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In Other News:

Journeying Together

Dear {First Name},
Welcome to the "Male Journey" – February 2017. Here are some thoughts for you to ponder... and maybe to go out and live, if it resonates with you...

Gathering

Continuing our Journey of Illumination, this month we will take a closer look at Gathering.

People have always Gathered. Gathered for celebrations, births, deaths, good times and bad times. We gather to remember, to support and to transform. When we gather, the challenge is always to be present, present to ourselves, and present to the other people gathered. By being present we are able to listen and hear as stories are told. This has been a characteristic of human behaviour. This is how we support each other. By being present and listening we honour the person speaking and we honour their story. This enriches both the story teller and the listener.

When we gather as men in MALEs, we are creating a sacred space. Sacred because when we gather we are remembering who we really are, we are of the creator. For some reason creation, life the universe,



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Anam Wellness Centre
(run by John O'Flynn)
hold daily and weekly
yoga and meditation
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called each and every one of us into being. We are meant to be here right now.

As we gather we listen to each man, from the heart, and respect his story, with no intention to change or alter or advise.

We support each man, where he is, on his journey.

Each man can and will evoke different reactions in us. To be aware of how we are thinking, and how we are responding inside to what is being said or even responding to how the other man appears is very important. Maybe as soon as we see the other man, we stop listening. If we become more concerned about ourselves and our reactions to the other men we stop being present. Having awareness of our reactions, acknowledging them, but then returning to the task in hand, namely to be present to the man speaking, allows us to listen to the real story and not the one going on in our head, and so honour the other man.

One aspect of the gathering is to experience connection, a sense of belonging. For this to happen each man agrees to the guiding principles of:

- Listening from the heart,
- Speaking from the heart
- Being spontaneous
- And being brief in the sharing.

Suspending our own agenda, being present and listening, creates a safe space which is also a sacred space and this allows for transformation and change to take place.

We hope that you can join us on this journey!

Reflection



Clouds will at times gather on the horizon of our lives - They may dim our vision, but they can never block the light from piercing through - May we, like the light have the revelation to penetrate through these moments of dimness and see clearly our own reality.

Monthly Marley Meeting - Saturday 18th Feb.

Our regular gathering takes place on the 3rd Saturday of each month (starting at 10am with tea and biscuits) and is open to all men. Men are invited to join us in this space to sit and share their stories with other men in a safe, confidential and supportive environment.



All men are welcome. Men of faith and no faith, married or single and of any sexual orientation.

Why not join us!

Follow this link for directions; [Monthly Marley Meeting](#)

Upcoming Events:



Our very own George Kearns will give a workshop on the "***Spirituality of Nature***" in the Ashram on Saturday the 4th March from 10am - 4pm. To book a place on the workshop call John on 086 0523603

Recent Events :

If there is any event that has occurred let us know and we will place it here.



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www.MaleJourney.ie