

Welcome Message

Thank you for taking part in this nine-day retreat. I know many of you are bubbling with questions. We will get to those questions in the first webinar. Some of you have asked about reading materials. This retreat is not centered around any particular teachings or any faith. It is not a Christian or Buddhist retreat or reflective of any specific tradition, so I did not recommend any specific reading materials. But I had other reasons for that as well that I will explain. You may refer to any or all of your personal spiritual literature that you have in your own library.

The sessions of this online retreat have been pre-recorded, and are intended to be viewed one day at a time. Each morning (or day), watch the next video message from me as a guide for that day. You will also have the written directions found under the video. **For the personal retreat days, the written directions are also available as a PDF download under Class Resources).** I will share some inspirational writings with you each morning from various authors that I love. But I have designed this retreat for inner work, as you will discover when you read the supplement that you will receive this evening. The instructions are time consuming even though you are on a retreat. The intention is self-examination and an exploration into the workings of your soul. Day-by-day, this journey progresses in stages that will take you into a different experience of you. This work is no small matter, as you will discover. You are no small matter. Your soul takes time to excavate.

Prayer time plays a significant part in this retreat, as does inner reflection. I have supplied you with prayers in the supplement. And of course, you are more than free to add your own and pray as you are used to. In the write up for this retreat, I suggested that each person have a journal. Though many people are not accustomed to journaling – which I understand – still, writing down responses to soul-sized questions is a rich part of a retreat. You are articulating to yourself how your soul is speaking to you. You are putting into words what your intuition is transmitting to you. This is not a time to rely on your mind to do note-taking.

If you do not have a journal, use any blank paper available. Even if writing is out of character for you, please make an effort to do this. That is what this experience is about – making the effort to go deeply into yourself. Reading spiritual literature does not take effort. For many of you, it is what you ordinarily do – which is fine and lovely, of course. I do it all the time. But a retreat is about venturing into yourself in ways unknown and often uncomfortable. Relying on reading materials is often a distraction. It can take your mind off of you and your inner work if you stay in the book too long.

Reflections / Spiritual Retreat

That said, I did provide a list of recommended reading materials for Day Four of your personal journey, as that is the day of inner feasting and inspiration following the day of fasting. Some inspirational work is retreat-rich, and I have selected works that I believe are good soul food – no pun intended. You will find that list on Day Four of the supplement that you will download.

Let me close by giving you a stunning visual: There are hundreds and hundreds of you participating in this spiritual retreat from all over the world. All of us will be on this same journey, doing the same exercises, asking the same questions, and saying the same prayers. I think that is spiritually stunning – utterly stunning. I am already holding all of you in my heart and soul.

Love to you,
Caroline