

LIVING BEFORE WE DIE: Bringing Conscious Attention to Our Lives As Men

*Friend, hope for the Guest while you are alive. Jump into the experience while you are alive!
Think....and think....while you are alive. What you call salvation belongs to the time before death.
If you don't break your ropes while you are alive,
do you think ghosts will do it after?*
KABIR

This 10-meeting study and process group for men will explore the pathway to discovering our masculine gifts, accepting them and offering those gifts in our work, our friendships, our partnerships and families. As a study group, the group will engage with new ideas about relating to ourselves, our partners and families, and our work in the world. As a process group, we will look at our interactions within the group as a reflection of our interactions with the world. As a working group, we will support each other to identify and face the challenges which will help us live our lives more fully. While group members will do some reading and practices between groups to open up new areas for exploration, the primary work in meetings will be the focus on mindfully finding our right relationship with ourselves, our purpose, and each other. The dark and the light of relationships, sex, work, finances and spirit will be brought into group as we explore our own male human experience. We will look at physical, spiritual, emotional, sexual, and psychological ways of offering our gifts to the world, and our unique barriers to doing just that.

This group will be comprised of 5-6 members, the group leader and an assistant leader. All members will commit for the duration of the group. (It is understood that absences are unavoidable at times.)

The group will do a small amount of reading each week from writings by David Deida, Rick Belden, Chogyam Trungpa and others as a starting point for seeing our full role in the world. We will explore mindfulness, and use this skill to explore barriers to authentic engagement with ourselves and our world.

Details

When: 5:30 – 7:00pm on Wednesdays beginning September 15 and ending October 17

Where: Sol Associates, 3400 Kerbey Lane

Who: Group leader: Steve Milan, LCSW; Assistant leader: Rupesh Chhagan

Cost: \$50 per session payable at the beginning of each month. Discount available if paid in full in advance. If finances are the only barrier to attending the group please contact Steve to discuss accommodations based on need.

Please call Steve at (512) 589-5164 to sign up or to get more information.

Signing Up: Anyone interested in participating must meet with Steve once before the group starts to assure that the goals of the group are clear, and that this group is an appropriate venue for this work. There is no cost for this meeting.

*“My husband experienced profound transformation from his participation in the men’s group.
There are so few ways in this culture for men to bear witness to one another.
You have created a container for men offering support, validation and nurture to one another.
It is sacred work, and I am deeply grateful.” - Partner of a former group member*