

A
Gathering
of Men



May
Thursday 9th
to Sunday 12th, 2013

with

Dave West

JourneyLines

PO Box 14, Goolmangar Store

Goolmangar NSW 2480

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or 0418 492 945

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And

Chris Chaplin

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Shoreham, Vic 3916

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Email: crow.worc@abundance.org.au

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 Transpersonal and Emotional Release Counsellors (TERC) 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. Leon Twohill will be the Co-facilitator for this group.

Details:

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

Time: Thurs 9th May 6pm (for dinner) to Sun 12th 4pm, 2013

Cost of three days: (incl. meals & accommodation for 3 nights) \$ 380

Bring with you:

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

❖ Please bring your own Breath session sheets and towel
(please tell me if you require these to be supplied)

Bookings by: Evening of Sun 5th May 2013
Dave 66888242 or email

Next Groups: Thurs 22nd August to Sun 25th, 2013
Thurs 14th November to Sun 17th, 2013

We look forward to sharing the weekend with fellow men.
Warm regards, Dave West and Chris Chaplin

✂

Please return this portion by mail:

Men's Weekend **Ellenborough** **May 9-12, 2013**

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
PO Box 14, Goolmangar Store, Goolmangar, NSW 2480

Or Email: david@journeylines.com.au and EFT funds, will supply details on request

Deposit enclosed (\$100) _____ Owing _____

*When someone goes
into the deepest part
of the human soul,
they cannot ask someone
to accompany them.*

*Step by step,
they go down
all the way to the bottom.*

*When they find something shining there,
they hold it to their bosom
and start going up
the way they came down
so to share it with others.*

The Timetable for the 3 days:

Thursday

- 6pm: Dinner
- 7.30pm: Opening Sharing

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 or Dream work 1
- 12pm Lunch
- 12.45pm Sandplay or Dream work 2
- 2.15pm pack up rooms and clean the spaces
- 2.45pm Final Sharing.