

A
gathering
of Men



May
21st pm to 23rd
2010

At
The Inner Journey Centre
86 Toms Creek Rd,
Ellenborough. NSW 2446
Ph: (02) 6587 4356

This is a gathering of men:

- who want to take time to be present to themselves.
- who want to explore their inner world
- who want to connect with the more of who they are.
- who have 'sorry business', hurts, to tend to.
- who want to be in life with all of who they are, mind and body, feelings and spirit.
- who are interested in looking at their issues in life and relationships.

All you need to participate is:

- your story
- the desire to connect with more of your wholeness.

This is a weekend of personal exploration:

- in a supportive group of fellow men.
- starting from 'what is happening for me in life, now'
- using methods from Transpersonal and Emotional Release Counselling.
- getting beneath our thinking and rationalising.
- getting to layers of feeling and release.
- being guided by the inner wisdom/healer that we each have.
- listening to parts of ourselves that are less conscious.

The methods offered are:

- ways of experiencing both conscious and unconscious parts.
- ways of feeling deeply, releasing and clearing.
- ways of being present to our bodies, our emotions and our energy.
- ways of connecting with our biography, our birth and the transpersonal.

The methods include:

(as appropriate)

- sharing parts of our story.
- Breathwork sessions and other meditations.
- Dreamwork, Sandplay and other symbol work
- Child / adult separation process.
- Bioenergetics and movement
- sounding, drawing and journaling.

The facilitators for the weekends are Dave West, Chris Chaplin, Bernie Gardner and Damian Calhoun (Combination of 2 for weekends)

All are fully qualified Transpersonal and Emotional Release Counsellors (TERC) and full members of the A.T.E.R.C. Inc. except Damian who is an Associate Member. All are actively engaged in furthering their own inner journeys.

Future dates-

June 11th to Sun 13th Jiggi

October 11th to 15th 5 day

Men's Rite and Retreat, Ellenborough

November 26th to Sun 28th Ellenborough

December 3rd to Sun 5th Jiggi

Change

All of us experience change in our lives. Change is the one constant in our lives. There are changes that we look forward to and change that we fear. However, one thing is for sure. Things will not stay the same no matter how much we would like them too. When a life change occurs, we have two choices in how to respond. We can despair that a change has come and assume that things will be worse, or we can look with excitement at the new possibilities that the change presents.

Source: [Change Poems - Poems about Change http://www.familyfriendpoems.com/life/change-poems.asp#ixzz0lziRQ4oV](http://www.familyfriendpoems.com/life/change-poems.asp#ixzz0lziRQ4oV)

Details:

Venue - The Inner Journey Centre

86 Toms Creek Rd, Ellenborough. NSW 2446

Ph: (02) 6587 4356

Time - Fri evening May 21st to Sun 23rd at 4pm

Cost of two days: (including meals and 2 nights accommodation) \$260

Bring with you -

- drawing books & crayons, journal
- pair of sheets, pillow case and a towel.
- also your own personal items.

Book in by - evening of 19th Feb

(Call or leave a message)

with Dave on (02) 6688 8242 or 0418 492 945

Email: david@journeylines.com.au

We look forward to sharing the weekend with fellow men.

Warm regards,

Dave West.

Men's Weekend

Ellenborough

May 21st to 23rd

Name: _____

Address: _____

Phone: _____ Email _____

Deposit enclosed (\$50) _____ Owing _____

I will arrive: Friday evening for dinner Yes/No

I am a vegetarian YES/NO other dietary needs

Post details and deposit to: David West
258 Warby Rd
Jiggi, NSW 2480

or EFT: David West
BSB: 802185
Acc: 95180
Identify with Surname & MWE

And Email details to: david@journeylines.com.au