

## *'Finding Our Voice' Welcome Manual*

Welcome to Menergy 2016, we are delighted that you were able to join us in our event.

This event promises to be ground breaking in many ways, already within 5 years Menergy has become the biggest Men's Gathering in the whole of Australia, The future is very bright for you and other Men helping to shape the future evolution of Australian Men and be a guiding light for Men around the World to see and use as an example of how to become an Authentic Man of this modern age!

The Menergy 2016 Committee was delighted to announce the theme for this years gathering. 'Finding Our Voice' .This theme shapes how we work together as a team and how we put together this years event for you all.

Obviously this means different things for all of us but we have united strongly in its core message. And that message is this:-

That we, as men in the modern world, can find our real voice, beyond inherited roles and imposed ideas, of who we are as men. And the more we find our voice the more we can both reach out when we are struggling and also clearly offer our gifts. The possibility is that in finding this voice we can become authentic leaders in our families and communities. And not only individually but collectively we can find OUR voice and become a community of men shaping a better world.

Join us in a journey towards this years Menergy in speaking up, asking for help, offering your gifts or making a stand for what is true for you..

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*“Menergy is an incredible opportunity to meet and get to know other men interested in growth, empowerment and finding ways to be the best husbands, fathers, friends, partners, lovers... the best all-round blokes they can be.”*

## Menergy 2016 Theme - ‘Finding Our Voice’

The Menergy 2016 Committee are delighted to announce the theme for this years gathering. **‘Finding Our Voice’** The theme shapes how we work together as a team and how we put together this years event for you all. Obviously this means different things for all of us but we have united strongly in its core message.

And that message is this:-

That we, as men in the modern world, can find our real voice, beyond inherited roles and imposed ideas, of who we are as men. And the more we find our voice the more we can both reach out when we are struggling and also clearly offer our gifts. The possibility is that in finding this voice we can become authentic leaders in our families and communities. And not only individually but collectively we can find **OUR** voice and become a community of men shaping a better world.

Join us in a journey towards this years Menergy in speaking up, asking for help, offering your gifts or making a stand for what is true for you.

Bring it on...

## First Men's Gathering?

If this is your first time, then you may be feeling a little on edge, anxious, excited, and nervous or a combination of them all. From our experience, this is totally normal and a lot of experienced men still get these feelings, so know that you are not alone.

At Menergy it's all about choice. You choose what you want to do, be it a workshop, relaxing, talking in the Chai Lounge, taking some quiet personal time for reflection or spending time making new friends. It's totally up to you. We recommend that on first arrival that you take some time to feel comfortable in the surroundings, get your bedding sorted and join the crew of men setting things up.

## Experienced Men

This year 'your' Organising Committee urges all returning men to consciously support, assist and welcome the men new to our community. Step up and to hold the space for men starting their journey this weekend. We have heard the calls from experienced men for a deeper gathering and believe this is the answer — by supporting their brothers, experienced men will gain a much deeper involvement.

## Housekeeping & Tips

There are a few things that you can help us with to make sure that this weekend is the best it can be for every man.

## Name Badges

Connecting with men is a major part of men's festivals. Be sure to wear your name badge during the festival to make meeting other men easier.

## Tribal Groups

These will be led by experienced men in our community and will be formed as part of the opening ceremony. They are a proven way for each man to speak, be heard, and to listen to what is happening for other men. We ask you to attend all tribal group meetings and to please be there on time.

## Confidentiality

This is an area of importance when engaging with Workshops and Tribal Groups. To

create a space where men can feel safe to share and be authentic, we ask that no man's name or his experience is to be spoken of outside of this weekend. Of course, your experience is yours to speak of as you wish.

### Meal Times

Our gatherings are well known for their healthy and wholesome meals. You will be alerted to when meals are being served and we request you to be punctual. Meal-times are a great time to catch up and a forum for announcements. Please be sure to listen out for them!

### Meal Clean-ups

Please assist with your plates and present them to the cleaning crew in the kitchen and keep your table tidy and clean. A washing crew will wash and dry your plates.

### Mobile Telephones

There is no mobile phone connection at Licola. If you need to make a phone call there is a phone booth there to call out.

If you need to receive a call the venue's number is (03) 5148 8791.

### Smoking

If you are a smoker, we ask that you cut right back or consider going without. We understand that this is a big ask and so if you do need to smoke, please do so on the oval away from others that may not appreciate your smoke.

### First Aid Officer

First Aid Officers will be announced on the opening night. Please familiarise yourself with them in case of emergencies.

### Emotional First Aid

Sometimes at Gatherings, personal issues can arise. Please seek support. Our emotional first aid officers are the men to see. These are experienced men who will lend a compassionate ear. These men will be introduced at the opening night.

### Bump Out

As the cliché goes, many hands make light work. When packing up on Sunday we would like to ask every man to be involved in helping to pack up the gathering prior to the closing ceremony. Thank you in advance for your assistance in this.

### Post-Gathering

In the weeks after Menergy, you will receive an email advising you that Men's Wellbeing members list has been updated with all attendees and their photographs taken at registration. We recommend that you make a commitment to keep in contact with at least one new other man to keep the benefits flowing and to help build our community.

### Feedback

To help the 2017 Menergy Committee put together next year's festival, please complete the feedback form you will be emailed after the weekend.

This year's Menergy will provide experienced men plenty of opportunity to go deeper, to



co-create and to be involved with this amazing community of men, including providing support and leadership to all men, especially those new to Menergy. Men come to Menergy for lots of reasons. It is a strong community and for many men it is the opportunity to come back and connect with good conscious men in the unique environment that these gatherings are. For new men we know you will be welcomed and find acceptance and new friendships among this community.

## Menergy 2016 Committee

The committee is made up of a dedicated group of volunteers who attended previous Menergy's and were moved to step in and offer service to other men and have dedicated the year to putting on this event. The time and effort put in is not repaid by any financial return but from being part of a committed vision to assist men to connect and gather in constructed, empowering, and fun ways. If you too feel compelled to be involved in the committee and be rewarded for being a part of an amazing event and learn about yourself on the way, you too can volunteer to be on the committee next year. The time and effort put in is not repaid by any financial return but from being part of a committed vision to assist men to connect and gather in constructed, empowering, and fun ways.

## Menergy 2016 Committee

**Arion – Marketing, FB, Comms. MWB Liason, Ceremony, Host**

**Gero - Volunteers, Catering, First Aid, Ceremony,**



**Paul – Marketing, Website, Comms. Bookings & Ticketing, MWB Liason, Elders**



**David – Marketing, Venue, Logistics, Comms. Bookings & Ticketing, Financials, MWB Liason**



**Austin - Marketing, Comms, Registrations & Heart Circle, Cabaret, Space & Beauty**



**Ryan - Marketing, Comms, Space & Beauty, Cabaret, Bookings & Ticketing**



**Vern - TGF's, Catering, Cabaret,**

**Jaes – Venue, Logistics,, Space & Beauty**



**Ewen – Marketing, Elders**



**Tommy - Space & Beauty, Ceremony**

**Oakies - WSF's**



**Stev - WSF's, Space & Beauty, Cabaret, Host**

For the first couple of days we will wear the Menery t-shirt to help identify us. Feel free to come up and say hello and connect at any time. We are happy to share what it is like to be involved in organising a gathering like Menery and might even encourage you to consider stepping forward as part of the organising committee for Menery 2016. We are also very happy to share our experiences with the men from any of the other gathering organising committees. The committee need to thank two men who, have given their generous time and support to the Committee over the past 12 months Scott Grimmett – MWB and Jeremy Shub - The man with a vision.

## Tribal Groups

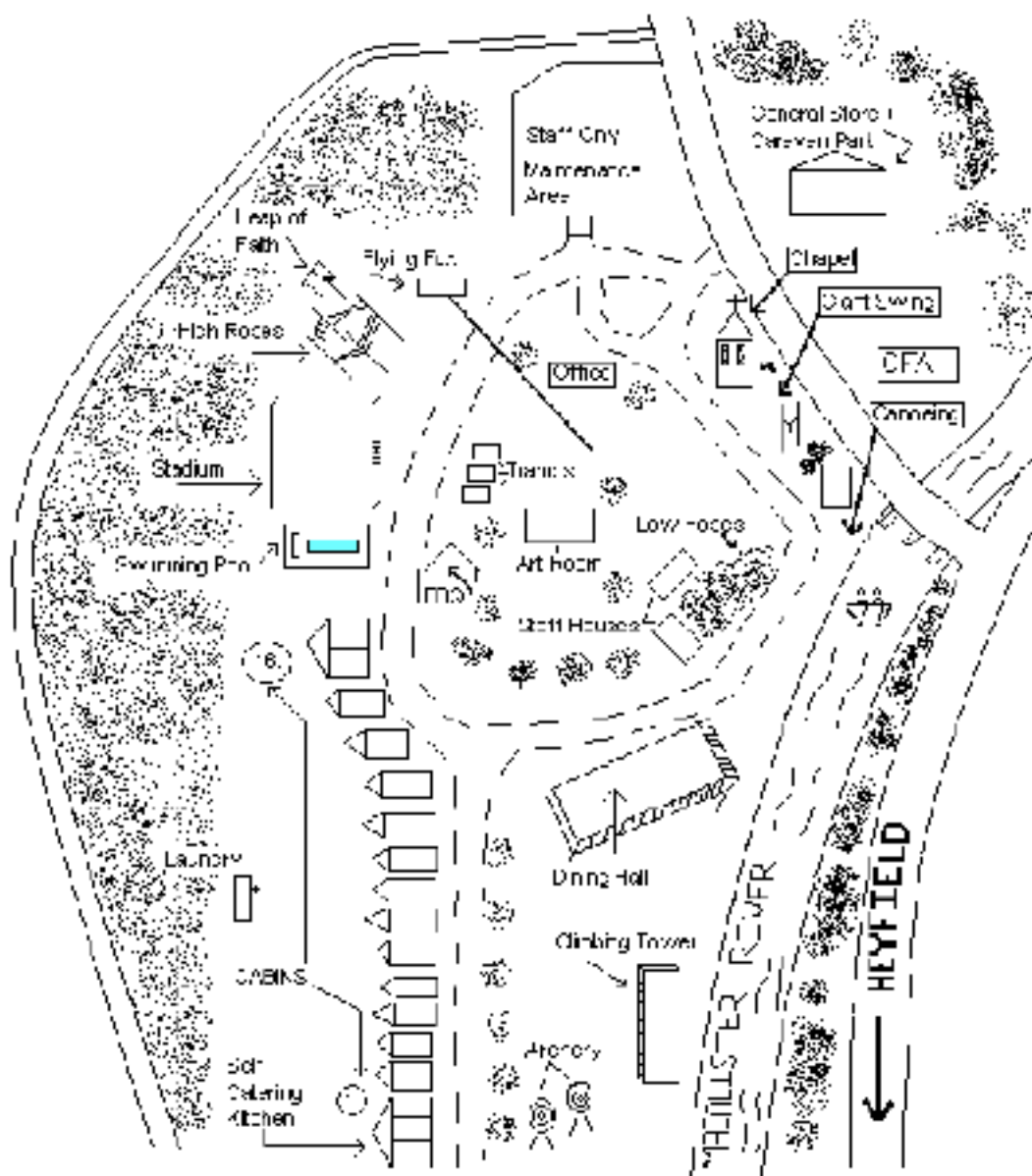
### Introduction

An important part of this event is the Tribal Group you will help create. Your Group Leader will be a skilled group facilitator from our community. The meetings will be a place where you can 'check-in' and share about your experiences, progress, challenges or realisations that have come up, and it's also a great way to connect regularly and deeply with a group of men. Tribal Groups have been a part of these events for over 10 years and there are some things we know assist the groups to work well. Your Group Leader will run through



## Licola Village

### MAP



the items below plus any other approaches they like to use and of course you will have opportunity to contribute to this if you feel the need.

### Confidentiality

Confidentiality and integrity are critical elements in the group. What you see and hear is not yours to own. No other man's name and story is to be repeated outside the group. You can however share your experience, how you felt, what came up for you. This is ultimately all your loved ones may want to hear anyway.

## 'I' Language

We encourage you to use 'I' instead of 'you'. For example saying; "You know when your woman is angry and you get pissed off" is much better stated 'when my woman gets angry, I get pissed off'. This will greatly assist you in taking full ownership of your experience. "I feel"; "I think"; "I want"; "I will" are phrases that may help now and in the future.

## Respect

Create a space of respect for yourself, others & the environment. Turn up on time and listen fully when each man is speaking. One man speaks at a time, holding the talking stick. Trust the words will come to you when it's your turn, rather than mentally rehearsing your 'speech'. Your unrehearsed words are often more honest.

## Trust and Support Men to find their own solutions

Giving advice is not encouraged and is rarely appropriate. Feedback is only offered by seeking permission first, and then speaking from your own experience. Please avoid "You should" or "If I were you I would".

## Be Present and Real

Discussing philosophies or moralising often keeps groups from being grounded & real. Please consider if there is a way to discuss your interests in a more personal way, or at least save these discussions for time outside the group.

## Cross-Talking

Do not Cross-Talk. Give everyone the opportunity to speak uninterrupted. Watch your own inner stirrings when another man speaks, they are gold and yours to explore!

## Talking Stick

When each man is holding the talking stick, all that is asked is that you listen. When speaking, please speak into the circle, include the centre and all the men around it.

## Rescuing

We are not here to rescue, fix or solve problems for other men in the group.

## Touch

If a man is in deep process, he is not to be touched, as it may cut it short. Consider why you need to touch/console this man. Is this something you cannot hear? Whose process is it?

## All Feelings are OK

Sadness, Fear, Anger and Happiness are all normal emotions. You have a right to them, try to own and identify them. If you are not feeling OK then say so.

## Leaving the Circle

Please don't leave the circle once it is formed. If you need to leave, please speak before doing so, go in silence and remember to walk around the circle rather than across it. If you need a pee break just ask and the group will hold the circle in silence until you return.

## It's OK to Pass

You have the right to share and speak at the level at which you are comfortable. There may be a time when you wish to pass, this will always be respected.

## Some final points:

- Stay in your body, in the present moment. Breathe!
- This is not a performance, there is no-one to impress. You are here for yourself.
- The Tribal Group Leader will be the guardian of the guidelines and may gently remind people of them when they are forgotten. This is not a criticism but an effort to maintain the safe form of the circle. This way of speaking may be new for many.

## Workshops

Workshop details will be promoted by the facilitator during the course of the day. Each presenter will give a 1 minute brief to the group describing his workshop. It is advised that you read familiarize yourself with the program beforehand so you can identify those workshops you are interested in.

It is also highly recommended that you give yourself time to process and dissolve some of the information you have obtained in the workshop. To do this we encourage you to not feel that you have to attend a workshop all the time, give yourself time to reflect by talking to men in the chai tent or go into nature and find some reflective time.

## Work Shop Etiquette

### 1. **Whoever comes are the right people.**

This principle acknowledges that the only people really qualified or able to do great work on any issue are those who really care, and freely choose to be involved.

### 2. **It's all about the timing.**

This principle recognises that spirit and creativity does not run by the clock however. So while we are here, we will all keep a vigilant watch for great ideas and new insights which can happen anytime.

### 3. **Whatever happens is the only thing that could have happened.**

*Allows everyone to let go of the "could haves, would haves and should haves" so that we*

*can give our attention to the reality of what IS happening, is working and is happening right now.*

#### 4. **When it is over, it is over.**

*Acknowledges that one never knows how long it will take to deal with any given issue. It reminds us that getting the job done is more important than sticking to an arbitrary schedule.*

#### 5. **The law of two feet.**

*You know men, where you can learn and contribute the most Open Space encourages you to use your two feet to go where you need to go, when you need to go and do and say and hear what you need to. Enjoy, and may this process be powerful and heart opening for every man.*

## Common Ground

'Common Ground' Mens Group Training is organised and run by Menswellbeing, the name behind Menergy and is seen as an essential program offered to Men who want to understand more of themselves within a group dynamic with other men.

The two weekend program creates a facilitated experience for men to share openly and without judgement in a workshop style format that is safe, structured, and led by experienced men.

Common Ground helps men to explore the experiences that have shaped them, and to have the conversations that need to be had.

Common Ground is open to all men from all spectrum of the community. It's challenging but not confrontational.

Men who have participated in Common Ground report;

- reduction in isolation
- greater sense of self worth
- personal awareness and growth
- improved communication skills
- positive recognition and handling of emotional responses
- sense of connection and belonging.

Common Ground Melbourne Dates

- 5-6 & 26-7 November

Free intro evening.

- Sunday 23rd October 2016 ( 7-9pm 1 Mark St Fitzroy)

An informal discussion describing the program answering any questions you have.

For more info call Samir 0430 279 438

E: [cgmelbourne@menswellbeing.org](mailto:cgmelbourne@menswellbeing.org)

## **GBTI +– All Men are Welcome**

Menergy, Common Ground and Victorian Men's Wellbeing welcome males of diversity and those identifying as Gay, Bisexual, Heterosexual, Intersex, Queer and Transmen.

All people identifying as males should feel that Victorian Men's Wellbeing events are SAFE, WELCOMING and INCLUSIVE, where everyone has the opportunity to feel comfortable to be themselves.

For our GBTI+ people, that means a respectful environment where everyone is treated equally, feels included and valued. We expect all participants to automatically include GBTI+ diversity in their language in public space to account for those identifying as male. We also ask that participants avoid assumptions regarding a person's anatomy, gender or sexual preferences.

We see these events as a time to share heartfelt connections with a diverse range of males and to gain insight and understanding into all realms of masculinity. We believe all males have something to offer and we'd like to feel that we are creating a space for all to express and share freely. We hope to create a celebration of masculinity.

## **VMWB – Victorian Mens Wellbeing**

Victorian Mens Wellbeing executive exists to provide assistance to men seeking to connect with other men in a positive, meaningful, and supportive way. We believe in the importance of men developing in all aspects of personal growth so that they in turn are supported and their families and communities are made richer.

The Victorian Mens Wellbeing executive aim is to oversee the programs developed by Queensland Mens Wellbeing and to foster a healthy men's community in Victoria. Currently this means that we support and enhance the existing programs offered such as Menergy and Common Ground, whilst looking to develop new and emerging services for Victorian men.

The Group is comprised of the following members who have all previously served as Menergy committee members in the past.;

Matt Morrison

Simon Dawes

Samir Andrew  
Grant Lewis  
Gordon Funk

Jeremy Shubb  
Tom Rose

## Schedule



Friday		Friday Timetable		
		<b>MENERGY 2015</b> <i>into the heart</i>		
Time		8.30 am Workshops FRW1		
6am	Morning Ceremony	<b>Facilitator</b>	<b>Description</b>	<b>Room</b>
7.00am	Breakfast	Jared Osborne	Kind Warrior / over Magician- Man	CI
	Facilitator Intro	Richmond Hooth	TRE- the oldest medicine on earth	DR
8.00am	Free Time	Travel Culture	The Lynch Pin	ST
8.30am	FRW1 Workshops	Carl Quinane	Now I get it	IR
10.30am	Morning Tea	David Isaac	Adams Apple talk like a man	SD
	Facilitator Intro's	11.00 am Workshops FRW2		
11.00am	FRW2 Workshops	<b>Facilitator</b>	<b>Description</b>	<b>Room</b>
1.00pm	Lunch	David Julianz	6 rhythms- man up	ST - 3
	Facilitator Intro's	Richard Musk	Level of the Warrior	IR - 4
2.30pm	FRW3 Workshops	Hugh Martin	Break free from Homophobia	SD - 7
4.00pm	Afternoon Tea	Damian Litchfield	Lets Play	AR - 4
4.30pm	Tribal Group Leaders	David Miller	Open Heart Meditation	CI - 5
6.00pm	Dinner	Len Ward	Listening to hearts	UR - 6
7.00	Free Time	2.30 pm Workshops FRW3		
7.30pm	Heart Space	<b>Facilitator</b>	<b>Description</b>	<b>Room</b>
9.30	Supper	Gert	Man @ Dance	ST - 3
		Alistair McKinnon	Compassionate non-violent communication	DR - 6
		Peter Bolton	Personal Peace procedure	SD - 7
		George Pelen	Freedom Arthritis	AR - 4
		Daniel Thomas	Motto Massage	CH - 5

## Facilitators

(Subject to change-Apologies if not all bios and details printed)

### Masculinity and Trans Gender Identity – Trent Hawkins

Often we fall into the habit of aligning masculine identity with the male reproductive system, however there are much deeper and broader aspects of masculinity, which many may choose to embody and develop, regardless of their sexual organs or gender appearance.

This workshop intends to give space to acknowledge people with different experiences of masculinity, to share what it means to explore and embody masculinity, and how this aligns or doesn't align with our sex



## Sunday Timetable

# MENERGY 2015

*into the heart*

Time	Sunday
6.00am	SUNW1 Morning Program
7.00am	Breakfast Facilitators intro's
8.30am	SUNW2 Workshops
10.00am	Free Time
10.30am	Trial Group Check out
12.00pm	Lunch
2.00	Back bags
3.00	Closing Ceremony
4.00	Line Bump Out
3.00pm	Event Leave

6.00am Workshops SUNW1		
Facilitator	Descriptor	Room
Amor	Morning Wakeup	ST - 3
David Thomas	Meditation	LR - 1
Alex	Waking up your heart	DR - 6
Daniel Babin	Qi Gong	CH - 5

8.00 am Workshops SUNW2		
Facilitator	Descriptor	Room
Kirstin De Silva	Primal dance and body mapping	ST - 3
Vern Hardie	Reconnecting the hearts of gods and their kids	DR - 6
Hugh Martin	Breakfast from Pornography	ST - 7
Jeremy Shup	Graceful Sexuality	LR - 1
Michael Conn	Leaving your last body	CH - 5
Rachel Dinmock	Awakening ecstatic body	AR - 4

organs.

This workshop also seeks to build acknowledgment of cis-privilege, and recognition that trans gender men have experienced social exclusion, violence, and shame in the quest to be fully themselves.

### **Brief Biography**

Despite Trent's current identity as a white, heterosexual, cis-man, Trent has participated and played a leadership role in queer and transgender equality campaigns for over ten years. At the beginning of 2015 Trent helped establish a Men's circle, which is open to any person for whom man and masculinity is an important part of their identity. Trent also has an interest in learning Tantric sexual polarity, masculine archetypes, and Buddhist experiential practices.

### **What previous experience do you have in running this workshop?**

I have extensive experience running workshops and holding space for people to share and listen in a respectful, supportive environment. I've held workshop series on Wellness skills for climate change, movement meditation and Adaptive Leadership.

I also initiated a men's circle, which currently has ten members and meets monthly.

### **What is the desired outcome of your workshop?**

Greater appreciation of trans gender men and gender fluidity, and sharing in the diversity of lived experience of masculinity.

### **Experiential Astrology – Jack Miller**



Using astrology's symbolism as a diagnostic tool, we use your natal chart plus what the astrological forecast is at the time to help guide your healing and reconnection to yourself.

With the astrology symbols setup as a medicine wheel, you enter the wheel, which is a sacred space, and connect with signs and planets that are most relevant to you in that moment. This allows you to journey deep with the ancient archetypes that are imbued within all of us, while communicating with your own unconscious and wisdom.

While embracing an ability to trust the natural healing energies of the unconscious, you will be able to open to healing experiences through various parts of self.

You do not need any astrological knowledge to benefit from this process.

#### **Brief Biography**

As a trans-personal counsellor, astrologer, sound healer, youth service worker and facilitator, I offer a safe space to explore.

Twenty years of participation and study in astrology and psychotherapy along with study and facilitation in other healing processes.

My recent travels to India immersing myself with the Gods and Goddess temples and the work has brought an extra dimension to my work.

Click here: <https://www.youtube.com/watch?v=e9jmx7n8oM> to see a 6 minute interview with others who have journeyed in the wheel with my teacher Daniel Sowelu (author of the Nova Magazine monthly astrology column) **Contd...**

#### **What previous experience do you have in running this workshop?**

I have just completed 18 months professional training in Experiential Astrology.

This involved facilitating guided individual sessions as part of the training, as well as private sessions.

I have introduced and held group work incorporating experiential astrology through tantric and personal development workshops.

#### **What is the desired outcome of your workshop?**

What you can experience through this powerful work:

Rather than have an astrologer tell you what has or is going on for you, you get the experience of feeling, sensing, reacting to what the energies and archetypes are playing out for you individually and collectively. feel the different archetypes, both masculine and feminine, and become familiar with their personalities and how this shows up in your life discover how the cosmic configuration at the time you were born is like the blueprint of your soul discover the lost or wounded parts of yourself through the ancient teachings and guidance identify which parts require attention, reconnection, cleansing or healing. access the healing and transformative energies at the heart of your deepest self gain clarity and support open up through movement and sound voice dialogue with the archetypes understanding of your journey (South Node – past) and what your blueprint is for present and future self (North Node).



### **Own and create relationships you love – Jared Osborne**

it!...

Relationships are at the heart of us – and everything we do. By the end of this workshop you'll approach your relationships with a profoundly different awareness. It could transform every relationship you have.

One of the biggest issues people have in relationships – partners, children, work – is projecting their wants, needs and energy onto others.

In Own it!, I'll show you how to own your wants, needs and energy in a way that transforms relating. You'll learn a synergy of QiGong, Psychotherapy and coaching that'll rock your world.

### **Brief Biography**

I'm a Presence trainer, Men's relationship & fatherhood coach and QiGong instructor.

I'm passionate about helping men to be more of – and love – exactly who they are: a man on a journey to be courageously himself.

I've been working with men for over 7 years in workshops and one on one – using QiGong, psychotherapy, coaching and a lot of listening deeply. [www.embodimentman.com](http://www.embodimentman.com)

### **What previous experience do you have in running this workshop?**

I've never done exactly this before. It's an extension of the introductory presentation I do on relationships for men, using tools I've been using and refining for over 6 years. .

### **What is the desired outcome of your workshop?**

To have every man relating differently, more openly, more spaciouly, to each other, their partners, children, and at work.



### **FIT (Financial Intelligence Triumph) – Uwe Jacobs**

Financial Intelligence is a learned skill that evades a lot of men, since rarely taught. In my world it is a set of 7 principles that you either fight OR live by, meaning you are either fighting your entire life or you just live according to some easy rules...

No rocket science, just principles

### **Brief Biography**

25 years of corporate management experience, culminating in becoming the project director of what turned out to be

a \$1.3Bn Project that took 4 years of my life. **Contd...**

The last 13 years full time property investor and have assisted three families to increase their net worth in excess of \$1M each.

Our business is based on 3 principles: Trust, Community, Progress

### **What previous experience do you have in running this workshop?**

Have presented this training in various forms, various times, typically as an in room 4-5 hour workshop, but can adjust content to fit into anything from about 90 mins, depending on depth of coverage

### **What is the desired outcome of your workshop?**

to "get" a set of principles that make finances easy!

### **Speaking From The Heart – Miroslav Petrovic**



Speaking is the #1 fear in the world – even more feared than death. Stack that up with being a man and all the unconscious judgements we are purging through for years of uncontrolled masculinity it can be daunting to speak your inner most truth – YET it is also what is most called for now.

In this workshop we get rid of the mental clutter and emotional fears that stops men from communicating their truth, allowing them to roar what is within their hearts and create lasting transformation for all who are in their presence when they speak.

#### **This workshop will support you in:**

- Dissolving the fear of not knowing what to say, being awkward, embarrassed or laughed at.
- Use “The Drop-In” technique to ALWAYS know what to say next.
- Be able to stand on a stage, deliver a training, workshop or speech with the confidence of knowing what to say.

Both challenging and enlightening, this workshop will be a heap of fun and transformation!

#### **Brief Biography**

Miroslav is a heart based speaker and facilitator who has worked with over 4,000 people across Australia, from large companies such as Lululemon Athletica to individuals supporting them to reconnect with the clarity, courage and confidence to live in their life’s purpose. He has been featured across mainstream media (The Age, Ch 9 etc) for his work as the Co-Founder of Tribe One Heartbeat, Australia’s largest cacao parties.

He has travelled jungles, ashrams and deserts globally facing his own fears to bring his unique gifts to the world.

Speaking from the heart, his talks are highly engaging and interactive, with a presence that softly yet powerfully invites the audience into the intimacy of the present moment.

Fusing yogic wisdom and contemporary life in a fun and interactive way attendees walk away feeling deeply reconnected to themselves: peaceful, centred and grounded in taking action for the take step in their journey.

#### **What previous experience do you have in running this workshop?**

I have ran this workshop as part of my 6 month Mentorship.

I have also spoken on stages across Australia and occasionally invite people on stage and run through some of the exercises we do in this workshop. **Contd...**

#### **What is the desired outcome of your workshop?**

For men to break through any limiting beliefs in speaking their truth in front of groups of people.

For men to have the clarity of knowing how to draw on the wisdom of their hearts to communicate a message powerfully.



### **The 4 Faces of Love: Understanding temperament as the key to relational health – Nic Morrey**

This workshop invites you to discover your temperament; your relationship, communication, sexual, attachment and therapy style. We’ll look at your exit strategies from meeting your goals, your shadow, your emotional investments, lines of intelligence, your vices and virtues... All in one workshop... WOOHOO... Well, I’ll do my best to cover it all, with some fun and really engaging exercises to promote connection.

#### **Brief Biography**

Psychologist returning to private practice and to Menergy after a major life changing car accident which nearly took his life 18 months ago. Nic spent his younger years touring up and down the Aussie East Coast in the band ‘Lothlorien’ and now runs annual training programs in Bali called ‘The Sacred Art of Relating’ for personal and professional development. He’s a married man of 20 years with 2 kids. He’s just got himself a caravan, he’s on the road again and is ready to embrace life again but with adjusted meaning and spirit of adventure.

#### **What previous experience do you have in running this workshop?**

I’ve run a similar workshop approximately 8 times before...including Menergy 2 years ago.

**What is the desired outcome of your workshop?**

For men to connect and create safe dialogue about themselves both in their strengths and less developed aspects (vulnerabilities) via their new learning associated with the 4 major temperaments.

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**Nonviolent Communication – Peter McMeikin**

Nonviolent communication is a structured easy to understand way of communicating that truly helps to Find Our Voice. It focuses on three aspects of communication: self-empathy (defined as a deep and compassionate awareness of one's own inner experience), empathy (understanding and sharing and emotion expressed by another), and honest self-expression (defined as expressing oneself authentically in a way that is likely to inspire compassion in others). Hence fitting in with this year's theme of Finding Our Voice. While NVC is ostensibly taught as a process of communication designed to improve compassionate connection to others and self, it has also been interpreted as a spiritual practice, a set of values, a parenting technique, an educational method and a worldview.

Nonviolent

communication is based on the idea that all human beings have the capacity for compassion and encourages deep self-connection with an easily learnt and practiced structure.

**Brief Biography**

I am an optimistic and enthusiastic character; I helped raise three daughters whilst working in the construction industry for nearly 30 years. I spent six years in the Yarra Glen CFA and am currently in my 10th year of volunteering in various mentoring programs with young men at Anglicare Lilydale. I have attended various seminars on communicating mindfully, grief and loss, workshops such as Common Ground, Man's Inner Journey and Menergy. I have also participated and served in various Vipassana meditation retreats in the last couple of years. I have been studying and practising nonviolent communication since 2007 and completed an intensive eight-month course in Nonviolent Communication called Embodying NVC Consciousness In 2014. I am currently studying a diploma of counselling with AIPC and have experienced extensive and positive behaviour change through the empowerment of nonviolent communication. **Contd...**

**What previous experience do you have in running this workshop?**

I co-facilitated with Alistair McKinnon last year at Menergy and have been studying nonviolent communication since 2007. I have participated in four two-day foundation trainings in nonviolent communication. I have also participated in various NVC practice groups in Boxhill and Brunswick. I completed an eight month intensive nonviolent communication course called embodying NVC consciousness during 2013-2014 which consisted of three five-day retreats and weekly practice sessions throughout the eight months.

**What is the desired outcome of your workshop?**

In sharing nonviolent communication and the basic structure that is so straightforward I am hoping that the participants will gain a basic understanding and be able to incorporate this simple practice of NVC into their everyday lives. I have experienced enormous behaviour change through the empowering use of language with the help of nonviolent communication and am passionate about sharing this simple method to gain self-awareness and the ability to express oneself clearly and concisely from the heart.

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**Wildflow – Daniel Spiller**

The cathartic process' we perform at WildFlow are the most effective and powerful modern variation of ancient practices which have been performed for millennia. We believe the time is past due for us to release the shackles and burdens which are holding humanity back from evolving on purpose, shackles which have been taught to us by parents, schools, society and religions such as jealousy, hate, ignorance, superstition, segregation, helplessness, purposelessness and

*Menergy 2016 - 'Finding Our Voice'*



mediocrity. WildFlow breaks through these blocks in a powerful and permanent way.

### **Brief Biography**

Wild Flow is a not for profit organisation formed for the purpose of helping people get in touch with the inner child, the wild and free you which has been suppressed since childhood by parents, school and societies influence. The founders have been involved in intense personal development work for over 10 years and have significantly influenced the lives of hundreds of people in profound and long lasting ways. Nothing compares to this work. [www.wildflow.com.au](http://www.wildflow.com.au)

### **What previous experience do you have in running this workshop?**

Luke Woodham and Daniel Spiller have run workshops for years helping men get in touch with their passion for life, these include 1 hour workshops up to 3 days.

### **What is the desired outcome of your workshop?**

To spread the benefits of catharsis practices with the goal of strengthening manhood and brotherhood.



### **Bowing Tiger, Unleashed Dragon – Warriors of Love – Lee Giddings**

A Martial Arts workshop was called for on the Menergy Page and I Have Answered... This workshop will be a highly interactive experience of all of the Aspects of Martial Arts that I have experienced in 30 years of studying many various styles and core philosophies of Warrior Training...

This workshop will include practices from Various more static “Harder” styles (like Kung fu, Karate, Taekwondo) Various more flowing “Gentler” Styles (like Qi-Gong, Tai Chi, Bagua), which are all standing-fighting styles, practices from Standing-to-Ground fighting styles (like Aikido, Jui Jitsu, Graeco-Roman & Celtic Wrestling), Meditation forms from Tai Chi, Qi-Gong, Bagua, Movements to become aware of our Sexual Energy and Healing movements inspired by Medicine Qi-Gong, Tai Chi etc. Finding our Voices by using Strong Vocal sounds fuelled by calling on the Dragons in our bellies is a major component of many Martial Arts Styles – we will be exploring this throughout the workshop too... **Contd...**

### **Brief Biography**

I am Lee Giddings, I trained in Kung-fu along with my Dad and older brother from age 10 to 12, this inspired me to continue seeking the Inner Warrior within me... I explored quite a few different styles either through direct classes or self study:

5 years of studying Taekwondo to Black Belt level – including teaching the class, Tai Chi and Qi-Gong Meditative Forms, 6 years of Kung-fu classes with a Phenomenal Chinese Professor who had studied in China since the age of 5, this class included Kung-fu, Qi-Gong, Tai Chi and Bagua forms, Medicinal Qi-Gong forms for improving Whole Body Health and Meditations, Celtic Wrestling classes...

I have practiced with many friends during these 30 years and learnt the many cross-overs in styles that suggest Core Origins in the most ancient styles at the root of all styles...

Having studied the core truths of many philosophies I have gained an understanding of our bodies and the ways energies move through them at all times...

### **What previous experience do you have in running this workshop?**

This will be the first time I have run this format of this workshop, yet i have taught various aspects of Martial Arts for close to 20 years...

### **What is the desired outcome of your workshop?**

For Men to have an opportunity to understand the Deep benefits of practicing the Warrior Arts – which include Calm Confidence, Steadfastness, Whole-Being Health: Strong Muscular Body, Strong Immune System, Calmer Quieter Mind, Healthy Heart Functions, Less Shakable & Distractable, Stronger Healthy Boundaries...

Many Martial Arts Classes teach Men to become Stronger, More Hardened Warrior-like people... I aim to Guide Men to Be Warriors of Love – to use the above benefits to care for everyone in their Families, Communities and everyone they encounter



### **Awakening the Ecstatic Body – Rudran Brannock**

This discipline of movement is one which allows that core creativity to flow all day long.

Ki, hara, libido and animal awareness with focus!

This is a way of practising any movement that teaches us to learn from pleasure instead of pain. While painful lessons seem always to be plenty, this opening into a sense of pleasure in the body is a necessity for anyone contemplating living a life of joy and bliss.

There is a natural joie de vivre, a joy of living that all children have, and we had, till it got somewhat submerged. This conscious interplay of the masculine and feminine qualities brings us back to that sense of physical wonder that has always been with us.

This is the most fun and pleasurable discipline that I have ever learned and its benefits are extraordinary.

#### **Brief Biography**

I am a trained rebirther, counsellor, and group facilitator. I have taught Aikido (The Way of Harmony), yoga and chess to children. I am the founder/visionary of The Joining – a 3-day event for men and women to discover the masculine and the feminine internally and externally in relationship with the world.

I was the staff holder for the 2000 Sunshine Coast men's gathering and gave it the name "Manshine". In 2003 was responsibility for bringing Manshine into the fold of the Men's Health and Wellbeing Association, thereby uniting the Sunshine Coast and Brisbane Men's business. I'm a director of Genesis – a NFP company promoting sustainable culture and sustainable ecology and the relationship between them.

I run workshops for men and for women and mixed ones of different kinds. I am an Elder of the Men's movement in SE. QLD. and a student of Tantra and the Shamanic field.

#### **What previous experience do you have in running this workshop?**

10 years.

#### **What is the desired outcome of your workshop?**

That men can express life fully through energy and physical relationship with the world.

#### **Surviving a Mid Life Crisis – Tony McManus**



The general thrust of what I present is to Increase Awareness and Reduce The Stigma associated with Dealing with Depression by :-

Sharing my personal and families experience with Mental Health including the suicide of a family member. Running an attention grabbing and focus creating video about the issue.

Sharing observations and learnings from an average person's perspective that are "bite sized and digestible" including a simple to follow and implement Work Life Balance template and Suggesting some "Win Win" solutions, treatment options and basic symptom identification.

#### **Brief Biography**

After his brother Mick took his own life, a strong interest in Beyond Blue began and has resulted in among other things the successful lobbying of the Geelong and Hawthorn football clubs to play annually for the "Beyond Blue Cup" as a vehicle to promote awareness about Depression. Tony's appointments to the board of the Barwon Health Foundation,

an active role in the establishment of the highly successful Bendigo Community Bank in Lara his appointment as Chair Person of Headspace Barwon Fund are some examples of his strong desire to help in some of the areas of local community needs and issues.

He is a National Ambassador of Beyond Blue and a Community Ambassador for RU OK?

#### **What previous experience do you have in running this workshop?**

Has been presented 50 + time to a wide range of community and corporate groups

#### **What is the desired outcome of your workshop?**

Increased awareness and reduced stigma for Men to talk about their Mental Health



#### **Leadership in Men – Dave Isaacs**

This workshop focusses on Leadership and the necessary tools to facilitate, hold space and create groups of people, that can communicate in a positive and productive manner. Leadership in Men provides practical steps and proven systems that when applied, assist you to become a stronger leader; able to confidently guide and steer your life and the people associated with you toward your desired outcomes.

#### **Brief Biography**

Dave Isaacs is a Performance Coach, based in the Surf Coast of Victoria; he works with people assisting them to achieve results saving resources and increasing value. For Five years now Dave has been working with business owners and individuals helping them to unravel and leave behind the ways that they suppress their own achievement. He helps people be the best they can be. **Contd...**

**What previous experience do you have in running this workshop?**

I have been running workshops like this for years with clients of varying ages and interests.

I ran a similar workshop at Menergy 2015. It was a great success.

**What is the desired outcome of your workshop?**

I want my participants to walk away with simple tools that they can apply directly into their day to day life that will increase their ability to communicate with clarity and confidence.



### **Cinderbiter and the Mucklemeister Wraith Worm – Simeon Ayres**

A telling of an ancient tale , from the North of Scotland, about how place is formed, about dreaming , about becoming , about finding voice, about the worlds of spirit and matter, about facing the dragons and your true place as King .

We all here stories slightly differently , they tug at our heart strings, they get under our skin , they lift us and can send us crashing down. After the telling we spend some time honouring and finding ourselves and our place within the tale and within our lives .

#### **Brief Biography**

Pathfinder, Mapmaker, Wilderness Guide ,Storyteller, all round Maverick .. I live with my family on a farm in North East Victoria, I am a Rites of Passage Guide with Beyond the Threshold. As part of the Vision Fast process , we use story as a meta narrative ,along side each individuals journey . The old stories contain this wonderfull coda and instruction on how to live well, on how to truly be the man you were born to be. This life long love of country , of story and of possibility brings me here today.

#### **What previous experience do you have in running this workshop?**

I have never ran a workshop at a Men's gathering before. My experience is with guiding Visionfasts and telling stories . You could say, that the workshop itself is part of my own Finding Voice.

#### **What is the desired outcome of your workshop?**

A journey into our mythical imaginations , into the possibilities that lie between an oral telling and the psych. If nothing else we will all be entertained.

### **Questioning our complicity in mythologies, to harness the power in your own realities – Les Davidson**



Classic Mythologies from around our Globe offer diverse models of Masculinity. Some Men find reassurance in the constructions of masculinity within these stories, whilst other men feel alienated from the expectations expressed by these religious, folk and historical Mythologies. We all tell and retell stories from our own lives. We selectively retell parts of these various stories, to reinforce a perspective we wish to share. But what makes a good story great to listen to and what gives a story integrity?

#### **Brief Biography**

Les Davidson, as the storyteller, the little green man began practicing his craft, whilst cycling through Scotland. His story creating workshops, open a world of creativity to bring the magic that makes strange things happen in a fantasy into how to create achievable goals in this world. The workshop component can be most important for people who may be visual spatial learners, who have not excelled at school because they were not lineally progressive learners. And yes I still tell impromptu tales to folks when I'm travelling on mass transport.

#### **What previous experience do you have in running this workshop?**

This is a workshop I have lead at festivals for parent and children. This will be the first time I have lead this workshop in an all male adult gathering

#### **What is the desired outcome of your workshop?**

To share the creative recipe of constructing a well made tale. To give visual spatial learners the concepts of goal construction and strategies of achievement. To reinforce that their intellectual strategies are valid and effective for them. To foster confident storytelling.

### **The blind men and the elephant – an exploration of grounding – Michael Cann**



Getting grounded – it's an idea we've all heard of, yearned for, and sometimes even experienced. But what is it? Can we reliably reproduce it? And if we could, how could we do that?

This workshop will be a deep exploration of our feet – the foundations of grounding. We will see how the way we use our feet can give rise to – or break – our connection to the ground. We will explore how the use of our feet colours our physical, emotional and cognitive experience.

#### **Brief Biography**

I am a Certified Feldenkrais Practitioner who helps people find lasting relief from pain and mobility problems by cultivating a deeper and more functional relationship with their bodies.

But most of all, I'm a guy who likes his feet. This Menergy I want to bring the hidden coolness of feet to the rapt attention of a courageous band of men whose feet have lived too long in the shadows. Stand up! Let's hear it for feet!

#### **What previous experience do you have in running this workshop?**

I haven't. But I know a relative shitload about feet.

#### **What is the desired outcome of your workshop?**

Men who have a good time playing with their feet, learning about their function, and experimenting with how their feet affect their physical, emotional and cognitive experience.

### **Brotherhood Of Worthiness – Adam Weaver**



Embrace your personal worthiness via heightened perception of your innate love, purpose and value in this world. As you honour your sacred existence and expand your self worth, you naturally stoke the fire of courage to express your inner voice in this world.

This workshop emphasizes self-acceptance with a set intention of supporting and nurturing ourselves and each other. Together we will acknowledge our inner greatness and that of other men as part of a worthy loving brotherhood, each of us uniquely contributing as men in this world.

By means of ceremonial ritual, personal sharing and via a journey into meditation, we will gather to celebrate our divine heart, the perfection of our inherent masculinity, and celebrate the

collective unification and authentic empowerment of men in celebration of Menergy's purpose.

#### **Brief Biography**

As a creative professional with qualifications in Counseling and Coaching Psychology, Industrial Design and 28 years practice in meditation and yoga, Adam is the principal of two businesses: Innovation Management and Connected Spirit.

Innovation Management delivers expertise in design and business innovation, corporate facilitation, counseling and coaching psychology, strategic development, transition, executive coaching & emotional intelligence training. And Connected Spirit offers spiritual counseling, coaching and mentoring consultation and workshops for clients to self discover and imbibe their wellspring of love and greater potential.

#### **What previous experience do you have in running this workshop?**

Derived from esoteric spirituality and eastern yogic philosophy, this workshop will include ceremonies and practices written specifically for and in honour of Menergy's 2016 theme 'Finding our Voice', therefore it's the first time this workshop has been presented.

#### **What is the desired outcome of your workshop?**

'Brotherhood of worthiness' offers men the opportunity to connect deeply with their personal greatness by imbibing their innate virtues, wellspring of love and energetic connection to the world. Fusing both esoteric and eastern spiritual practices that honour the masculine principle, men will feel supported to find their voice, embrace their connection to each other and be inspired to create positive change within themselves and in the world.



### **Howl Of The Wolf – Dane Tomas**

This workshop is about connecting to your masculinity through breath, movement and sound.

If you've ever wanted to "know your purpose" or to "feel powerful" or to "find your voice" this is for you.

#### **Brief Biography**

Dane Tomas is a writer, social commentator and personal development innovator. His projects such as The Spiral and The Integrated Man are based on facing unconscious aspects of ourselves in order to unlock greater love power and authenticity.

#### **What previous experience do you have in running this workshop?**

18 years workshop facilitation of all kinds. 3 years specifically running workshops and intensives based around "the integrated man" model through which i've now taken around 200 men in some shape or form.

#### **What is the desired outcome of your workshop?**

To equip men with a permanent connection to their heart balls and voice. to give them an inroads into deeper self knowing, sensitivity and embodiment that will shows up in many areas of life...

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### **Relaxation thru Crochet – Nathan McLean**

I will teach you the basics of crocheting, providing you with the tools to create whatever comes to your imagination. I will display how crocheting can be used as a kind of mediation to relax your mind and spirit. Medically retired due to chronic pain and my mental state, I use crocheting as a tool for relaxation and to provide a sense of purpose.

#### **Brief Biography**

My conscious journey into Men's work and self awareness started with a 'Common Ground' course in 2009. This was due to a meltdown caused by the breakdown of my marriage, workplace bullying and chronic pain issues.

My life has changed drastically, medically retired, I identify as Poly-amorous, openly communicate within my relationships and utilise crocheting as a way to deal with my mental issues and pain.

#### **What previous experience do you have in running this workshop?**

Have run this workshop at multiple Manshine gatherings

#### **What is the desired outcome of your workshop?**

To teach men how to crochet as well as provide a safe space for them to relax and open up.

### **Mens Groups – Finding our Common Ground – Samir Andrew**





After Menergy...whats next??? How do we share openly and authentically back in the 'real' world once we have experienced such an event as Menergy? How do we gather with like minded men who 'get it' in such a way that we use terms like brotherhood to describe?

Common Ground training is the next step on the journey beyond what you've experienced at Menergy. Its a facilitated workshop helping you discovering more of your masculinity in a safe, supported, environment with other men. The program enables you to create, or join, a Mens Groups on a regular basis.

*The workshop is an introduction into Common Ground and outlines the program and answers many of your questions. You will come away with an understanding of the need to be in a Mens group and how safe and supported the Common Ground Mens Groups are.*

So if you want to stay connected with the 'feel' of Menergy and your brothers after the event then come along to this workshop to learn how.

### **Brief Biography**

I'm the Victorian co-coordinator for Common Ground here in Victoria and previously served on the Menergy committee for 2 years. I was on the first Common Ground program in Victoria last year and was deeply moved by the experience and subsequent connections with the other men.

I've been passionate about getting men together in constructive environments that support the great qualities and unique gifts men have, whilst being acutely aware of the issues and hurdles we face.

I've explored many disciplines from an Osho devotee to Vipassana meditation to Primal Work therapy and more. I've traveled the world and owned businesses and have the fortune of having a beautiful partner in my life.

### **What previous experience do you have in running this workshop?**

So far we have run 3 of these intro nights and intend to run more of them. We do see this as a CORE strategy of Men's Wellbeing in line with Menergy and really want your support to help grow this program.

### **What is the desired outcome of your workshop?**

Its simply an intro night similar to the ones we have offered in Melbourne. The objective is to educate men on what it is, answer their questions, excite them about the program and be an informative session with the hope they get involved at a later stage.

Five

### **Authentic Voices – Peter Loupelis**



Confucius wrote that the 'authentic man' (zheng ren) needed to cultivate 5 Heavenly Virtues within himself to fulfil his life's purpose and be a vital part of a harmonious, functioning society: Connection, Gnosis, Appropriateness, Integrity, and Humaneness.

Each of these relate to the 5 Elements of ancient Chinese philosophy, and the organ-systems of Chinese Medicine. The idea was that we EMBODY these virtues (patterns in Heaven) as the physiological organs & channels (patterns in the human body).

Qi Gong forms that harmonise the physiology also harmonise these virtues within us. When the emotions damage the organs, they also bring disharmony to the embodiment of the virtues, leading to behaviours manifested outwardly which affect how we relate to others in our families and communities.

### **Brief Biography**

Peter Loupelis is a professional Chinese Medicine Acupuncturist & Qi Gong practitioner in Fitzroy North.

He has been practicing traditional Daoist Tai Ji and Qi Gong forms for 16 years, and combines his wealth of experience and training in Daoist Alchemy, Tantric Buddhism, Shamanic Ceremony, Chinese Medicine and NLP to the field of Qi Gong.

He runs weekly classes and regular workshops and extended master-classes in the True Nature Qi Gong form, a unique alchemical practice that he has been developing for over 2 years. It combines traditional Daoist techniques with Tantric Pranayama and is the cornerstone for his treatment regimes for Male Sexual & Mental health programs. **Contd...**

### **What previous experience do you have in running this workshop?**

This is an adaptation and introduction to many of the Master-classes for the True Nature Qi Gong form for Menergy 2016. These workshops have been run several times in both Melbourne and Adelaide over the last 2 years.

### **What is the desired outcome of your workshop?**

Men will come away from this workshop with: **Cont**

### **What previous experience do you have in running this workshop?**

I ran this workshop at Wild Mind Festival in 2014, I ran this workshop at Energy 2015 and I ran these workshops as a series last year.

I am also co-facilitating embodiment workshops called "Pulse of the Dragon", which is similar to '7 Wild Guides' as a series this year in October-November.

### **What is the desired outcome of your workshop?**

The desired outcome of this workshop is to Re-connect with the & Major Aspects of Manhood so we can call on them anytime when we need them. This is done by integrating 'feelings' on a body level, open the interpretations of those feelings within our hearts and embody the response to our feelings by our brilliant, very capable minds. It may sound quite esoteric and while this is an element of the journey, it's a very physical, movement based experience that is easy to follow.



### **Asking For What You Want Sexy – Jeremy Lee Shub**

This workshop will involve the literal experience of asking for what you want. Covering dating, intimacy, sexuality, touch and relationships. In addition will be practices and ceremony for knowing what intimacy and sexuality you want and manifesting it.

The workshop will be safe, challenging, experiential, intimate and honest around needs; in particular sex, sexuality, intimacy, relationships. As brothers we will journey together through light and dark into LOVE. My intention is that each man leaves with more voice and power to articulate what they want and the possibility of finding it. That each man realises their manhood through their words and body

### **Brief Biography**

Jeremy is wonderful, funny, loving, handsome and beautiful. He is a mix of educator, group facilitator, coach, trickster, fool, lover, clown, counsellor and student. He mostly works in community health and private practice. His passions are sexuality, healing and growth. He is studying his Masters in Sexual Health at Sydney university. Jeremy has been involved nationally with Men's work for over 15 years as an organizer, leader, facilitator and irritant. Jeremy practices opening to love, acceptance, Tantra, Taoism, Sacred sexuality, fucking, laughing, negotiating, mediation, darkness and bliss. He speaks truth, walks real and falls over often. xo

### **What previous experience do you have in running this workshop?**

I have run similar workshops at Menergy and Manshine. The workshop is similar to events I have run in Melbourne about relationships and sexuality. I have 15 experience as an educator and 10 years as workshop presenter.

### **What is the desired outcome of your workshop?**

I want the the men would leave with empowerment, embodied strength and a voice to express themselves. Particularly around sexuality, sensuality, intimacy and relationships.



### **King Warrior Lover Magician: Man – Jared Osborne**

Learn to embody – and move between – the primary Archetypal energies. If you did this last year you'll know how powerful this work is. And it's had a whole year of depth and development since

then. You'll learn a simple QiGong form to embody the Archetypal energies. It will involve moving a lot – this will be physically demanding at times. And you'll be still within a lot. (that said, if moving is an issue, you can come and do this internally).

As you do, you'll embody the qualities of the Archetypes, learn how they synergise, the ego pitfalls and how they apply to you empowering your life.

### **Brief Biography**

I'm a Presence facilitator, Men's relationship coach and QiGong instructor.

I'm passionate about helping men to be more of – and love – exactly who they are. I believe Manhood isn't about being some ideal, it's about being on a journey to be fully courageously ourselves.

I've been working with men for over 7 years in workshops and one on one – using QiGong, psychotherapy, coaching and a lot of listening to what's really going on for men. [www.embodyingman.com](http://www.embodyingman.com)

**What previous experience do you have in running this workshop?**

Been running this workshop sporadically for the last 3 years. Ran it at last years event – was a massive success.

**What is the desired outcome of your workshop?**

Men to feel embodied, empowered and connected to their deep subconscious energies. Basic understanding of the Confucian principles to being the 'Perfect Man' (zheng ren) – a model for a self-developed, self-regulating moral being who contributes to society and maintains ideal relationships, a cornerstone to Confucius' vision for a harmonious society.

- Basic Qi Gong practice which is the physiological embodiment of the 5 Virtues.
- A sense of their own true nature, and how they can access this authentic version of themselves in their relationships with others.



**Ejaculation Control – Eyal Matsliah**

How a man can learn to last longer, bring his partner to ecstasy, and rock his mission!

In this talk I explain the 5 aspects that men need to look at to successfully last longer in bed, and how to do them.

**Brief Biography**

My name is Eyal Matsliah, and I'm a sexuality expert and a human potential coach.

At IntimatePower, I help business people use their mojo, their sexual energy, to unleash their full potential.

Once they learn to love and accept themselves, they are able to express their higher gifts, help more people, and make more money.

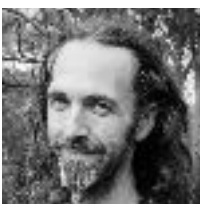
I am a best selling author and I also publish blogs and online programs, and hold coaching sessions, public talks and weekend workshops.

**What previous experience do you have in running this workshop?**

I have run this workshop on its own in Australia, Asia and all over Europe, and it is also included as a part of my weekend workshops that I run in Australia.

**What is the desired outcome of your workshop?**

For men to understand that they have an incredible power and energy available to them, and that taping in to it can transform their lives, making them more creative, more confident and more successful.



**The Voices of Your 7 Wild Guides – Lee Giddings**

In this workshop I will guide you to Remember The 7 Major Powerful Archetypes that I call "Wild Guides" and how to Find their Voices within You... Your own Unique King, Artist, Warrior, Visionary, Lover, Wise One and Wild Man are Aspects that You'll guided to Deeply Reconnect with...

It's an experience of feeling "Naturally at Ease" with Your Bodies...

Together, I invite you to embark on a True Journey Together using natural human movements which help us connect more clearly with & to "Trust" our feelings, which has been difficult for men to do, yet's changing...

Doing these practices can help us find a trusting connection with our feelings, healthier ways to interpret the messages, that feelings are, & treat ourselves and all others with much more respect...

It's about integrating an openness to our feelings with the deep caring of our hearts and magnificent awareness of our minds...

Will you journey alongside me?

### **Brief Biography**

I am Wild...a Unique expression of Wild that...Roars with Unleashed Passion, Calmly Embodies each Moment, Thrives everywhere I am, Lives Fully Alive and Deeply Caringly Loves, Artfully Expressive, Soulfully Surrendered, yet not always as I am Human...I am sometimes savagely disconnected, barely surviving, abuse my power, closed hearted, babble shit, am blind and distrustful of my Soul's light...I have guided many people on personal Journeys, Held Men's Circles, Taught Martial Arts, Dance, Music, Cooking, Meditation, Healing Classes...

I use my skills of observing participant's states during sessions, compassionate awareness of the challenges faced combined with detachment from getting involved in people's resistances, I set clear, energetic and safe, physical space to do workshops in... I communicate clearly & hold an openness to discuss people's concerns when I facilitate any class, workshop and group.



### **Reclaiming Touch – Michael Cann**

Honestly, what's the first thing you think of when you hear the words 'men' and 'touch' together in the same sentence? A man's touch is frequently characterised as either sexual, violent or avoidant. But in truth it can be so much more. This workshop will explore touch as a conversation – a conversation with yourself, with your environment and with others.

- Let's use touch to give voice to our need for connection.
- Let's use touch to listen deeply.
- Let's reclaim touch as an act we can be proud of.

### **Brief Biography**

A few years ago, I felt really awkward about touch.

When I hugged someone I was moving away before I had even made contact. I craved touch, but didn't know what to ask for or how to ask. And I was anxious about being inappropriate with touch.

As I trained to become a Feldenkrais Practitioner I came face to face with my fears and prejudices about touch.

But I also discovered that my problems were not only emotional or cognitive. They were also practical. I simply didn't have the feel for the language and technique of good touch.

Now, in my personal and my professional life, I touch people with confidence. I am grateful every day for the enrichment that my touch brings to my family, my clients, and my friends.

I'm offering this workshop because I want to share that freedom and confidence with other men.

### **What previous experience do you have in running this workshop?**

I ran a similar workshop for my men's group a couple of years ago.

### **What is the desired outcome of your workshop?**

Men who understand, and have experienced, the language of touch. Men who feel like their interest in touch has been validated. Men who understand how to create safety in touch. Men who feel more comfortable touching people.



### **Why aren't I shaking? – Richmond Heath**

Invoke your body's innate tremoring reflex using TRE.

Do it regularly on an ongoing basis to grow physiological maturity & resilience.

Like brushing your teeth, but better – it's not just preventative, it's re-organisational.

'Somatic hygiene' free and on tap for the rest of your life – as simply as lying bed.

Special Menergy 2016 bonus – as our physiology reorganises with regular practice, so too does our prosody – the quality, tone and texture of our voice – a true reflection of how calm, centred and grounded (or not) we really are, not just in our voice, but in our life.

After this workshop you won't be asking 'why am I shaking?' but 'why AREN'T I shaking?' instead.

### **Brief Biography**

Richmond Heath introduced TRE to Australia in 2010. He is a pioneer in the use of TRE and neurogenic tremors for personal growth and transformation.

**What previous experience do you have in running this workshop?**

Ran similar at previous Menenergy and Manshine events.

I am full time presenter of public workshops and professional trainings in TRE.

**What is the desired outcome of your workshop?**

That people are awakened to the potential of this innate resource inside them to transform themselves and their relationships and through that, our planet.



**Ritual performance – Peter Gleeson**

Understand the ways of organizing performances of every size. Learn the tricks of the trade in crowd warming to prepare a group for any reason – ritual, initiation or just for fun. Crowd psychology fundamentals are the foundation for success.

**Brief Biography**

Peter Gleeson has been running performances for 25 years, mainly at ConFest, but also on stage and on the street. These vary in size from 1 to 800. His performances can be called ‘Spontaneous Choir’, or ‘improvisations in sound and movement for any group of people without practice’. More than 40,000 people have participated over the decades.

**What previous experience do you have in running this workshop?**

25 years at ConFest and a wide variety of other performances at other festivals, parties and gatherings provide the foundations for my skills and philosophies. The average Confest performance is currently 300 though it isn’t uncommon to have 800. Mud tribe average is probably 60 though last year it was 200. As a musician playing 12 instruments and a stand up comedian, it has been essential that I understand crowd psychology in the pure theoretical and applied sense. My experience at last years Menenergy reinforced my ideas of what will be required for positive social progress for men and mankind.

**What is the desired outcome of your workshop?**

I hope that participants are empowered to use my insights to help develop rituals for their peers and juniors. Apart from that, what I do is a lot of fun and turns shy strangers into equals and friends.



### **Men's Drum and Chant – Kurt Shean**

Come discover your roots in the earth as you find your voice through chanting and singing in unison with men. As the African proverb says, "if you can talk you can sing. If your heart beats you have rhythm.

#### **Brief Biography**

My first experience of drum and chant came through my training in the Tradition of Sweat Lodge and Vision Quest with a Native American Elder and his apprentices. Since then I have been working regularly with Yuin elder Max Dulumunmun to "Close the Gap" and bring traditional ways into our modern lives. Alongside my wife over the past fifteen years I have been engaged in the discovery and carving out of a new path for Men's and Women's business in Australia.

#### **What previous experience do you have in running this workshop?**

I have run drumming and chanting workshops in previous Menergy's.

#### **What is the desired outcome of your workshop?**

For men to feel bonded to one another and the Earth through their song.



### **Speaking from the Heart – Gary Wohlman**

A hint of Monty Python, a touch of Improvisational & Playback Theatre ~ blended in an outrageously-fun, adventurous journey to AWAKEN THE HEART OF THE HERO. Here you have the opportunity to transform pattern that have held you back from being in your full power, authenticity and presence when you speak with your partners, family, friends, colleagues, clients and professional audiences. Scenario-based in format, you're invited to stage a ritual witnessed by all & move through a personal challenge or theme in your life ~ as Gary guides you to deliver your message with greater effectiveness and impact. As an ensemble, we'll create living sculptures with our bodies & generate swift shifts easy to sustain and grow. **BRING YOUR VOICE & MESSAGE** into the world as you've always dreamed possible. Open this [link](#) to view a man's overcoming his "fear of being seen" in a recent workshop.

#### **Brief Biography**

Gary's been on the leading edge of the Human Potential Movement since the early 70's, creating his innovative Wohlman [transformational body therapy] Method for the Whole Person in San Francisco & bringing it to Australia, where it became endorsed by the government Department of Education & Training. His unique approach of encoding new self-talk in the muscle memory via stretching muscles while speaking in rhyme spurred the way to become a PhD in Transpersonal Psychology & Expressive Arts ~ through which he fine-tuned his multi-sensory therapeutic approach via breath, sound, visualisation, stretching and rhyme. Recently having written his living legacy "Get up, stand up for your life," Gary integrates his passion for bridging the body w the mind as a presentation coach, leading events like this one to assist fellow souls to transform our relationships with our bodies, our partners, our communication. our creativity and our contribution to humanity.

#### **What previous experience do you have in running this workshop?**

I teach this all the time these days, leading similar workshops, classes, seminars, in-house trainings and public seminars hundreds of times... I've been doing it since first visiting Australasia in the early 90's.

#### **What is the desired outcome of your workshop?**

Bonding with my fellow men in the spirit of community who I have not had the chance to get to know so well before, developing new friends and discovering men to work with, colleagues to develop joint ventures and creative experiences with, video opportunities for related projects and co-creations with those I share this magnificent experience with.





### **True Nature Qi Gong – Peter Loupelis**

A few folk have suggested me offering Qi Gong sessions – separate to formal workshop sessions (per haps morning sessions).

The True Nature Qi Gong is a unique form developed to either strengthen and build, or to circulate and sublimate Vitality & Energy (Jing-Qi).

It combines theory and praxis from Daoism, Confucianism Buddhism, Chinese Medicine, Alchemy, Shamanism &

Tantric Pranayama.

#### **Brief Biography**

Peter Loupelis is a professional Chinese Medicine Acupuncturist and Qi Gong practitioner in Fitzroy North.

He has been practicing Daoist Tai Ji and Qi Gong for 16 years, and combines his extensive experience and studies in the various philosophical traditions of China as well as Chinese Medicine and Shamanism to provide a truly effective and holistic embodiment experience.

#### **What previous experience do you have in running this workshop?**

I run weekly Qi Gong classes (Saturday mornings) and occasionally run longer workshops and master-classes on this Form.

#### **What is the desired outcome of your workshop?**

To provide an opportunity for movement and embodiment practice throughout the course of the weekend.

### **The Voice and Healing – Melvyn Cann**



This is just a first response so that I don't forget and miss out. The workshop I gave last year focussed on the use of sound for healing. This year I propose to focus upon

the voice as sound and personal expression. These, of course, are inseparable from healing. We will look particularly at the different kinds of voice used in musi, from rap, rock through to operatic. In particular we will look experientially at the significance of resonance and the operatic voice in the quest for wholism and full realisation of self.

#### **Brief Biography**

I am a musician and healer...a medicine man and elder of the Wirradjuris in NSW. I gave a workshop on aboriginal sound healing last year at Menergy. I taught philosophy at La Trobe University for twenty-eight years and have led an active life as a concert artist. These days I busk, playing mostly on the streets, in churches and in elderly citizens' homes. Google me, and find out a bit more!

#### **What previous experience do you have in running this workshop?**

Lots of experience (several hundred) with related workshops, but this one has a new dimension

#### **What is the desired outcome of your workshop?**

I desire an outcome that none of us can foresee: that is the nature of **creativity**. But the general drift is in the direction of liberating others into their own creativity...should they need it



### **Love Your Lover – Speak Your Truth – Miroslav Petrovic**

Felt misunderstood by your partner when you say one thing but they hear another?

Needing to compromise yourself to make them happy?

Find yourself not knowing what to do when they are mad/upset or moody?

Times when we had to compromise our authenticity to make our partners happy are over. It's time to realize that MEETING our lovers in our authenticity IS THE JOURNEY and the key to creating a fulfilling life and

relationship.

We will unravel how the communication challenges in relationship can be used for tremendous emotional, mental and spiritual growth, creating confidence in your purpose and simultaneously cultivating a deeper relationship with your beloved.

- Learn how to disengage from confusion and emotion to centre amidst the storm of argument or confusion and communicate clearly.
- 3 Powerful Questions for restoring harmony, relationship and compassion.
- Learn how to support her even when “they are being difficult.”
- Discover the power of speaking in each others language.

#### **Brief Biography**

Miroslav is a heart based speaker and facilitator who has worked with over 4,000 people across Australia, from large companies such as Lululemon Athletica to individuals supporting them to reconnect with the clarity, courage and confidence to live in their life's purpose. He has been featured across mainstream media (The Age, Ch 9 etc) for his work as the Co-Founder of Tribe One Heartbeat, Australia's largest cacao parties.

He has traveled jungles, ashrams and deserts globally facing his own fears to bring his unique gifts to the world.

Speaking from the heart, his talks are highly engaging and interactive, with a presence that softly yet powerfully invites the audience into the intimacy of the present moment.

Fusing yogic wisdom and contemporary life in a fun and interactive way attendees walk away feeling deeply reconnected to themselves: peaceful, centred and grounded in taking action for the take step in their journey.

#### **What previous experience do you have in running this workshop?**

I have facilitated a workshop with 25+ people on this topic and speak about it frequently in my public talks.

#### **What is the desired outcome of your workshop?**

More love and support between lovers.

For people to realise how to create more harmony with their loved ones.

To realise that their partner isn't being difficult but urging them to connect deeper with their own core so they can both RISE.

To develop the faith and have the method for communicating clearly with their partners

Support people to realise that language is limited and we must remember FEELING to go deeper than our current experience of connection with ourselves and one another.

### **Advanced Men's Business is the Mature Masculine – Rudran Brannock**



Concepts and processes for the seeds of maturity and growing each other up through: The power of Language – How the impeccability of word alters a man.

An expanded body/mind only comes when a man is conscious

of his life force and the energies of others Sexuality as a way of life. A man is free sexually when he has integrated the driving force of testosterone into Spirit. He has an awakened ecstatic body Relating with Women continuously for their highest good. A man is uncle to all children

Developing the ability to respond through self knowledge – Charisma and Cultural power

Mature movement of the Deep Warrior Spirit – The advanced ways of the Warrior archetype are about the use of minimum energy and preservation of natural order.

The Mature Masculine in relationship – connected to everything else and nature and the society becomes his responsibility – guardians of the Earth

#### **Brief Biography**

I am a trained rebirther, counsellor, and group facilitator. I have taught Aikido (The Way of Harmony), yoga and chess to children.

I am the founder/visionary of The Joining – a 3-day event for men and women to discover the masculine and the feminine internally and externally in relationship with the world.

I was the staff holder for the 2000 Sunshine Coast Men's gathering and gave it the name "Manshine". In 2003 was responsibility for bringing Manshine into the fold of the Men's Health and Wellbeing Association, thereby uniting the Sunshine Coast and Brisbane men's business.

I'm a director of Genesis – a NFP company promoting sustainable culture and sustainable ecology and the relationship between them.

I run workshops for men and for women and mixed ones of different kinds. I am an Elder of the Men's movement in SE. QLD. And a student of Tantra and the Shamanic field.

#### **What previous experience do you have in running this workshop?**

Many years of it in different ages and incarnations.

#### **What is the desired outcome of your workshop?**

For men to experience the difference in advanced work that leads to a life of resonance.

### **Tai Ji: the Way of the Yin Warrior – Peter Loupelis**



Most martial arts and 'warrior training' systems emphasise strength, valour, and firmness. In Daoist Alchemy & Medicine however, the perennial approach to strengthening YANG is by cultivating one's YIN qualities: flexibility, receptivity, and softness.

This traditional Daoist Tai Ji form focuses strengthening the Yang qualities of the warrior, through the cultivation of one's Yin qualities.

This leads to a true integration of Yang & Yin, Masculine & Feminine, Movement & Stillness. This can be done as a single workshop as well as ongoing sessions throughout the entire weekend.

#### **Brief Biography**

Peter Loupelis is a professional Chinese Medicine Acupuncturist & Qi Gong practitioner in Fitzroy North.

He has been practicing traditional Daoist Tai Ji and Qi Gong forms for 16 years, and combines his wealth of experience and training in Daoist Alchemy, Tantric Buddhism, Shamanic Ceremony, Chinese Medicine and NLP to the field of Qi Gong.

He runs weekly classes and regular workshops and extended master-classes in the True Nature Qi Gong form, a unique alchemical practice that he has been developing for over 2 years. It combines traditional Daoist techniques with Tantric Pranayama and is the cornerstone for his treatment regimes for Male Sexual & Mental health programs.

#### **What previous experience do you have in running this workshop?**

I have been practicing Tai Ji for 16 years now, and have been teaching this form for two years now. **Contd...**

**What is the desired outcome of your workshop?**

- To bring an awareness that warriors from the Daoist/Alchemical perspective integrate BOTH Yang and Yin aspects of the Self.
  - To strengthen Yang through the cultivation of Yin via the embodiment of both movement and stillness.
  - To create a gentle yet strong space for a man's true nature to emerge.
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Men's Wellbeing Inc is a not-for-profit community organisation. We focus on developing the wellbeing of men to foster healthy relationships, families and communities.

As a community, we provide innovative nationwide experiential programs that enable men to support men through groups, gatherings and online resources.

Our Patron is Steve Biddulph - internationally renowned family psychologist and best-selling author of *Manhood*, *Raising Boys* and *Raising Girls*.

Men's



Wellbeing is a totally self-funded community volunteer organisation providing men's personal development groups, weekend men's gatherings and retreats, support networks and structured facilitator training – all of which get right to the heart of what it means to be a man in the 21st Century!

The organisation was founded 21 years ago when counsellors and other men involved in human services noted a distinct lack of community and government resources providing for the emotional, physical and spiritual wellbeing of men and boys.

These men formed a volunteer telephone helpline service which ran for six years and benefited more than 18,000 men, leading to the forming of the first men's weekend gathering on the Sunshine Coast.

Since then the organisation has grown through the motivation and initiative of its members to become one of the key bodies in Queensland and Australia addressing the social wellbeing factors that help to create self-aware, healthy men, healthy families and communities.

Many of our members have grown to lobby and consult with government and service agencies on broader community and political issues affecting men, their health and wellbeing, families and relationships, and areas of gap in community services for men.

[www.menswellbeing.org](http://www.menswellbeing.org)

## Menergy Men's Group's - Common Ground

Are you looking to be part of a Men's group but don't have one in your area? Would you like to start one but are not sure how and would like some support and mentoring from experienced men?

If you've recognised the desire within yourself and other men to gather and connect in a meaningful, supportive way and assist each other in the journey of manhood. Then you

should enrol in the Menergy Men's Group - Common Ground program and start a group in your area and be assisted by an organisation that has been supporting men's gatherings for 15 years.

Menergy and Men's Wellbeing have combined to provide a program to help stimulate men to set up a Men's Groups in their area and provide them with the necessary skills and support to facilitate and manage their own group. If you have the desire and would like to facilitate a group of men and establish a Men's group that you nurture and grow with then we invite you to register your interest.

### What's required

- Have attended a MWB event
- Completed Menergy Men's group Facilitator Training
- Performed as a Tribal Group Facilitator &/or as a workshop presenter at a MWB event
- Be Highly regarded man in the community that can uphold the values of the training

### What's provided

- Membership to Men's Wellbeing
- 2 Day Facilitator Training in setting up and facilitating a Men's group
- Ongoing support & Mentoring
- Website representation of your group
- Quarterly meet ups called 'Greater Circle' for support, mentoring & training.

### Training

The training is conducted by Gavin Daly who is an experienced Men's trainer who has facilitated many Common Ground programs and has delivered facilitator training for over 10 years. He will bring a wealth of experience and professionalism to the class. The training will be a mix of instruction, teachings and role play.

- 2 Day Weekend Facilitated training in Melbourne( Non-Retreat 10am – 5.00pm)
- Delivered by Professional men's trainers from Common Ground
  - How to start a group
  - Keeping it dynamic
  - How to build trust
  - Creating a safe container
  - Keeping it Lively
  - How to maintain integrity of the group
  - Setting the right framework
  - How to deal with conflict

Training Manual / Booklet provided

Lunch & refreshments (Tea/Coffee etc.)

### Where

Mark St Hall 1 Mark St, North Fitzroy Melbourne, Victoria 3065

When: Saturday 28th – Sunday 29th November 10.00am – 4.30pm

### Cost

Usual cost would be \$295.00, however through funding from Menergy the total cost per participant is \$125.00