together. Your Adjuster patiently, lovingly holds the jewels of your personality-credits from Divinington.⁶ These are the potential personality expressions of the real you. He is waiting for you to release Him from your mind-prison⁷ into your world through your *personality* decisions to listen for and then to execute⁸ His will.

But then we have to know what His will is! And how does our creature mind know how to do that? Listening at such a level of concentration is not easy, so that we actually hear that small constant voice through the noise of our human mind? Then we must decide that it is not some unconscious emanation of our own. I find my mind is always preoccupied with trivialities, replays, and has a hard time focusing on listening intently for His ideas, urges, pictures,

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inspirations or input into my thought train. I find it takes me at least 20-40 minutes of meditation to quiet my conscious mind and give myself permission to be in His presence. In deep reflection I can sense when it is my human thought, or the quality of His gentle loving insight.

They say that our Adjuster lives in our superconscious mind.⁹ It seems to me that, if we want to converse with Him, we must ascend to that level of mind. How do we get to and stay there, so we can commune and create that favorable liaison?¹⁰ Perhaps we can stay in our superconscious through more reflection, meditation, worship, true prayer, relaxation, silent listening,¹¹ stubborn determined focus, concentration, and soul exertion. Remember that every, EVERY, up-reach of your mind, no matter how primitive, and every reflective moral choice, initiates an immediate, IMMEDIATE, down reach, an invasion of your soul.¹² In this I have

Soul Mind – Dual Mind

100% FAITH even if I hear and feel nothing!

I almost freak out realizing that I am coming into the

“I have days where I am oblivious of my God connectedness.”

presence of a part of the very God who created the master universe, who is temporarily united¹³ with me, the human creature. I have to paddle vigorously through the energy streams of my material mental currents into the spiritual currents of my morontia soul mind. [p. 1205:5] My Adjuster, this Divine part of me, is a fragment of the PARADISE FATHER—an absolute and infinite, unconditional LOVE essence. I

remember that strenuous thinking and a difficult life is part of this Adjuster union process, but that it can lead to peace of mind and tranquility of my spirit.¹⁴

I, the creature, have to hold in abeyance my human thoughts of separation, fear, shock, and disbelief. I realize my lack of faith and trust in the great promises of God and have too often overlooked Him, this GOD-IN-ME. The only thing that keeps

me determined to focus and embrace His factual presence consciously is the knowing that He loves me unconditionally. He is infinitely patient, understands my wayward human creature mind, and depends on my human mind to spiritually mature

and willingly join His divine mind. To REAL-IZE this TRUTH that I can use His mind, even though there is an immense gulf between our minds and identities now, somehow reveals the miracle that I AM HIM. Oh! Magnificent blasphemy of Truth! TEMPORARY FUSION OF MINDS—SOUL CONTACT!¹⁵

That Adjuster of mine needs my creature-mind self as

“Remember that every, EVERY, up-reach of your mind, no matter how primitive, and every reflective moral choice, initiates an immediate, IMMEDIATE, down reach, an invasion of your soul.”

much as I need Him, to make decisions together with Him, so that we both, BOTH, build our soul together. I need His mind—He needs my crea-

ture, adjutant-directed mind to make and execute the very decisions that bring us ever closer to permanent fusion. My soul mind, human and divine, is our dual-mind. In coordination we execute our



harmonious decisions dominated by One will. In order for my personality to execute OUR DECISIONS¹⁶ means I have to hear and know His decisions. I live with Him dynamically in my superconscious contactual mind.

Once I get to this state of unity with my Adjuster mind, I experience a profound “intellectual peace.” I can live in His and the Holy Mother Spirit’s universe morontia mind. [p. 1205:5] I am at peace knowing that it is never too late to start. I allow this healing peace to permeate every ultimatum in my body until I feel

it. A great silence comes over my creature mind and I KNOW that His mind is always accessible to my conscious mind—to help direct my thoughts so that he can influence my personality directionization.¹⁷ My creature will unites with His will and I give back to Him—His Gift of Personality. I transfer my seat of identity to “me” as “Soul” using my dual divine/human soul-mind.¹⁸ And

I await in anticipation His manifestation of His perfect love through personality choice ...the two in one united being.

In oneness I create prayers/affirmations/conversations with my Adjuster, which I download into my human mind. I mine these gems from the Urantia Papers. You can do this too, when you discover them in your studies and THINK about their meanings applied to your life. This kind of faith-filled cooperation and real thinking makes our Adjusters quite happy.¹⁹

Page numbers and Paper references: ¹ favorable liaison, p. 1213 :1; great goal of existence, p. 1206:2; sufficient degree of cooperation, p.1191:3 & 2097:1; mindedness of God, p. 1205:4 ² universal broadcasts, p. 1213; Paper 110 7:6; contact w/divine presence, p. 2097; transmit truth, p. 1207 ³ authorized mind changes, p. 1204:5; Paper 110:2; subject creature trends with my consent, p. 1191:5 ⁴ imprisoned mind, p. 1176:6; Paper 107:2 & 107:6 & p. 1206:2 ⁵ majestic, Paper 195 10:17 ⁶ Divinington plan, p. 1204; Paper 110:2 & p.1193:6 ⁷ imprisoned adjuster, p. 1176:2 & :6 ⁸ execute decisions, p. 1204; Paper 110 2:5 & p.1205:3 (i.) courageous decisions p. 1177 & 1207:5 (ii.) motives, decisions & supreme desires, p. 1206:4 ⁹ Adjuster lives in superconscious mind, p. 1205:3 & 1207:3 ¹⁰ augment Adjuster harmony, p. 1206:1-4 ¹¹ silence of mind, p. 2095:2; relaxation = spirit receptivity, p. 1777 ¹² divine invasion of soul, p. 2095:4 ¹³ probationary union, p. 1192:6 ¹⁴ ease of living and strenuous thinking, p. 1192:1 ¹⁵ temp union, 1192:6; “...you and Adjuster are one,” p. 1205:3 ¹⁶ execute our decisions, p. 1205:3 ¹⁷ personality directionization, p. 1204:5 ¹⁸ transfer seat of identity, p. 1229:7 & 1232-1233 ¹⁹ adjuster happiness, p. 1205:5.

Here's one affirmation example for you to try:

"I willingly and intelligently authorize you my dearest Adjuster to effect such mind changes and to make such spiritual adjustments, so that you may gain more influence over my personality directionization. I humbly command you to do this knowing you respect my sovereignty of personality choice and are always subservient to my will."

From the statement in Paper 110 2:1; *"It is their mission to effect such mind changes and to make such spiritual adjustments as you may willingly and intelligently authorize, to the end that they may gain more influence over the personality directionization..."* The Adjusters respect your sovereignty of personality; they are always subservient to your will. ☐

Editor's Note: Patrick's new book on Intimate Liaisons with Your Divine-Self will be published this fall.

Patrick's research into the writings of the Adjuster section coordinated with other parts of the revelation led to the discovery that *The Urantia Book* was written in a way that reveals ever deepening meanings. It redefines the language of psychology and education. As an educator Patrick looked at the book as an instructional text, finding many books within the pages.

With focused study and intelligent correlation of the information, *The Urantia Book* becomes a Morontia level textbook, perfectly written with clear instructions on how to commune

more intimately with our Thought Adjusters. This is the supreme goal of our lives. We have Trinity representative minds within to serve us in our personality choices. The implications of accessing Divine Mind within our human mind are truly miraculous, life-changing, and transforming for our soul and for the planet's healing.

Chapters include: Human Mind Levels, Superconscious, Soul-Dual-Mind, Personality Will-Choice, New Definitions of Spiritual Psychology, Divine Mind, Spirit of Truth's Heart-mind, Adjutant Mind, Morontia Mind, Affirmations.

The writings are Illustrated with Patrick's art to make the affirmations and instructions easier to comprehend and execute.

You may pre-order your copy at a discounted rate of \$35 a book. A percentage of each sale will go to help the Fellowship and Foundation.

Contact Patrick at:
pyesh2@yahoo.com

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“LOVE”

“God is Love and Love is God, yet no one knows what It is—we only know that It is.”

“Love is the center of the whole Universe, and from this center a continuous flow of Love flows through every soul and through everything that lives. Through flowers, through animals, through human beings and angels, this same Love flows continuously from Its Central Font, forever expressing Itself in Its true nature.”

“Love is the affinity in the minerals; Love is the essence in the flowers; Love is expressed in the animal nature. In man Love is expressed in affection, and, when fully realized, the whole being is filled with It and, every cell in the body becomes vitalized.”

“There is no other Power in the world but Love; It is the only true Power in Heaven and on Earth, for It is eternal and ever-present everywhere. The outer will pass away, but Love shall forever be, for It is the Omnipresence of God.”

“Understand that the great Truth of the Omnipresence, the Omnipotence, and the Omniscience of God, is complete. Know that it is He who lives, and He alone lives, in every living thing because He created all of them and He could not live apart from His Creations, for He is omnipresent.”

“The whole Universe is one complete whole, expressing the Divine nature of Love. Love is the holy cohesive quality, the only power that can sustain all things, and is bringing about Its own perfection.”

(Passages from *Divine Healing of Mind and Body*)

The MetaValues Breakthrough

Author Larry Mullins, Review by Nancy Bigelow

THIS REVIEW WILL BE MY REACTION TO BEING INFORMED THAT I can actually be just as much like the one and only God as I am “prepared to manifest.” The way Larry says what I just said goes this way: “What ought to be is the ultimate expression of the highest MetaValue of all: *Love*. Love is the synthesis of Truth, Beauty, and Goodness. Love, as the desire to do good to others. Such love is a living expression of evolving reality.”

Larry’s MetaThink™ concept addresses the fact and truth that “As works in progress, we are all engaged in a process of becoming, a process that constitutes what we call life; the bottom-line issue is not the unanswerable questions: *Who am I? Where did I come from? and Where am I going?* rather, it is an inquiry we can answer: *What am I becoming?*”

If you’re a truth seeker you will love *The MetaValues Breakthrough* because it will help you to deliver yourself from error, even though Larry says in the Epilogue, “*The MetaValues Breakthrough* is not a self-help book.” I think it is for no other reason than reading the book will help you to better understand your true self, better understand how “to live in Reality, not spasmodically and in limits. True personality is the translation of the Divine Spirit into daily action” or as Larry Mullins states, “...expressions of the MetaValues of Truth, Beauty, and Goodness *made visible through action.*”

Larry asks: “How is it that people of radically different persuasions and cultures share the same MetaValues of Truth, Beauty, and Goodness?” (Why do I get the feeling Larry is asking that rhetorically?) The answer to both questions is, everyone reading this is basically of (from) “the One” mind but mortal human minds can’t know this to be a fact unless they understand—beyond doubt—that “**Because of the presence in your minds of the Thought Adjuster, it is no more of a mystery for you to know the mind of God than for you to be sure of the consciousness of knowing any other mind, human or superhuman.**” [UB p.1123]

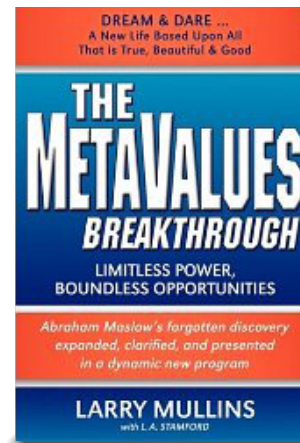
You won’t find Thought Adjusters named in *The MetaValues Breakthrough*. MetaThink™ rightly focuses on the meta-reality that “**The scientist, not science, perceives the reality of an evolving and advancing universe of energy and matter. The artist, not art, demonstrates the existence of the world intervening between material existence and spiritual liberty. The religionist, not religion, proves the existence of the spirit realities and divine values which are to be encountered in the progress of eternity.**” [p. 2080]

“**Unless a divine lover (the Paradise Thought Adjuster) lived in man, he could not unselfishly and spiritually love. Unless an interpreter lived in the mind, man could not truly realize the unity of the universe. Unless an evaluator dwelt with man,**

he could not possibly appraise moral values and recognize spiritual meanings. And this lover hails from the very source of infinite love; this interpreter is a part of Universal Unity; this evaluator is the child of the Center and Source of all absolute values of divine and eternal reality.” [p. 2094]

Dr. Abraham Maslow knew about the eternal now, or at least he sensed this truth. Larry quotes Dr. Maslow on page 158: “What constituted the big difference for self-actualizing people was that their activity became a channel or medium for expressing the eternal, ultimate values—the true, the good, the beautiful, the just—in everyday life.” I know about this “channel” because of the Urantia Papers. “Throughout all [the] magnificent ascent [toward Paradise] the Thought Adjuster is the divine pledge of the future and full stabilization of the ascending mortal. Meanwhile the presence of the mortal free will affords the Adjuster an eternal channel for the liberation of the divine and infinite nature.”

Larry Mullins’ book teaches what Jesus of Nazareth **lived**—that being real is a product of becoming real. “The Christ is the completed man in God and God in



man. He is the finished product. God made things by becoming the things He made.” (The preceding text is not from the MetaValues book, but the way Larry teaches this concept is just as good.)

“Simply put, self-actualizers are more real. Abraham Maslow referred to the highest values as ‘Being Values’ for good reason. He meant that as we actualize more and more of our potentials, we become more and more real. The term ‘being’ is important to understand, but it is elusive and hard to define. Saint Augustine had a brilliant way of helping us understand its meaning. He showed us that it is the difference between what *has* value and what value *is*.” [*The MetaValues Breakthrough*, p.23]

Larry ends his “dynamic new program” with a wish for the reader that he and I both know—beyond doubt—is more than possible: “May you do even more than dream of things that ought to be.” He goes on to promise that “Each wholehearted effort to contact the source of the True, the Beautiful, and the Good will be successful.” □





HEART OF THE MOUNTAINS RETREAT

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September 3-5, 2010
In Eugene, Oregon

The format for this retreat will be more interactive rather than just listening to presentations.

Participants will be given the opportunity to discuss the different parts of the quote and share their personal experiences. Time will be given for reflection, small groups sharing and prayer. This is an opportunity to share our spiritual lives.

This retreat has been reasonably priced to include two nights lodging with meals. \$195/person for indoor lodging (space is limited). \$155/person for tent cabin on platform w/bed, will need to bring sleeping bag. \$130/person for campers bringing their own equipment. Bathroom facilities are shared.

A 50% deposit is required no later than August 1, 2010.



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Living the Teachings - A new concept in Urantia study groups

by Larry Mullins

HABITS WHICH FAVOR RELIGIOUS GROWTH embrace cultivated sensitivity to divine values, recognition of religious living in others, reflective meditation on cosmic meanings, worshipful problem solving, sharing one's spiritual life with one's fellows, avoidance of selfishness, refusal to presume on divine mercy, living as in the presence of God." [The Urantia Book, p. 1095]

Several years ago my wife, Joan, and I began meeting with a small group of kindred spirits to explore the process of more effectively living the teachings of Jesus as revealed in *The Urantia Book*. The commonality of such a group is simply a mutual desire for religious growth—and its mission is to support members in their efforts to actualize their spiritual potentials. As a member of this *Living the Teachings* group, after a year or so, I noticed that something was beginning to happen to me. I began to discover what seemed to be a new and unfathomable kind of love. I began to learn that if we understand and appreciate our spiritual brothers and sisters, we will actually learn to love them. I was to discover that this love will increase over time to a degree that I could have scarcely imagined before experiencing the group.

There are challenges in starting a group like this. A *Living the Teachings* group represents a unique design process, you must be very careful how you go about forming one. Therefore, I will offer you the knowledge we gained, and perhaps enable you to avoid some of

the mistakes we made. There is no real model to follow, it is not like AA, nor like encounter or “psychological” confrontational groups. The purpose of a *Living the Teachings* group is simply to provide an autonomous, safe place where a small number of laypersons can share their spiritual experiences as they cultivate the improvement of their inner lives.

A place of growth – not self-examination

Living the Teachings meetings are predicated upon the premise that (unlike most psychological methods) our approach to self-mastery does *not* require continuous and repetitive self-examination. Living the Teachings methods are not an attempt to take the place of, nor improve upon, the spiritual techniques of introspective Twelve Step programs. What we are suggesting is an initiative toward further spiritual growth, one that lies beyond healing, something that has perhaps never before been tried on a large scale.

“The three apostles were shocked this afternoon when they realized that their Master’s religion made no provision for spiritual self-examination. All religions before and after the times of Jesus, even Christianity, carefully provide for conscientious self-examination. But not so with the religion of Jesus of Nazareth. Jesus’ philosophy of life is without religious introspection. The carpenter’s son never taught character building; he taught character growth, declaring that the kingdom of heaven is like a mustard seed. But Jesus said nothing which would proscribe self-analysis

as a prevention of conceited egotism.” [p.1583]

A *Living the Teachings* group is dedicated to nurturing individuals who are engaged in the process of striving to live at higher and higher levels of confidence and love. To this end, those of us in the group share our inner lives, and discuss our personal progress (or lack of progress) in achieving inner successes. There can be no self-appointed “experts” in such a group. We do not give advice unless it is asked for. We share as spiritual equals, and we are united by our goals—not by our beliefs. A *Living the Teachings* group is safe, loving, nurturing, and more spiritually progressive than any group process most of us have known. The key element is a singleness of purpose, that of helping one another define and reach higher and higher levels of living.

Get kindred spirits – and then close your group

Begin with a group that contains individuals with compatible spiritual values and goals, and who are willing to learn from one another. Establish a time frame of minimum commitment as a group, say six months or a year. Unless everyone agrees on adding a new member—maintain a closed group. You will discover that a trusting, sharing group suffers from casual drop-ins or curiosity seekers. We have discovered that seven or eight people is about maximum.

Your group will develop its own flavor, and begin to have a life of its own. This group dynamic and wisdom will

establish its own “rules,” so to speak.

Creating the process

The process the group engages in is the sharing of our inner lives. After a moment of silence and a prayer, we begin sharing what we have experienced in our spiritual lives during the previous week. We may talk about our failures or successes in living at our highest, our progress in prayer and meditation, or a troublesome problem. This group sharing is casual, there are no individual time limits. Sharing takes about an hour or so of our two hour meeting. We do not rush it.

The important thing is to make the ambiance of the meeting loving, safe, and fun. Our meetings have spiritual goals and use spiritual methods. We found it best to avoid much psychological theory. Guided meditations, which we use at the end of the meeting, are uplifting and fresh, using wholesome images and symbols to stimulate the creative imagination and facilitate spiritual communion.

We have a rule that we are not to interrupt anyone who is talking. This has required, at times, the use of a “talking stone” which is passed from member to member. Only the person with the stone can talk. Again—we do not offer advice after someone speaks unless it is specifically asked for. We do not critique the views of someone. “Cross talk” is not encouraged. (Cross talk is a give and take conversation that develops between two members while the rest look on.)

The principle here is that we are all spiritual equals.

We are experts in only one person's inner life, our own. Each individual must feel safe to speak without fear of a subtle, judgmental response. Of all the provisional "rules" we suggest, the "no advice or evaluation of our comments unless requested" is the most important. The rest of the structure of the meeting depends upon who is leading it. If you use a leader, alternate each week, unless a topic is carried forward and the group agrees to keep the same leader.

Problems and problem members

This kind of spiritual dialogue is not for everyone. Some people don't like to share their inner lives and are embarrassed to do so. Although we all have in common certain deep spiritual hungers and longings, most of us are conditioned to avoid discussion about them; it is virtually a "forbidden dialogue." For this reason, if there is not a good "fit" for a member with the group, it is better to let this individual go and perhaps form his or her own group along the lines they like. Limited, closed groups make membership precious, and each member of a group should wholeheartedly participate, or make room for someone else.

Great care must be taken in forming the initial group, because a difficult person can virtually paralyze progress. The root cause for such an individual's behavior may be a different agenda, and harbored competitiveness or dislike for another member, different values, and other similar factors. Expelling a member from a spiritual group can be very difficult. Group solidarity is based

upon loyalty, fairness, tolerance, and love. However, there is such a thing as the tyranny of the minority, and it is relatively easy for someone who is less than sincere to take advantage of the group's broad latitude. So, better to choose members very carefully than to deal with a problem member later on.

Learning to love one another

"In physical life the senses tell of the existence of things; mind discovers the reality of meanings; but the spiritual experience reveals to the individual the true values of life.

"These high levels of human living are attained in the supreme love of God and in the unselfish love of man. If you love your fellow men, you must have discovered their values. Jesus loved men so much because he placed such a high value upon them. You can best discover values in your associates by discovering their motivation . . . If once you understand your neighbor, you will become tolerant, and this tolerance will grow into friendship and ripen into love." [p. 1098]

While I had understood the above statement in an intellectual way, before our group process I had not *experienced* it—at least not on the level that the group seemed to nurture. The group dynamic is a socialization of the concept of personal religious experience. The group dynamic works, provided the individuals who participate are kindred spirits—that is they share the same values.

Jesus' dynamic ideals as blueprints for discussion

It can be a very trying experience if you gather a group of six or seven people, and they complete their "sharing" with very brief statements. This experience is common in the early stages of the group's life. Therefore, it is wise to prepare several suggested discussion areas. We often turn to Jesus' cardinal features of the gospel:

"The Master on this occasion placed emphasis on the following five points as representing the cardinal features of the gospel of the kingdom:

1. The pre-eminence of the individual.
2. The will as the determining factor in man's experience.
3. Spiritual fellowship with God the Father.
4. The supreme satisfactions of the loving service of man.
5. The transcendency of the spiritual over the material in human personality.

This world has never seriously or sincerely or honestly tried out these dynamic ideas and divine ideals of Jesus' doctrine of the kingdom of heaven." [p. 1863]

Each of these cardinal features provides an abundant number of topics. Keep in mind that it is not the purpose of the group to discuss theory, but rather to share personal experience.

Without the help and support of our group, publishing my recent book, *The MetaValues Breakthrough* (Morgan James Publishing), would have been virtually impossible. My book is based on Jesus' five cardinal features

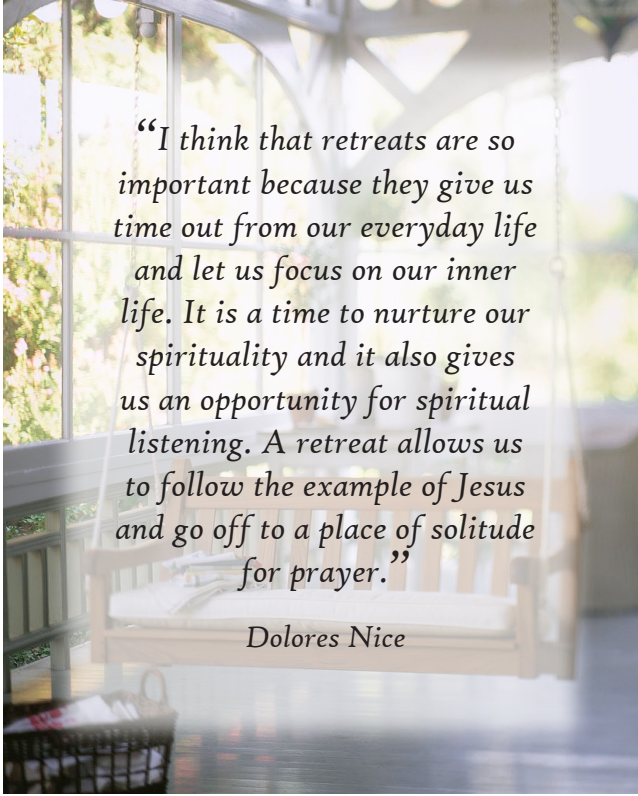
of the Kingdom of Heaven. For the group itself generates dynamics that energize and define some mysterious "missing" factor for me; one that makes the journey on the "service trails" one of increasing joy and grace.

What we are learning – rewards of a Living the Teachings group

We are learning that the ultimate prize is somehow to be found within the mystery of personal peace. Not peace in the sense of a negative avoidance of conflict, but rather a dynamic kind of peace that signals the end of inhibition and tentativeness. For, although we started out many years ago in a quest for the tranquility, rest, and the healing power of God's peace—we did not reckon on the immense experience of love that lies beyond His peace.

Unconditional love is something we may learn a bit about (if we are fortunate) in how we love our parents. Then, we learn that the love for another person—outside of our family—is a greater love experience. Later, even this love experience will pale when we learn to love our children. Yet the most rewarding experiences happen when the love of God freely springs forth through us to bless other children of God. This ungoverned love becomes actualized—or real—for us to the degree we cooperate with its outward flow, and in proportion to our ability to share it with others. This is love that, indeed, lies too deep for words. □

Editor's Note: The Mullins will be presenting a workshop on "Living the Teachings" for the Heart of the Mountains retreat in August (see details on page 5).



“I think that retreats are so important because they give us time out from our everyday life and let us focus on our inner life. It is a time to nurture our spirituality and it also gives us an opportunity for spiritual listening. A retreat allows us to follow the example of Jesus and go off to a place of solitude for prayer.”

Dolores Nice

Mission Statement

“To support one another in facilitating and enhancing the individual’s relationship with the indwelling spirit through the retreat experience, that all may be better equipped to serve the family of humankind.”

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