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# An Turas

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## In Other News:

## Journeying Together

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

### Present to Presence

It can be the hardest thing sometimes just to be present can't it?

We're sitting with a friend and our thoughts drift off;

We're eating our lunch and we don't taste the food;

We're struggling with a vulnerability that we just want to get rid of;

The list could go on and on couldn't it?

It would be easy, (and maybe it's our default position)  
to begin to get impatient and frustrated, or even despairing  
when faced with this struggle to live more in the Now.



**Do you have time for  
Meditation or Yoga?**

Anam Wellness Centre  
(run by John O'Flynn)  
hold daily and weekly  
yoga and meditation  
sessions at their centre in  
Tallaght.

For more details visit  
[anamwellnesscentre.com](http://anamwellnesscentre.com)

An attitude of self-compassion and patience can help us to let go  
(millimetre by millimetre!)

of our tendency to be hard on ourselves around all this.

On the male journey to a deeper authenticity and maturity,  
we are invited to cultivate practices that anchor us more in the present  
moment,

so that we can encounter something deeper,

namely, Presence,

or to put it another way,

our True Source- a Power greater than ourselves.

The mesmerising nature of daily life with its many and constant  
demands,

And often unquestioned culture of materialism and self-seeking,  
can find us on auto-pilot, drifting in its currents.

In order to stay anchored and open-hearted,  
we need to connect on a daily basis with the inner compass to our  
deeper self,

to our True Self.

This deeper connecting can be achieved through various practices,  
including:

Meditation/Mindfulness

Prayer;

Fasting;

Yoga/Body work,

Drumming

The above description of this daily connection with Presence, often described as “Centering”, is one aspect of what we refer to in male spirituality as

The Journey of Illumination.

It is in essence five ways to be present to Presence.

The other four practices are:

Gathering

Connecting

Releasing

Serving

Over the coming five months, our meetings at Marley, will focus on each of the five aspects of the Journey of Illumination, beginning this month with “Centering”

I hope that you can join us on The Journey!

**Reflection**



The journey to our centre may be long and at times difficult, but to live the fullest of lives we know we must travel to it. And upon arriving at it we know we are home.

### **Monthly Marley Meeting - Saturday 21st Jan.**

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:



Future events will be announced on [www.malejourney.ie](http://www.malejourney.ie) and from our monthly newsletter.

Please make sure to sign up from the website.

### Recent Events :

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



To stay informed on issues affecting men and to share inspirational ideas, why not follow us on Facebook?

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