

A
Gathering
of Men



February
Thursday 23rd to
Sunday 26th, 2012

with

Dave West

JourneyLines

258 Warby Rd,

Jiggi NSW 2480

Ph: (02) 6688 8242

or 0418 492 945

Email: david@journeylines.com.au

and

Chris Chaplin

Glastonbury Hermitage

86 Toms Creek Rd,

Ellenborough NSW 2446

Ph: 0418 485497

Email: crow.worc@aterc.com

Check the Journeylines website: www.journeylines.com.au

or ATERC Website: <http://www.aterc.com>

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.

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 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 provide:

- 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.
- Bioenergetics and movement
- Sounding, drawing and journaling.
- Breathwork sessions and other meditations.
- Dreamwork, Sandplay and other symbol work.
- Child / adult integration process.

The facilitators for the weekend are Dave West and Chris Chaplin. Both are fully qualified Emotional Release Counsellors (ERC) and members of the A.T.E.R.C. Inc. Both Dave and Chris are actively engaged in furthering their own inner journeys. We will also have visiting Men Counsellors in their supervised clinical practice time to foster more Men Counsellors in the field of TERC practices.

Details:

Venue: The Inner Journey Centre
86 Toms Creek Rd, Ellenborough NSW 2446

Time: Thurs 23rd February 6pm (for dinner) to Sun 26th 4pm, 2012

Cost of three days: (incl. meals & accommodation for 3 nights) \$ 360

Bring with you:

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

Bookings by: Evening of Wed 22nd February 2012

Dave (02) 6688 8242 or 0418 492 945

Chris 0418 485 497

Next Groups: Late May 2012

We look forward to sharing the weekend with fellow men.

Warm regards, Dave West and Chris Chaplin

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Please return this portion by mail:

Men's Weekend **Ellenborough** **February 23-26, 2012**

Name: _____

Address: _____

Phone: _____

Email: _____

I am a vegetarian YES/NO (*please circle*)
Any special dietary requirements

Send details and deposit to: Dave West at JourneyLines
258 Warby Rd, Jiggi. NSW 2480
Ph: (02) 6688 8242 or 0418 492 945
Email: david@journeylines.com.au

Deposit enclosed (\$100) _____ Owing _____

Adapted from; **With Open Hands**

by *Henri J. M. Nouwen*

A man who enters his depths, is a man standing with his hands open to the world. This attitude is difficult because it makes you vulnerable.

The wisdom of the world is the wisdom which says: "It is best to stand firm, to get a good grip on what's yours here and now, and hold your own against the rest who want to take it away from you; you've got to be on your guard against ambush. If you don't carry a weapon, if you don't make a fist, and don't scramble to get what little you need — food and shelter — then you're just asking to be threadbare and destitute, and you'll end up trying to find a mediocre satisfaction in a generosity which no one understands. You open your hands and they pound in nails! A smart man doesn't look for anything too far away. He keeps on his toes, with his muscles tense, his fists clenched; he squints and is always ready for an unexpected attack."

That's what a person's inner life often looks like. If you nurture thoughts of peace, you have to be open and receiving. But can you do it, do you dare? Suspicion, jealousy, hate, revenge, resentment and greed are there before you've even given them a name. "What's he really trying to do?" "What's actually on his mind?" "He must not be laying all the cards on the table." "There's certainly more to his remark than meets the eye." Often such feelings arise even before thoughts can be formulated. Something deep inside has already tightened up: "Watch out, plan your tactic and hold your weapons in position." Then thoughts of peace are far away. You fear they are too dangerous or impractical. You think: "Anyone who doesn't arm himself shares the guilt for his own fall."

How can you expect a gift in this mood? Can you even imagine that your life could be any other way? It's no wonder that opening to your inner self presents such a problem, for it requires a constant readiness to lay the weapons down and to let go of your feelings which tell you to keep the things around you at a distance.

Giving can easily become a means of manipulation where the man who receives the gift becomes dependent on the will of the one who gives it. When you give, you are the master of the situation, you can dole out the goods to those you think deserving. You have control over the surroundings and you can enjoy the power your possessions give you. It is also understandable that many people want to give a gift in return as soon as possible, thereby re-establishing the balance and getting rid of any dependence relationship. Between people, it is quite often more a question of trading than accepting, and many people are even embarrassed with a present because they know of no way they can reciprocate. "It makes me feel obligated," they say.

Acceptance is something else. When someone accepts a gift, he admits another into his world and is ready to give him a place in his own being. When the gift is accepted, it acquires a place in the life of the other. Can I be generous enough to meet life with acceptance?

The Timetable for the 3 days:

Thursday

6pm: Dinner

7.30pm: Opening Sharing

Optional Evening Movie Yoga

Friday

8am	Morning Meditation (1st timers to have breathwork talk)
9am	Breakfast
10am	Breath Session 1
1pm	Lunch
2pm	Breath Session 2
6pm	Evening Sharing
7pm	Dinner
Optional	Evening Movie Yoga

Saturday

8am	Morning Meditation
9am	Breakfast
10am	Breath Session 1
1pm	Lunch
2pm	Breath Session 2
6pm	Evening Sharing
7pm	Dinner
Optional	Evening Movie Yoga

Sunday

8am	Morning Meditation
9am	Breakfast
10am	Explaining Sandplay
10.30am	Sandplay 1
12pm	Lunch
12.45pm	Sandplay 2
2.15pm	pack up rooms and clean the spaces
2.45pm	Final Sharing.