

# Trusting Your Intuition in Twelve Step Recovery

Facilitator: Mary Hayes-Grieco

October 5-7, 2018

## Friday

5:30 PM Dinner at the Dan Anderson Renewal Center

7:00-8:30 Welcome and Orientation

### **Introduction: Defining Intuition and Its Function in Our Lives**

An overview of the topic, defining intuition. Higher Power/Personality model. GPS analogy

**Small Group:** Am I intuitive? Presenter and group storytelling: "My intuition's Greatest Hits"

## Saturday

9:00-12:00 **The Five Types of Intuition**

Clairaudient, Clairvoyant, Clairsentient, Kinetic, "Flash" (Hearing, Seeing, Feeling, Moving, Sudden Inspiration)

Examples and Stories, Small Group Discussion.

Small group problem-solving practice exercise.

2:00-5:00 **The Five Blocks of Intuition**

Ignoring it, Doubt, Fear, Glamour, Attachment to Outcome.

Small group discussion/stories: When did I make life harder by ignoring HP's guidance? Wisdom circle exercise. Intuition at work and in family life.

## Sunday

9:00-12:00 **How to Develop and Trust Your Intuition, and Use It Skillfully from Now On**

Amplifying our connection to our Higher Power. Establishing a new relationship and communication with It. Steps to developing intuition and discussion about discernment.

**-all groups take place in presentation room 109 unless otherwise noted-**

### Daily Schedule

7:00-8:00	Rise N' Shine Yoga	Room 109
8:00-9:00	Breakfast	
8:30-9:00	Optional Lecture	Bigelow Auditorium
12:00-1:00	Lunch	
5:00	"As we go through the day..."	Room 208
5:30-6:30	Dinner	
7:00 - 7:30	Optional Lecture	Bigelow Auditorium
8:00 - 9:00	Saturday 3 Speaker Meeting	Room 108

\*\*Schedule subject to change