Owning Our Inheritance:

A Women's Group on Cultivating Intuition

Intuition is the treasure of a women's psyche.
It is like a divining instrument and like a crystal through which one can see with uncanny interior vision.

— Clarissa Pinkola Estes, PhD

This fall…

…embrace the treasure of your psyche with the support of other women while you explore ideas surrounding intuition—accessing your inner voice, embracing your wisdom, radical self-trust and cultivating true insight.

Learning about intuition is learning about the self; it is learning the soul language, of which no two dialects are exactly alike. As women in a patriarchal culture, self-doubt seems to be a part of our birthright rather than intuition. Our intuitive powers as women have been buried deep within our psyches, leaving us coming up empty and in a constant state of questioning. How often in your life have you had the experience of ignoring your intuition? How do you know the difference between self-doubt and your intuition? What does it look like to trust yourself? These are some of the questions that we will be exploring in this safe, supportive, six-week women's group.

Play and experiment, share stories, and learn to navigate left-brained culture with your right-brained gift. In this workshop, you will discover ways to integrate intuition with intellect and soul with science, letting yourself be **all** of who you are.

Learn…

- what keeps you from hearing your intuition
- to identify how you dismiss your intuition's promptings
- how to develop your own "night vision" – exploring how to tolerate the discomfort of uncertainty as you increase your ability to see in the dark
- what "technoference" is, and how it can keep you from connecting with yourself
- how to regain the clarity to recognize your intuitive voice *and* how it feels to be within a group that supports that voice

Email sacredgrowthcounseling@gmail.com
and sign up today!

Cost: $175.00 per participant

Register by 9/30 get $25.00 off!

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Fridays, 6:30-8:00pm ♦ October 7 – November 11, 2016

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