



## 2018 PILOT RETREAT

### *"In all our affairs"*

The theme is a reflection from Step 12... *"Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and apply these principles in all our affairs"* referring to the spiritual principles of the 12 step program.

## **Spirituality and Meaning**

### **Discovering our "why" behind our "what" in healing and well-being**

*Casa Palmera's 2018 Pilot Retreat* will address how to discover the value of the present and the future while specifically identifying commitments to fulfill, relationships to establish, and meanings to uncover. Vital in this effort is to fully engage, to show up in life, and to create a mindset of positivity, resilience, and grit.

Through insightful experiences, participants will identify and better grasp the "meaning of the moment" which we face on a daily basis. Addressing the spiritual questions... *Who are you? Why are you? How do you feel about who you are? What are you doing about it?* Drawing upon the research on meaningful interventions combined with the most recent research in "Positive Psychology", meaning, and addiction. We will guide the participants to explore and discover a meaning mindset driven by our will toward meaning and supported by our freedom of will to act. Through research driven tailored exercises, participants will identify how to discover connections to their spirituality as well as their personal and shared connections to meaning.

Participants will come to understand that while personal and shared meaning frames our connections, it's the challenges and threats to our meaning and connections that characterize our stress signatures. Well-being, health and happiness depends upon how we cope with those things that threaten or challenge our meaning connection efforts. Specific coping attitudes and behaviors support our spiritual, personal, and shared meaning connections, allowing us to heal and celebrate life which in turn creates our legacy--*it's our why behind our what!*