



Tail of the Tiger



The Heart of Recovery

ENGAGING MINDFULNESS

MEDITATION IN TWELVE STEP DISCIPLINES

With Jeffrey McIntyre and Nancy Miriam Hawley

January 23 – 25, 2009



“Sobriety is finding a new way of living that involves engagement where there was withdrawal; generosity where there was self-centeredness; community where there was isolation; joy where there was bitterness; trust where there was cynicism.”

– Kevin Griffin, One Breath at a Time: Buddhism and the Twelve Steps



*Jeffrey R. McIntyre and Nancy Miriam Hawley are the co-founders of Enlightment, Inc., consulting and coaching practice in Cambridge, MA. They have been successful life and business partners for 35 years, working in collaboration with their clients to produce lasting results in the areas of addiction, relationship, communication, conflict resolution and gender issues. Ms. Hawley is a founder of the Boston Women's Health Book Collective, Inc., the organization responsible for writing the best seller *Our Bodies, Ourselves*. Mr. McIntyre specializes in treating individuals, couples and families in recovery from addiction. He is active in his own recovery in OA. Together they are currently conducting research and writing a book entitled *Intimate Leadership*, to be published in 2008.*

Powerful cravings for mood altering chemicals and behaviors are as ancient as human beings. There are substance-based dependencies – alcohol, drugs, and food – and behavioral based dependencies – gambling, spending/debiting, and sexualizing relationships. These patterns of suffering affect both individuals and families. Their pervasiveness in contemporary culture is reflected in an array of self-help support groups, including all the Twelve Step groups – AA, Al-Anon, OA, NA, CoDA, DA, SLAA and SA – and other programs such as Smart Recovery.

The provocative paradox is that yearning and desire are the ground and the path of both the mystic and the addict. Yearning and desire live at the heart of the aspiration for the journey to holiness and wholeness. Integrating the path of the Twelve Steps with meditative and contemplative disciplines provides a foundation for clearing the heart of passions and cravings. Abstinence clears the brain, the body, and the being for a transformative journey of the heart to occur.

For three days we will:

- Sit meditation, exploring mindfulness meditation as a vehicle for recovering our aliveness from the prison of compulsive, addictive diseases.
- Discuss our respective recoveries using group discussion, one to one exercises and journaling.
- Apply the principles of Native Council (talking stick) practice and the Twelve Step traditions (no cross talk and anonymity) in integrating the basic goodness of meditation with our commitment to abstinence and creating sacred path.

Open to persons of all spiritual or contemplative traditions and Twelve Step practitioners from all programs, as well as people confronting these issues for the first time.

Program Fee: \$245 (including meals)

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/12step_109.html

For more information about Tail of the Tiger, visit: www.tailofthetiger.org