

## BEING MAN: Discovering and Offering

This 10-week 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 connect with new ideas. 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 our own purpose. 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 the unique barriers that prevent the giving of those gifts.

This group will be comprised of 4-8 members, a group leader, and a co-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 different takes on the journey of being, and we will work with these alternative perspectives 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 relationship with the feminine – and find a sense of solidity there.

### **Details**

**When:** 5:30 – 7:00pm on Thursdays\*\* beginning 1/28 (or later if necessary) and ending 4/1

**Where:** Sol Associates, 3400 Kerbey Lane

**Who:** Group leader: Steve Milan, LCSW

Group Co-Leader: Shelley Imholte, LMSW

**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 or Shelley at (512) 431-3721  
to sign up or to get more information about the group.**

**Signing Up:** Anyone interested in participating must meet with Steve or Shelley 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.

\*\*A second group will be developed on Wednesday evenings if needed. Do not hesitate to contact Steve if you have an interest in a similar group offered on Wednesday evening.

*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](#)*