

Unitarian Universalist Fellowship of Vero Beach
Covenant Groups
Intuition
August, 2022

Chalice Lighting

May we know once again that we are not isolated beings
but connected in mystery and miracle,
to the universe, to this community, and to each other.

Check-in: What is most on your mind today?

Opening Readings:



“It is by logic that we prove, but by intuition that we discover. To know how to criticize is good, to know how to create is better.”

*Henri Poincaré, 1824-1912, French mathematician and physicist
who claimed intuition was the life of mathematics.*

“There is a voice that doesn’t use words.” *Rumi, 13th C. Persian poet and Sufi mystic*

Topic Exploration:

Trust your gut. How often do you think this to yourself? Is it advice you’ve offered a friend, a partner, a beloved nephew? In some situations trusting your intuition seems like the easiest thing in the world, and other times it requires a terrifying leap. But is the intuitive mind a true gift, or is it a convenient way to support less than rational choices? Fictional detective Sherlock Holmes, the otherwise extremely well-reasoned Sir Arthur Conan Doyle character, suggests that intuitions are not to be ignored, that they represent data processed too fast for the conscious mind to comprehend. Innovators like Albert Einstein and Jonas Salk credited intuition for leading them to significant discoveries. Entrepreneur and space pioneer Richard Branson, whose dyslexia caused him to drop out of school at sixteen, is quoted as saying, “I rely more on gut instinct than researching huge amounts of statistics.” It takes faith in one’s self to act on a gut feeling—be it finding the solution to a complex mathematical theory or knowing that the person you just spotted across the room is someone you’ll spend the rest of your life with—or accepting that surprise job offer halfway around the globe. Or maybe by turning right at a crossroad, because something just feels wrong about turning left.

Questions/Sharing:

1. On the subject of intuition do you think Woo-woo or Wow? Is there something or someone in your family background that influences your feeling?
2. Were there times when for no good reason a light-bulb turned on in your head and you said, YES! What was one? In afterthought, would you say YES again?
3. Have you ever sensed that an outwardly innocuous situation or person is dangerous or should be avoided? Did you honor that sense or dismiss it? Did the setting have anything to do with your decision? What were the consequences, if there were any?
4. Do you notice any physical symptoms or sensations when you get an intuitive flash?
5. Are you more likely to trust your intuition or reams of data when making business and/or personal decisions?
6. The 4th UU principle is the free and responsible search for truth and meaning. Is intuition a useful part of your exploration?

Closing reading:

Trust yourself. You know more than you think you do.

Benjamin Spock, American pediatrician, 1903-1998

Checkout and reflections on today's session: Please express any closing thoughts on the content or process of today's session.

Extinguish the Chalice

We extinguish this flame, but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping