

LIVING FULLY AS MAN: Discovering and Offering Our Masculine Gifts

"A fearful man who still leans into his fear, living at his edge and putting his gift out from there, is more trustworthy and more inspirational than a fearful man who hangs back in the comfort zone, unwilling to even experience his fear on a day to day level." [David Deida](#)

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 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. 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 4-6 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. These writings have very different takes on the journey, and we will work with their ideas to find our own path. We will explore mindfulness, and use this skill to explore barriers to authentic engagement with ourselves and our world. Together we will also explore the confounding and exciting relationship with the feminine.

Details

When: 5:15 – 6:45pm on Wednesdays (almost weekly) beginning May 26 and ending August 11

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**