

Self-Compassion as a Spiritual Practice

Embracing Self-Compassion and Centering Prayer as an 11th Step Practice



ANNOUNCING A ONE DAY EVENT!

Most people believe that self-criticism is an effective motivator, as it provides the illusion of being in control. Motivation by self-criticism is harmful, as it comes from fear of being worthless, and focuses solely on self-improvement.

Motivation with self-compassion comes from the desire for health and well-being. Self-compassion provides the emotionally supportive environment needed for change and growth.

The practice of meditation is also necessary for growth and change. The 11th Step, with its emphasis on prayer and meditation, is often misunderstood. Most of us know about prayer, but we lack knowledge of, and experience in, meditation.

In this workshop, we'll practice Centering Prayer, a form of meditation based on resting in the presence of the God of your understanding. Incorporating this practice, with the other Steps, allows self-criticism to drop away, and allows for the opportunity of healing while deepening a relationship with your Higher Power.

Facilitators:

Ellie Hyatt is the Director of Family and Spiritual Recovery at The Retreat, and a Certified Spiritual Director. She has an on-going practice with the principles of the Twelve Steps. Ellie has completed professional training on Self-Compassion with Kristin Neff and Christopher Germer, and recognizes its application in 12 Step recovery.

Dick Y., Jon S., and Adam G.: each are involved in offering a monthly Centering Prayer practice for those in 12 Step fellowships on the 2nd Saturday of the month. More information can be found at www.12StepSpirituality.org.

Date: Saturday, September 12, 2015
Time: 9 AM—3:30 PM (lunch on own)

Location: The Retreat
1221 Wayzata Blvd. E., Wayzata, MN

Fee: Free-will offering to support the Family Program Scholarship Fund
Sponsor: The Retreat



For additional information call 952.476.0566 or 952.767.0334
www.theretreat.org