



## ***‘Heeding the Call’ Welcome Manual***

Welcome to Menergy 2017. We are delighted that you are joining us at Menergy this year.

Every man is welcome at Menergy; whether you’re old or young, straight or queer, rich or poor. Whatever your culture, whatever your belief system, whatever your politics. If you identify as male, you are welcome at Menergy 2017.

The Menergy 2017 organising committee is delighted to share that the theme for this year is ‘Heeding the Call’. So, what does this mean you may ask?

To ‘heed’ is to pay attention to or to take notice of; so ‘Heeding the Call’ is intended as an invitation for you to attend to the unique call within yourself, whatever that may be. It could mean heeding a creative call, a call to greater health, to fatherhood or to be a more loving partner and friend. It could also mean heeding the call to your broader life purpose, to follow a Spiritual Path or to just trust in your gut, back yourself and do what makes you happy!

Whatever is calling you right now... we believe that this event will help you hear it, feel it and then follow it!!

*“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”.*

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## New men and returning men

### 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 tent, or taking some quiet personal time for reflection or spending time making new friends. It's totally up to you.

We recommend that on arrival you take some time to feel comfortable in the surroundings, get your bedding sorted, introduce yourself to others, find and connect to your Tribal Group Facilitator and join the crew of men setting things up and playing games.

### Returning Men

We urge 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.

## Menergy 2017 orientation

### Ritual and ceremony

If you are new to gatherings like Menergy you may be unfamiliar with ritual, and that may make it difficult for you to trust, and participate. The kinds of things that may happen include:

- Drumming, didgeridoo, song and dance
- Milling, jostling and sustained eye contact
- Smudging with smoke
- Telling stories
- Using a talking stick in tribal groups
- Acknowledging and respecting elders in the community
- Respecting a sacred fire
- Respecting sacred objects
- Calling the space we create together sacred.

One of the reasons we use practices like these is that they help men to move beyond thinking and ideas (head); and toward feeling, presence and connection (heart).

You may see these practices as symbolic gestures or as acts with deep metaphysical significance. It doesn't really matter. But we invite you to lean in anyway, and participate as much as you feel able.

Everything at Menergy is an invitation to explore. So ultimately it's your call how deeply you participate in these things. If you want to discuss any of this, any of the committee men will be happy to talk with you.

## Fire

Fire has had a place in the lives of men for many thousands of years. We all know the calming experience of sitting around a fire. There are two fires at Menergy.

The ceremonial fire will be lit at the opening ceremony and will go out at the closing ceremony. We consider this fire to be the spiritual centre of the gathering. We respect the ceremonial fire. It is not a place for idle conversation, nor is it a fire to put rubbish on. Selected men will tend the fire on behalf of us all, you're welcome to join them in that. Every man is welcome to use the fire as a place of refuge and refreshment throughout Menergy as they need.

The communal fire is closer to the main space and is no different from any other campfire. Feel free to put a piece of wood on if it's getting low, use it as a place to hang out and talk with other men.

## Altar

The men of the Menergy 2017 committee made an agreement with each other about how we would work together to create this year's event. We agreed that we would be caring, reliable, respectful, organised and energetic. We selected items to represent each of these aspects and brought them to each meeting as a reminder of our agreement. These items will be set up on an altar in the dining room at Menergy.

Every man is welcome to bring something from home to add to this altar. You may choose to bring objects that remind you of who you are, who you love or, what you love.

## Elders

The Menergy committee would like to welcome all elders to our gathering. We welcome men 50 and over and acknowledge the wisdom that comes with experience. We also welcome men who have made a major contribution to our community over the years through their work on Menergy Committees and other inputs.

Elders will be acknowledged at Menergy and we will take the opportunity to hear from them during the gathering. We encourage young men to take the opportunity to engage with older men at Menergy.

## Tribal Groups

On arrival you will be allocated to a small group of about six men who will share a cabin and meet each day at Menergy.

Tribal groups are facilitated by experienced men in our community and 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.

You'll find guidelines on participating in your tribal group later in this manual.

## Villages

This year we will be trialling a new element at Menergy, villages. Your tribal group will belong to one of four villages. The villages each have a colour, an element, and an animal totem:

- Red – fire – goanna
- Blue – water - dolphin
- Brown – earth - snake
- White - air – eagle.

You'll have the chance to choose your village when you arrive at Menergy, and you'll be allocated to a tribal group within that village. The cabin for your tribal group will be located with the cabins of other tribal groups in your village, and at meal times you'll sit with the rest of your village (but you're welcome to invite men you meet from other villages to join your table).

Each village will have a leader, a song and a flag.

We're conscious that as Menergy has grown it has become harder to make meaningful connections. Our intention is that your village provides you with an extended circle of up to 50 men that you will spend enough time with to feel connected.

## Workshops

There will be several blocks of workshops each day. These provide a diverse range of opportunities to explore practices and ideas that may benefit you on your journey. These workshops are an invitation, but not all that Menergy is about – heed your own call!

You'll find more about workshops and the list of workshops for Menergy 2017 later in this manual.

## Heart space

Friday night's Heart space is at the heart of Menergy journey. It is an invitation to stand in front of every man at Menergy, drop your mask and speak your truth as it comes to you in the moment.

How would it feel to stop hiding what you hide; to share your truth with over a hundred men, and not to die; but to live on, held and respected by a community of men who have likewise shared their truths with you?

## Fire dance and sporting activities

Many men find movement a powerful way to express themselves. There are lots of opportunities at Menergy to have fun, play games, dance etc. On Saturday afternoon during the afternoon break there will be organised sporting activities and drumming and dance around the communal fire.

## Cabaret

Saturday night's cabaret provides a different kind of opportunity for self-expression. Do you have a song, a poem, or any kind of act to share with us? Go solo or buddy up with other men and show us what you've got.

Don't think you've got a particular talent?.. We particularly encourage acts that involve men taking a risk outside their comfort zone. You might be surprised what you can do with the encouragement and support of other men. Give it a go.

After the Cabaret it's a Menergy tradition to have a dance party.

## Emotional Support People

Sometimes at Gatherings, personal issues can arise. Also there is the potential for men to be emotionally triggered by what they experience and hear. At Menergy no-one knows what other men will share. There could be stories of being harmed/hurt, and stories of having harmed/hurt.

If you need to talk about something please seek support. Our emotional support people (ESP) are the men to see. These are experienced men who will lend a compassionate ear. One of the ESP will be wearing a high visibility vest at all times. You can approach them and they will assist you. Alternatively you can go to the first-aid room and they'll find an ESP for you.

## First-Aid Officers

First Aid Officers will be announced on the opening night. Please familiarise yourself with them in case of emergencies. The first aid room is behind the kitchen. There is a radio attached to the door to call for help in emergencies, if the room is unattended.

## Self-care and rest

Menergy can be emotionally and physically exhausting and you might need to step back at times. Places of rest/refreshment include:

- The Chai tent
- The Ceremonial fire
- The River and bushland
- The games area
- Your cabin.

## Feedback

To help the 2018 Menergy Committee put together next year's festival, please complete the feedback form you will be emailed after the weekend.

Also, if you feel something is not right and needs to be fixed, come and see one of the committee. We're doing our best to create a great event for every man and we'd like the chance to address any issues as they arise. We'd appreciate it if you can share any concerns gently, because we've put a lot into creating this event, so we're pretty invested.

# Housekeeping and etiquette

## Arrival and Registration

Registration will open at 3:30pm near the entrance to the site. Please aim to arrive on or after this time. If you do arrive before 3:30pm please return to the registration area to register at 3:30pm.

At registration you will choose a village (see villages), get a name-tag string coloured for that village, and make a name tag. There will be a refreshment tent where you can recuperate from the drive and be assigned to your tribal group. Once you've got your tribal group you'll get a quick briefing so you can park your car, find your cabin and set up your bed.

## Inclusion

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 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 positive space for all males.

## Confidentiality

Confidentiality is what makes us feel safe to be radically honest in our sharing. When we hear another man's story we're privileged to have their trust. Other men's stories are not ours to share. By all means share your own story, but not those of other men.

There is an exception, as there is in all spaces like this.

- If you are emotionally affected by what you hear, you may need to talk to an emotional support person, and you should feel free to share what you need to with them, so that you can get the help you need.
- If what a man shares makes you worried about the safety of that man or the safety of other people because of that man, you can talk to one of the ESPs. The ESP will assess the risk and may follow up.

## Photography

Confidentiality also extends to photography. Please resist the urge to take photos at Menergy. If you do take a photo, please ensure you have the consent of any men who will be in it.

There may be an official photographer and videographer at Menergy but inclusion in any photos or videos is voluntary. Advise the photographer/videographer if you do not wish to be included. We take a group photo after the closing ceremony on Sunday afternoon. Participation in this is also voluntary. There will be no photography or videography during ceremonies.



## 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.

## 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 with your village, and to hear what's coming up next in the Menergy program.

## 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.

## Hands up

What does it mean when you're in the middle of a hall full of men and everyone's talking, when suddenly one man puts his hand up, and as soon as he does, more and more men do the same?

This is our way of creating silence when it's needed without a whole lot of yelling and whistling (which would not be great for the vibe). When you see a man put his hand up, it's your cue to suspend your conversation and put your hand up too. Within a few seconds every hand will be up and the room will be silent. It's pretty cool to see, and it helps us keep things moving forward.

## Mobile phones

Licola has little or no mobile coverage. The nearest reliable reception is 13 kilometres back up the road. Even if you do have coverage, please consider turning off your mobile phone. If you need to make a call, please do so in the car park away from the hub of the gathering. This weekend is a great opportunity to relax without the sound of phones ringing.

## 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.

## Alcohol and other drugs

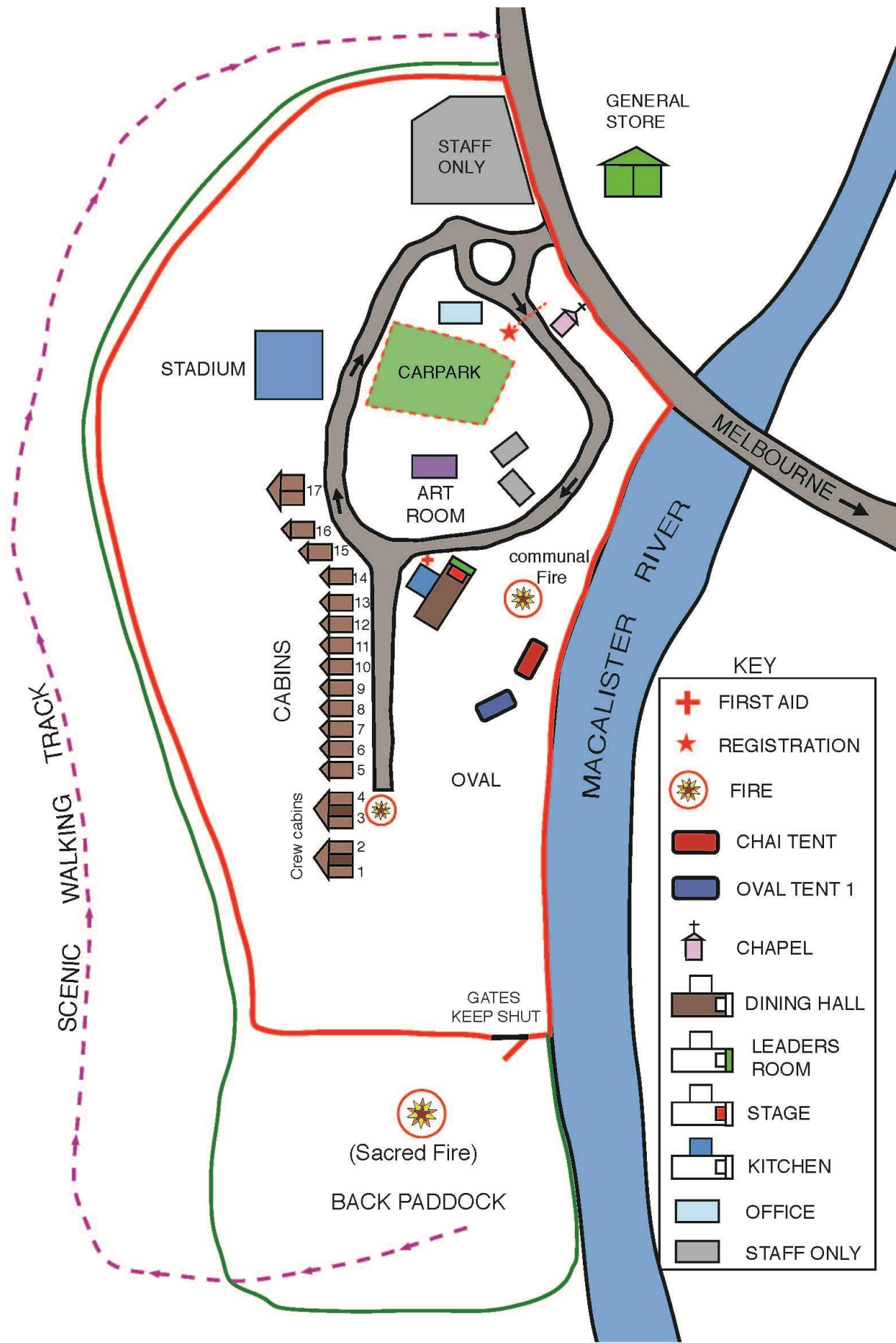
We want your experience at Menergy to be about being present to yourself and available to connect authentically to others. We have made the event drug and alcohol free in support of this aim. We ask that you respect this.

## 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. A request for assistance will be made on Sunday morning. Thank you in advance for your assistance in this.



# Licola Wilderness Village Site Map



## Menergy 2017 Schedule

Thursday	Time	Friday	Saturday	Sunday
	5:00am	5:00am Wake up drum		
	5:30am	5:30am Opening ceremony		
	6:00am		6:00am Morning workshops	6:00am Morning workshops
	6:30am			
	7:00am		7:00am Breakfast	7:00am Breakfast
	7:30am			
	8:00am	8:00am Breakfast and Orientation		
	8:30am		8:30am Workshops	8:30am Workshops
	9:00am			
	9:30am			
	10:00am	10:00am Workshops		10:00am Morning tea
	10:30am		10:30am Morning tea	10:30am Tribal Group meeting
	11:00am		11:00am Workshops	
	11:30am			
	12:00pm	12:00pm Lunch and Orientation cont.		
	12:30pm			12:30pm Lunch
	1:00pm		1:00pm Lunch	
	1:30pm	1:30pm Tribal Group meeting		1:30pm Closing ceremony
	2:00pm		2:00pm Workshops	
2:30pm Tribal group facilitators briefing	2:30pm			Pack bags and cars
	3:00pm	3:00pm Afternoon tea		All help with site bump out
3:30pm Registration desk opens	3:30pm	3:30pm Workshops	3:30 Afternoon tea and Fire dance, Sports etc.	
Men arrive, welcome, tribal group and village allocations	4:00pm			
	4:30pm		4:30pm Tribal Group Meeting	
Set up cabins	5:00pm			
	5:30pm	5:30pm Dinner		
	6:00pm			
	6:30pm		6:30pm Dinner	
7:00pm Dinner	7:00pm	7:00pm Heart space		
	7:30pm			
8:00pm Tribal Group	8:00pm		8:00pm Cabaret and Dance party	
8:30pm Event Welcome	8:30pm			
	9:00pm			
	9:30pm			
	10:00pm			
	10:30pm			

## Friday timetable

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## Sunday timetable

Time	Sunday	Workshops		
5:00am				
5:30am		6:00am Morning workshops		
6:00am		6:00am Morning workshops		
6:30am				
7:00am	7:00am Breakfast			
7:30am				
8:00am				
8:30am		8:30am Workshops		
9:00am	8:30am Workshops			
9:30am				
10:00am				
10:30am				
11:00am	10:30am Tribal Group meeting			
11:30am				
12:00pm				
12:30pm				
1:00pm	12:30pm Lunch			
1:30pm				
2:00pm	1:30pm Closing ceremony			
2:30pm				
3:00pm	Pack bags and cars			
3:30pm	All help with site bump out			
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10:00pm				
10:30pm				

Facilitator	Description	Space
Kurt Shean	Morning chant	OT
Stev Fioretti	Yoga	LR

Facilitator	Description	Space
Brian Mier	Older men and eldership	LR
Adam Weaver	Heeding the call with courageous action	AR
Peter McMeikin	Personal and domestic harmony	CH
Marus Wegrzyn	Sexual healing – Navigating beyond trauma	ST
VMWB Executive	The future of Menergy and beyond	OT
Gero von Aderkas	Warrior, lover, magician, king – guided by...	SG

Workshop spaces – key	
Chapel	CH
Art Room	AR
Stadium	ST
Leader’s Room	LR
Stage	SG
Oval Tent	OT

# Tribal Groups

## Introduction

An important part of this event is the Tribal Group you will help create. Your Tribal Group Facilitator 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 Facilitator will run through 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 partner is angry and you get pissed off" is much better stated 'when my partner 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 Joy 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 facilitator 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

Workshops coming up will be promoted after meals throughout the day. Each presenter will give a 1 minute talk 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 integrate 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 in every workshop block, give yourself time to reflect by talking to men in the chai tent or go into nature and find some reflective time.

Here are some thoughts to help you and other men get the most from workshops.

### Choosing a workshop... or no workshop

Be open to following your instincts as to which facilitator and workshop resonates with you. And if none are really calling you, consider taking some time out by yourself or connecting with other men and see where a conversation may take you.

### Punctuality

Please be on time for start of workshops and be respectful if entering late.

### Confidentiality

A reminder that confidentiality applies in workshops. Where men are sharing personal information and/or undergoing deeper process work their stories must remain confidential.

### You're in charge of you

You are encouraged to participate to the level that you feel able, and if necessary to use your two feet to go if you need to. Just let the facilitator know, so they know you're ok.

## Friday 10:00am – Workshop block 1



**Richmond Heath**

**Workshop title**

Shake Free with TRE

**Workshop brief description**

Stress & trauma are a natural part of life. TRE is a simple technique to release it. It's fun, it's free & it's fascinating. Learn it once then use it for the rest of your life. (as simply as lying in bed) Your body already knows how to move you to freedom. Hear it's call and follow it.

**Brief Biography**

Richmond Heath introduced TRE to Australia in 2010. He provides personal workshop & professional training in TRE Australia wide.

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

- 1 - Men experience this innate impulse in a safe & regulated way
- 2 - The tremors help them connect more deeply to their body
- 3 - They know enough to take the process home with them so they can keep using it

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

Been running this for 7 years full time.



**Murray Goodchild**

**Workshop title**

The Anatomy of Creativity

**Workshop brief description**

Creativity is often seen as a function of the mind. In this workshop we will explore creativity as a whole body process that is at the centre of vitality. This workshop will challenge the idea of creativity as a luxury and instead support the possibility of creativity as a guiding principle that informs meaning and purpose in a man's life. We all have what it takes to be creative now it's just about developing the muscle!

**Brief Biography**

Murray has worked as a practitioner of body energetics for nearly 20 years, firstly as a Shiatsu practitioner and then as an acupuncturist. In this time he has developed ways to help unlock people's potential with methods that are accessible to all and go beyond treating illness to establishing passion and purpose as a therapeutic outcome.

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

To empower men to recognise their own creative potency and to take home tools to develop this

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

I have run previous workshops at Menenergy, various festivals and stand alone events for the past 15 years.

**Simeon Ayres****Workshop title**

The White Serpent King

**Workshop brief description**

Story telling is the original workshop formula. Stories have grown out of our relationship to the living earth. We have been speaking and listening to story since we first began to imagine. The White Serpent King is an old tale from Scandinavia. It speaks of the language of the forest, the call and perhaps how

to heed it .It speaks of deep cunning and bravery and the willingness of our hero to meet their own destiny.

**Brief Biography**

Farmer, Miller, baker a mapmaker and pathfinder and sometimes storyteller .Maybe the word maverick best describes me. I am a wilderness guide and lover of wild places. I live in the hills of Strathbogie in North East Victoria. Husband, lover, father of two teenagers. Hopefully awake to the mysterious and the profane and absurd curve balls that life loves to throw.

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

I desire that those that come along will be touched by story. That imagination will be engaged as they enter the dream scape of this story and that they can perhaps see themselves in this wonderful tale .

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

I did one last year at Menergy. Work for Beyond the Threshold, presenting Visionfasts and nature immersion experiences.

**Adam Weaver****Workshop title**

Diving Deeply Into My Spirit's Calling

**Workshop brief description**

Have you found your calling? Many of us are unaware or unsure of it. We commonly feel resistance to embracing our calling. We may hear its truthful whisper but avoid facing its brilliance let alone embodying and actioning it. This is the plight of the human spirit, for our calling is a life long journey of continuous discovery and unfoldment.

"Diving Deeply Into My Spirit's Calling" is an opportunity to resonate with your Soul Spirit's blueprint and reason for incarnating. This workshop blesses us with discovery, enhanced clarity of vision, knowing and the alchemy of alignment to purpose. It's through the grace of inner spiritual conviction that we're drawn forth to heed our inner calling.

Via angelic invocation, ritual, journeying and sharing, you'll dive into and resonate with your indwelling Spirit to discover or clarify, embody and heed the present call of your soul's mission.

**Brief Biography**

Adam Weaver is the principal of Connected Spirit, a qualified and registered counsellor who has studied mysticism and eastern philosophy for almost 30 years. Connected Spirit offers Spiritual Counselling, Mentoring and Workshops for clients to: overcome challenges in life, to align with their wellspring of love and to unfold their greater potential. Adam is also the principal of Innovation Management, delivering business consultation in the areas of Innovation, Strategy, Transformation, Engagement, Wellbeing and Community.

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

This workshop is an opportunity to align with your indwelling spirit as a way of self-discovering and or gaining clarity of your calling. When we resonate with our inner knowing, our calling naturally arises. Once we have clarity, we can set our intention in preparation for our next steps of considered action.

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

Derived from esoteric spirituality, eastern yogic philosophy and Connected Spirit's workshop facilitation methodologies, it will include ceremonies and practices written specifically for and in honour of Menergy's 2017 theme 'Heeding the Call'.

## **Marko Petrovic**

### **Workshop title**

Feeding the warrior

### **Workshop brief description**

A deep dive into nourishing one's self the way that it was taught by the ancients. Here's an opportunity to explore a new approach to health and nutrition in unlocking the greatest technology ever, the wisdom of the human body.

### **Brief Biography**

Marko is a high-performance coach, entrepreneur and speaker.

He supports high-performing women and men to supercharge their health, body and mind with a very simple philosophy and approach. A combination of the latest breakthrough research with age-old wisdom from ancient civilisations that challenge mainstream thinking to get fast sustainable momentum.

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

To leave the group empowered in their health and wellness journey with a simple and sustainable approach.

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

About 5 years of various workshops and speaking events along with running my own retreats the last two years.



## **Melvyn Cann**

### **Workshop title**

Aboriginal Healing

### **Workshop brief description**

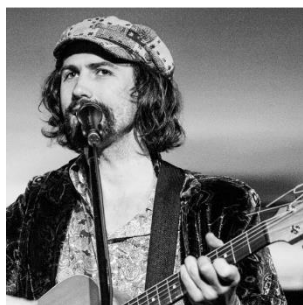
We will work with music sticks, didgeridu and natural objects such as sticks, leaves, stones and shells. The techniques I teach are those that earned me the skin-name,

Bippi, when I was inducted as an Elder and Medicine man of the Wirradjeri people in New South Wales.

### **Brief biography**

I am a musician, artist, philosopher, poet and healer. I taught at La Trobe University for twenty-eight years. In what some people would call my 'retirement' I have taken to busking, playing my violin in and around Melbourne Central, in other parts of the CBD and in Carlton. I am a trained acupuncturist and had a role in getting Chinese Medicine into our tertiary institutions. I have a particular mission to spread knowledge of aboriginal healing methods.

## Friday 3:30pm - Workshop block 2



**Joe Oppenheimer**

### **Workshop title**

SongCraft: Three Personas of Creation

### **Workshop brief description**

SongCraft workshops explore the process of sound creation through the lens of key Creative Personas. By identifying these major archetypes the practice of Songwriting becomes a well-documented path, beginning with the fresh improvisations of the Creator and closing with the vulnerable broadcast of the

Performer. This intro workshop will expand on the theoretical framework with powerful creative exercises, which assist in becoming present to each Creative Persona.

### **Brief Biography**

Joe Oppenheimer is a lifestyle musician; gigging, teaching and jamming his days away in Olde Brunswick Town. Beginning on piano at age 7, he picked up guitar and the song writing habit at 18 and has since written hundreds of tunes exploring genres such as Folk, Pop and Electro-Acoustic Fusion. A dynamic showman, Joe launched SongCraft in 2017 as a multi-purposed vehicle to share his musical teachings as well as distributing future releases, hereby stepping firmly into the age of Self-Made-Men.

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

Men to feel more confident approaching creative challenges, whether they be artistic or in other parts of life.

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

I've been teaching Songwriting for five years now, and last year began running workshops to share my work on a larger scale.



**Richmond Heath**

### **Workshop title**

Cock Circle

### **Workshop brief description**

A Cock Circle is an extreme ego sport which can result in personal injury, pain, suffering & even (ego) death.

Any man can play regardless of his skin (or lack of skin) colour.

Participants are required to bring an open heart, an open fly & extreme courage & presence. Who wins & who loses can often come down to a matter of inches.

### **Brief Biography**

Richmond Heath is a founding member of the Menergy Community. He served 3 years on the organising committee & has presented workshops at each Menergy to date. This year he is bringing everything he has to facilitate this Cock Circle.

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

That each man is heard, witnessed & accepted in revealing his cock to the group and has a chance to share his journey. The aim & intention is similar to the heart circle in terms of providing a chance for me to share this specific aspect of themselves in a supported & accepting space.

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

I have run similar Cock Circles in mens groups 2 times after living much of my post-pubescent life with genital grief & shame. While the promo blurb is cheeky the workshop itself is very simple as it is really simply a healing & revealing circle.

In silence men will nude up then line up in a circle from biggest to not quite the biggest however that is determined without words. After that there will be a chance for each man to stand before the group sharing both his cock and his journey.





**Glenn LeemBruggen**

**Workshop title**

Honing our tools and ourselves through manual arts and discussion

**Workshop brief description**

Knife sharpening, Woodwork & whittling, Discussions around the study of man. Participants please bring: a whittling knife (and stone if you have one); a willingness to share (or simply listen); a small piece of wood you would like to transform.

**Brief Biography**

After 12 years as a musician and tradesmen, working in the engineering field, a spiritual path developed that metamorphosed into 20 years of education, personal and professional development. Currently, and for the past 18 years, I have been fortunate to teach in a Steiner school, both in the primary and secondary. It has been a blessing to support children, adolescents and parents in becoming human. I have been involved in men's groups, and facilitated father and son events - exploring the question, what makes a good man? I wonder what opportunities await if we can strive to become the sharpest tool in the shed?

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

Life skills: sharpening, creating, understanding self, supporting others

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

Over 20 years sharing skills and knowledge.



**Vern Hardie**

**Workshop title**

The Call of Fatherhood

**Workshop brief description**

This workshop will be a facilitated forum for Men interested in discussing life, children and relationships as a Father. How do we navigate the road of Fatherhood? What works and what doesn't? How can we be authentic, present and loving Fathers? How can we build real relationships with our children? How do we find time for ourselves and our own personal journey?

Through discussion and play, we will talk strategies and tips for Dads to be the best that they can be. This session is for Fathers or those wanting to be a Father.

**Brief Biography**

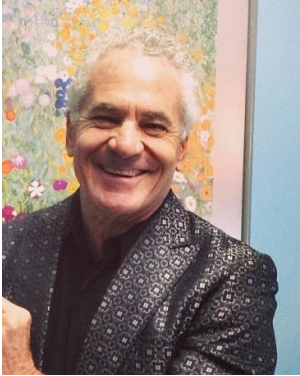
Vern is a father of two amazing daughters and has been working with adolescents and children for over 12 years as a Teacher and Principal. Now as a Wellbeing Consultant he facilitates School Wellbeing programs, workshops, performances and a large Circus space through his business, 'The Connected Circus'. Vern believes that one of the most important skills we can learn is how to better connect with ourselves, others and our community. He has a deep understanding and passion for helping people to learn, create and engage in their world as well as how to assist them access their unique set of talents and skills.

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

Fathers have the opportunity to connect with each other and discuss how it is for them to be a Father.

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

Have ran this workshop at Menenergy 2015 & 2016



## **Gary Wohlman**

### **Workshop title**

Transform Your Life, Acting on Your Deepest Wisdom

### **Workshop brief description**

"Awake! Awake! Open the door. Remember what you've come here for." In an outrageously playful, Monty-Pythonesque, sensitive, penetrating and shamanistic way, Gary returns to us to guide, provoke and inspire fellow participants on an interactive journey to dive deep and move beyond those voices of shame, blame, anger and pain that have haunted and held all of us back - both individually and collectively - from fully expressing our divine human nature and claiming the destiny we have come here for. Integrating elements of Psychodrama, Playback

Theatre & Family Constellation work, Gary co-creates with us adventurous scenarios involving everyone - illuminating specific themes and challenges the men in the room are facing right now. He will artfully weave us through a tapestry of transformation that will catalyse each of us to heed the call of our deepest wisdom, and move forward in our lives as we have only dreamed possible.

### **Brief Biography**

Gary Wohlman returns to Menergy picking up where he left off last year, when he had just come out of emergency spinal surgery. Unable to stay overnight with us due to daily hospital injections of massive antibiotics, he heroically drove 3 hours up and back 'heeding the call' to offer his engaging 'Speaking from the Heart' presentation. Having survived this near-death experience, he feels broken open by the immense love shown by those he met at Menergy, and from people all over the world whose lives he touched along the way. Feeling re-set and having a second chance at life, Gary is dedicated in his transformational presentation coaching to awaken fellow humans to recognise and act on our deepest longings and highest visions - to break free of oppression in thinking and relationships and claim our own unique most passionate purpose in making the greatest possible difference in this world.

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

Each and every participant stepping up to heed the call of their deepest wisdom and making the biggest difference in their own life and in the world as they have dreamed possible

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

I lead this all the time



## **Wayne Thorpe**

### **Workshop title**

Cultural awareness

### **Workshop brief description**

This cultural program is developed by Wayne Thorpe as a leadership model. It is based on the Gunnai Ancestors Traditional Codes of Conduct within the Respect towards Natures Lore.

We are focussed on supporting the camp group to be aware of the personal roles and responsibilities, by giving them the support and guidance, to achieve and be successful with environmental awareness.

### **Brief Biography**

Wayne is a Gunnai man and a Traditional Custodian for the Language of Song Story and Dance.

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

Awareness of and respect for the Gunnai culture.





## **Arion Light**

### **Workshop title**

Unleashing the red dragon

### **Workshop brief description**

The modern man is all too often suppressed by the conceptual weight of who he 'should be' and his primal life-force has become consigned to a passenger on the journey of his life. Yet this primal life-force is the wild gift of living in this human flesh. It gives power to our dreams and our love.

In this workshop we dive into the Red Dragon that lives in your belly and your cock. We open the door to saying yes to your primal masculine power in a way that is both safe and free. We encounter how you have repressed this power within yourself and find your pathway to reawakening it to serve you and those you serve.

This is not a conceptual power point presentation but a deeply experiential initiatory experience using the intense 6 breaths practice that is part of my unleashing retreats. Please do not come to this workshop to watch and listen, it is for brothers who want to go deep into their own flesh, cock, shame, desire power and unapologetically roar yes to what they find there. (There is no 'external' ra-ra peer pressure force to be a wild man yet the practice itself is deep, raw and challenging. Breath-work can be a fierce teacher).

### **Brief biography**

Arion Light founded the Activation School in 2006 and has been working passionately and consistently with individuals and groups to facilitate awakening and the living of our true creative potential.

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

For many of us men, me included, this primal power in our sex has been shamed and disconnected and many of us live in some version of apology for our own sexual nature. Yet when this primal sexual life force can awaken and be aligned with our heart and head then we can truly come alive.

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

I ran a very similar ceremony to this last year and many men have shared the gifts they received and requested me to run it again so here it is! I look forward to riding the red dragon with you all.

## Saturday 8:30am –Workshop block 1



**Jeremy Shub**

**Workshop title**

Erotic Flow - Sex and Relationships

**Workshop brief description**

This workshop is a soul sauna. We will be participating in an experiment of sexual growth and expansion. The players will experience moving gracefully with their own erotic body and safely with the other in the group. Collectively we will be seeking balance with fire and water, powerfully erotic and pleasurable real. Tapping into heart, soul, mind and body there will be solo work, pair and group explorations of the past, present and future self. Combining Eastern Taoist and Tantric practices with Western cutting edge technology and research the participants will travel through time and space to heal and mature into a body of clear sensual light. There is a focus on safety and participation by choice. The material may happily stretch and bring joy.

**Brief Biography**

Jeremy is passionate about the flow of energy. This might be a client's breakthrough, tantric orgasm or a magnificent waterfall. Jeremy is a sex educator and counsellor. He has been fascinated by sexuality all his life. He is kinky, queer and is also polyamorous. Currently studying his Masters at Sydney University in Sexology. Jeremy works as a relationship counsellor, youth and family counsellor and group facilitator. Jeremy has been described as mischievous, challenging, loving, playful and profound.

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

- Harmony and balance of desire and libido. The Goldilocks, not too hot and not too cold, just right.
- Swooning connection to self and others.
- Graceful expression of sexuality with self and others.
- Healing of shame.
- Erotic Power
- Sacred Spirituality

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

Many times in many places.



**Uwe Jacobs**

**Workshop title**

Financial Intelligence Triumph-101 (FIT)

**Workshop brief description**

Why are so many of us Out Of Control Financially?

Living from one income to the next?

Do you want to be in control of financial matters, or in free-fall?

Financial Intelligence 101, is a learned skill that escapes 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 basic 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

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

Our live & business is based on 3 principles: Trust, Community, and Progress.

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

each attendee to "get" a set of basic financial principles that make life easier

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

I have run this course and others many times, including at last years Menergy



**Miroslav Petrovic**

**Workshop title**

Living Courage ~ Embracing Fear

**Workshop brief description**

Often we perceive fear as something bad.

What if it was an invitation? A journey.. A path..

What if it was the gateway for what we came here to do?

In this workshop Miroslav invites new ways of relating to fear, sets the space for breakthroughs within the workshop and gives tangible takeaways and guides for how to navigate fear when it arises.

In my opinion, this is the biggest undiscovered gift of human life - how to work with our fear.

As with all of Miroslav's work this workshop will be deeply experiential.

**Brief Biography**

Miroslav has spoken across Australia and worked with over 4,000 people supporting them to reconnect to their hearts purpose. His work has been featured across mainstream media

He has travelled globally pushing himself to his own limits - from Amazonian immersions to ashrams in India. His joy is the discovery of his own integrating and teaching the art of wholeness.

Speaking from the heart, his workshops are highly engaging and immersive, with a presence that softly yet powerfully invites the audience into the intimacy of the present moment, allowing them to speak and break through their own personal challenges.

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

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

For participants to discover their courage and realise it lives within their fear.

Take a new action in their life - step through something they've been putting off.

Discover what pouring their energy into what they truly love looks and feels like.

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

This has been a core tenant in my work for the past 3+ years. All my work is based about responding to, living with and embracing fear. National talks, workshops etc. Published articles etc.



**Elyjah McLeod**

**Workshop title**

Walking with death

**Workshop brief description**

Most of us will have had some dealings with Death, If not yet, I can guarantee it in the future.

Death can be a mystery, terrifying, uncomfortable, a great release, a fact of life, very sad, harrowing or full of grace, none of and all of the above.

A healthy man knows his mortality - it informs the truth of the direction his life will take. It can help distill what is important and meaningful.

This work shop opens a compassionate and practical conversations to helps us plan for a more empowered death and dying experience. Create a death and dying plan , understand powers of attorney and the role of an executor.

Invite lightness and honesty to a taboo subject, generate ideas on how you, your loved ones and community might best prepare and understand steps to make things easier in what can be a difficult time.

### **Brief Biography**

In this Menergy setting he brings his understanding of a process called "Death Walking". Far more than can be discussed in one session & gives full acknowledgement to his mentor Zenith Virago, for the extensive training and mentorship she has offered in her work at a community level, with the natural death care centre. He adds it to his community in service as Celebrant - Rites of passage guide, historian, festival director, meditation guide, Shiatsu therapist, farmer, performer & human rights activist.

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

To give others the confidence to talk about death and Dying and make a plan which will be a loving and compassionate act.

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

This is my first formal work shop of this kind. I work in the community as a death walker and educator; supporting and advocating for the dying person. I have co facilitated the community Day of the dead in the Edinburgh gardens for the past 3 years.



**Jim Karakatsanis**

### **Workshop title**

Learn the Haka

### **Workshop brief description**

Learn the history of the Haka and the performance

### **Brief Biography**

I teach the Haka as a hobby

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

Fun

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

I ran this workshop last year.



**Nick Columb**

### **Workshop title**

How to host a secret men's business BBQ

### **Brief Description**

A training session in hosting a regular 'Secret Men's Business BBQ' for your mates which is essentially a men's group. A casual setting that most men will be comfortable in and a chance to get real and check in with your mates about what really going on with them. This idea is to further the reach of men's work to the average bloke who might not proactively attend a weekend like Menergy, a men's group or communicate openly with other men around him. Male suicide stats are very scary and this is an effort to help us all support our mates and bring those numbers down!

## **Brief Biography**

My name is Nick, I am from Melbourne and completed my Transpersonal Counselling qualification in 2015. Having felt isolated at times and losing my best mate to suicide in my early 20's I am passionate about creating safe environments for men to be able to communicate openly and honestly.

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

For men to have the skills, resources and confidence to host a 'Secret Men's Business BBQ' for their mates.



### **Arion Light**

#### **Workshop title**

Death mother and manhood

#### **Brief description**

If there is one thing I have learned in over ten years of men's work is that man's relationship with his inner feminine (we could also call it primal life-force or sensual power) shapes the very core of his experience of his own body, relationships and his power to express his gifts in the world.

The more a man is disconnected from this inner power he seeks it outside himself, in lovers, roles, recognition, food or wherever he can find a morsel of this sacred nectar. This often leads him to be a pleaser, insecure and trying to prove his worth to the world.

The more a man can awaken is direct connection to this primal life-force the more the very foundation of his existence changes. (I have seen it many, many times, it's truly beautiful!) When man knows this nectar of life is alive within him, filling him with love, beauty and fullness, then his outer being changes radically. He can lay down effort and striving and move from an ever deepening wholeness. He can 'play' in the world of form, giving his gifts without fear because at the end of the day, he is all the love he could ever hope to be.

This is not an 'information' workshop but a deeply experiential workshop using breath-work, ceremony and the power of a tribe of men to take you into the core of your life-force and see what's ready to awaken. If you are called to awaken the core of your sensual, vital life-force then come and join me and a brave clan of brothers to see what treasures lie in the dark cave of your own being.

## **Brief biography**

Arion Light founded the Activation School in 2006 and has been working passionately and consistently with individuals and groups to facilitate awakening and the living of our true creative potential.

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

In this workshop we will explore the initiatory path to awaken this feminine within your belly, balls, heart and mind. Through deep ceremony we will meet your current 'blueprint' of the feminine and let her die to be reborn with more of the sensual fullness that is your birth right as a human being.



## Saturday 11:00am – Workshop block 2



**Alistair Larmour**

**Workshop title**

Astral Travel Made Simple

**Workshop brief description**

The structure of personality, the human body and the major causes of dis-ease. Alistair integrates basic science into his years of research to present something that is simple and easy to understand, without the hippy waffle.

**Brief Biography**

Alistair has just begun a PhD study with his cure for schizophrenia. After 10 years of deep meditation, study a dozens of different modalities and the major religions of the world, he creates solutions for those who fall through the cracks of mainstream treatment. Alistair has expanded the knowledge base of humanity in mental health, food and sacred geometry. He also works as a medical intuitive.

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

To offer

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

I've done this dozens of times in various settings: symposiums and my personal workshop groups in person and online



**Peter Gleeson**

**Workshop title**

Spontaneous Choir

**Workshop brief description**

Performance has been a big part of humanity since the year dot. It is good for our minds, our relationships, and our societies. Whether it be sung notes, chords, tunes or improvisations, whether it be laughter, whispering, whistling or clapping, whether it be Mexican waves, spirals, or processions - it is behavioural therapy in the original format. No skills or experience necessary.

**Brief Biography**

Peter Gleeson is an organic farmer, musician, and medical imaging technologist. At a festival called ConFest 26 years ago, he learned how to master the voice. The following year he began teaching Harmonic Singing and running Spontaneous Choir. A few years after that he started Mud Tribe at ConFest. 40,000 people have enhanced their life experience by participating in this primal and anthropologically authentic social adventure.

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

To create a fun experience that teaches skills and validates individuals.

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

500 performances over the past 25 years.



**Dave Isaacs**

**Workshop title**

Leadership in Men

**Workshop brief description**

Leadership in Men explores the proven behaviours that produce success for individuals and teams. We will discuss effective communication skills and how to adopt them, as well as creating cooperation in your relationships both at home and work.

### **Brief Biography**

Dave works with business owners, increasing their ability to perform and get what they want. His strengths are in leadership and team development.

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

For men to leave the workshop better equipped to lead their lives.

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

Last year at Menenergy



### **Cameron Semmens**

#### **Workshop title**

Finding just right words

#### **Workshop brief description**

We all have stories to tell. We all have pivotal moments in our lives. That's what I'm interested in. Those key moments, those crossroads, that can never be returned to (for better or for worse).

I want to help you try and capture some of these moments in considered words – both for your own growth and to help others relate to your personal journey, that will so often reflect the heart-journeys that all of us have to travel.

Bring an open mind and something to write in or on. Let us, together, find some of the 'ultimate' in the most 'intimate' of our lives.

### **Brief Biography**

Cameron Semmens is an award-winning poet, entertainer and poetry educator with 17 books to his name and 26 years' experience of sharing on the stage and the page. He makes his living through words: running workshops, designing books and performing live. He lives in the foggy, ferny forests of The Dandenongs fathering his two young kiddies: Spencer and Mieka. For more info, check out [www.webcameron.com](http://www.webcameron.com)

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

I want to help men find words to express their story - particularly those pivotal moments and those emotional or numinous moments.

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

This is something I do as a profession. Working in schools, with adult groups, and I currently have been running a twice monthly poetry/creative writing workshops called Write Your Way Forward in 2 venues in Melbourne.



### **Mike Lowe**

#### **Workshop title**

Trauma, Trust and Sex

#### **Workshop brief description**

Many people are affected by sexual trauma, either directly or indirectly via a partner or parents. One in three Australian women and one in five men experience sexual trauma by the age of 16. Traumatic experiences can deeply affect our ability to be present intimately with our own bodies, energies and emotions, and with others. The memory of a traumatic experience is held in the body, so that when the body experiences a pattern similar to the

original trauma - conscious or unconscious, present or ancestral, cultural or familial - it goes into an unconscious pattern which may include terror, disassociation, anger, shame or avoidance. This workshop will explore the ways in which trauma leads to distrust and how safety and trust can be created leading to healing, deeper intimacy and sex which is fulfilling, potent and deeply enjoyable.



### **Brief Biography**

I co-facilitate workshops with <http://innatewisdomconnection.com.au> and have over 20 years' international experience leading transformational workshops in the areas of trust building and reconciliation. I have worked with politicians and young leaders in Eastern Europe after the fall of communism and have worked on programmes of reconciliation with police and former militia leaders in Solomon Islands. My particular gift is in creating safe spaces in which transformation can occur, and I have a particular interest in earth-based spirituality, indigenous wisdom, Process Work, Focussing, Voice-Dialogue, archetypes, and supporting the rise of healthy and authentic Masculine and Feminine energies as we transition from patriarchal and colonial ways of being.

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

Men will gain an understanding of what trauma is, and how it impacts trust, intimacy and relationships. They will also get an overview of the various ways that trauma can be healed and some insight into their own journey with trauma.

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

I've been co-facilitating a 4-day Trauma Trust & Sex workshop for 2 years and have run a shorter 2-hr version at Confest for 2 yrs. Have been accepted to present this workshop at <http://www.celebratingsexuality.com/>



**Gero von Aderkas**

### **Workshop title**

The Warrior – Mapping the path from 'immature anger' to its archetypal form

### **Workshop brief description**

Are you an 'angry man' OR have you never been angry in your life? Have you exploded in circumstances where it has hurt the people you love the most? Do you find yourself ineffective in pursuing your goals? Regardless of your path so far - you are welcome here! We'll look at the energy of Anger; untangle some of the general associations and create a map for a powerful relationship with this archetypal force. There will be the opportunity to partake in an experiential element of anger work - it is your call. This is a game changer for your relationship with yourself – can you hear your inner voice calling?

### **Brief Biography**

Three years ago at Menergy I ran my first anger workshop - these days 'Reclaiming Anger' fills an entire weekend. As partner and co-founder of The Art of Relating I coach people in feeling-based communication and relating and I work regularly with the energy of anger. Having done my own work I now have a close relationship with my anger and am well-versed in this topic. For a deeper immersion into anger work check out my website: <http://www.theartofrelating.com.au/reclaiming-anger.html>

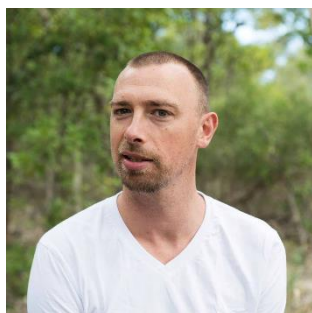
### **What is the desired outcome of your workshop?**

For men to reframe their association around anger and to take responsibility to engage with the archetypal energy of the warrior

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

I run anger work on a regular basis - this is a time limited format. I adapt the content.

## Saturday 2:00pm – Workshop block 3



**Dane Tomas**

**Workshop title**

The Integrated Man

**Workshop brief description**

99.9% of the work out there is about "becoming more masculine", presence, purpose, and so on.

Whilst that's important, what I've found after working with hundreds of men is that what we need is to integrate our masculine AND our feminine, our light and our dark. Using ritual, embodiment and a mixture of masculine AND feminine practices, the integrated man becomes whole. He can relate to his own inner woman and therefore finds it easy to connect to and enjoy the energy of women in the world around him without NEEDING them. He also has a clear sense of direction, drive and ambition, because he is in harmony and alignment with his inner masculine.

**Brief Biography**

Dane Tomas is a thought leader and innovator whose work is primarily focused on supporting the unfoldment of human consciousness.

His unique process 'The Spiral' has freed over 1000 people from unconscious ancestral conditioning, allowing them to live more authentic, creatively aligned lives.

'The Integrated Man' is Dane's endeavour to establish a pathway for men to initiate themselves into a deeper and more complete expression of manhood that encompasses ALL aspects of the self - including the light and the dark, the masculine and the feminine, and the profound and the profane.

The author of 4 Amazon bestselling books, Dane lives in Byron Bay and spends his time building his businesses, writing and researching, and learning Brazilian JiuJitsu.

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

That the participants feel more aligned with and at home with who they truly are.

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

I have run it several times before



**Jeremy Shub**

**Workshop title**

Self-Pleasure - Solo Sex practical

**Workshop brief description**

A safe place to explore intimacy with ourselves. This is a practical workshop to expand our expression and confidence with our body and genitals. We will have some warm up exercises with clothes on. Then a round of genital show and tell. All exercises will be optional and inclusive of all genders and anatomy.

**Brief Biography**

Jeremy is passionate about the flow of energy. This might be a client's breakthrough, tantric orgasm or a magnificent waterfall. Jeremy is a sex educator and counsellor. He has been fascinated by sexuality all his life. He is kinky, queer and is also polyamorous. Currently studying his Masters at Sydney University in Sexology. Jeremy works as a relationship counsellor, youth and family counsellor and group facilitator. Jeremy has been described as mischievous, challenging, loving, playful and profound.

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

That participants leave with confidence and more self-awareness. That they learn more about their bodies and arousal.

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

This particular workshop is new - I have presented similar sexuality workshops for the last 5 years.



**Stev Fioretti**

**Workshop title**

Tell Me Your Story

**Workshop brief description**

In TMYS participants explore their emotions by sharing a personal story that is charged & unresolved. A safe space is created with the agreement by all men present. Sessions begin with an intro, followed by a physical & vocal warm up that is fun & expressive. Then we choose a personal story we are having difficulty with & act it out using various psychodrama techniques. Laughter, tears, anger etc. lead participants to breakthroughs, usually with surprising results. We begin & finish with

sharing circle.

**Brief Biography**

Stev teaches regular Tell me your story sessions on Wednesday evenings in Thornbury. He has been leading/facilitating groups for over 20 years.

He is currently working as an actor & entertainer; is a circus & yoga teacher. Stev has trained in psychodrama, has initiated men's groups which continue to operate. Stev is most passionate about individuals self-expression, connection and creating a feeling of belonging.

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

For participants to feel safer in community, to experience more aliveness in their bodies & to have a greater sense of trust in themselves & their ability to express themselves in the world.

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

Tell me your story has been running for over 2 months on a regular basis.

**Doug Frood****Workshop title**

Nature Connection

**Workshop brief description**

The Nature Connection workshop is a practical experience, prefaced by my understanding of what is required to experience a sense of connection. The work is derived from examination of what circumstances led to experiences of connection, whether it came about through immersion in nature or through various awareness/meditative practices, and what was going on that prevented this type of experience being a regular part of people's adult lives. My interpretation is that the key components are being present in the moment, engaging both sides of the brain (e.g. through use of peripheral vision), awareness of the information coming in from the range of our senses, recognition that there's something larger than our own ego (without any need to specify what that might be for any individual), and intention. The session would involve some simple exercises to bring these components together, and provide some tools for people to further practice if they desire.

**Brief Biography**

My background is having spent a lot of my life in the bush, initially camping and bushwalking, and later my work as a field ecologist, the latter spanning more than a 35 year period. I have also undertaken training in Vision Quest Protection and Deep Ecology facilitation, and conduct nature walks under various Council programs and for community groups.

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

To me the lack of experienced connection to nature is the elephant in room, a key component of much pain and confusion, with people not having a sense of who they are or where they fit in. This is becoming an increasingly important issue as we head deeper into ecological breakdown. I would desire for participants to firstly have a fun time, to experience some of the joy, wonder and rejuvenation that comes through the experience of connection, to feel 'at home' in nature, and to be encouraged to further explore and develop this relationship if this calls to them.

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

I have run several weekend long versions in the past, with an average of about ten participants, which helped develop and refine the techniques. I have run a shorter version, very similar to what I am proposing here, for Nillumbik Council as part of a 'Nature Sensing Event', and at Confest. I also included a compressed version as a bit of pre-lunch fun during an open day on ecological restoration I presented to about sixty participants at Brown's Reserve in Greensborough. I use a number of the included techniques when conducting training of bushland work crews, with the intention to enhance their engagement with what they are working with, and during organised Nature Walks.



**Fernando Aguiar**

**Workshop title**

Core Energetics cyclotron

**Workshop brief description**

In this workshop we'll use the group connection and momentum to build up the energy levels through movement, breathing, expression and deep connection with the life force within us. We'll go through layers of holding back and self-limitation, to touch our souls and spirits, and bring the power of our calling into our body and into this world. Thanks to the group support, we can move easily through blockages and experience greater levels of awareness and openness

that would take years in a personal individual work.

**Brief Biography**

Coming back to Australia after two years, Fernando is a passionate Brazilian who travels the world offering his gifts. He has a Masters in Clinical Psychology and works as a body psychotherapist seeing clients online and in person. He works with individuals and groups and has facilitated workshops in Brazil, Australia, Thailand, Nepal, Israel and India. Currently back in Brazil, he develops online courses and teaches in the Brazilian Core Energetic Institute.

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

Greater level of openness;  
Deeper connection with self and others;  
Awareness of self-limitations and the potential of expansion.

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

I done it several times over the years with different publics in different countries.



**Luke Wright**

**Workshop title**

Taking the one seat: Meditation as way of Being

**Workshop brief description**

How does meditation move from an act of the self to a living reality? In this experiential meditation session, talk and Q&A we'll touch on this topic and explore the elements of ourselves that bring forth our innate understanding and capacities as well as opening to that which inhibits us. This isn't a collection of ideas to adopt but a sense of being to be lived. Be curious, question everything and challenge what we think we know...find out for ourselves what is true!

**Brief Biography**

Luke's life has been a constant conversation about reality, spirituality, physics, embodiment and a finding out what is true. Through meditation, self enquiry, yoga, bodywork ([zenthaisanctuary.com](http://zenthaisanctuary.com)), art, outdoor education, carpentry and surfing to name a few, each vehicle has been a way to know thyself.

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

That those involved walk away with an experience of themselves that feels more true to who they are, that they find a place that sits deeply within, a ground of being that can be a constant source of innate wisdom.

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

I've been running workshops in the field of meditation, yoga and bodywork since 2013, maybe a dozen in total. This specific workshop is a tailored version of one I've run for Summer healing yoga and Westside Yoga.



## Sunday 8:30am – Workshop block 1



**Brian Mier**

**Workshop title**

Older Men and Eldership (draft title)

**Workshop brief description**

This practical, interactive workshop will explore male ageing and what being an elder means to the participants. We will share experiences such as how we father our adult children and perform as grandfathers, what other roles we play in our communities which

might be construed as eldership. The outcome will be a short report presented to the whole Menergy participants later in the Program reflecting common themes and ideas. [69 words]

[This could guide the next Committee by having them understand more about the concept and hear from the men who make up that cohort.]

**Brief Biography**

Brian is a men's health promoter, educator and advocate with broad experience in working with men and with communities. He retired from paid work in 2010 to engage in voluntary community work promoting men's and community health and wellbeing. He has attended numerous men's gathering including Open Ground, Common Ground and Tasmanian Men's Gathering. He co-founded Male Health Victoria Inc. and worked actively as a volunteer for several years.

Currently he facilitates OM:NI (Older Men:New Ideas) men's social discussion as a program of COTAVIC. He is developing a comprehensive men's wellbeing program in the Shire of Yarra Ranges, provides information for BeyondBlue and the Leukaemia Foundation, and facilitates parenting sessions featuring filmed talks by Steve Biddulph AM, the patron of Men's Wellbeing.

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

By the end of the workshop participants should:

1. Have reviewed their experience of ageing and its impact on their lifestyle and community engagement.
2. Be more aware of the possibilities for older men of engaging in community service and volunteering.
3. Accept that social inclusion is an important route to retaining mental health for as long as possible.
4. Have gained some new ideas about eldership and how to practice it in their lives, families and communities - in diverse ways
5. Produce a short report to Menergy which may help younger men understand ageing and eldership and may guide the Menergy Committee for 2018 in planning for Eldership and the inclusion of older men in the event.

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

This is a new, exploratory workshop in line with my extensive interest and experience in male ageing and eldership. It will be very interactive, seeking to have participants share their own experiences and thoughts on the aspects mentioned in the proposal. I have ample current experience facilitating OM:NI (Older Men:New Ideas) group meetings which have a similar format and share the general principles of Menergy. Details have been sent to David Wilson and Oakies and can be provided further on request.



**Adam Weaver**

**Workshop title**

Heeding the call with courageous action

**Workshop brief description**

A 'calling' is destiny beckoning. It's the summoning of a karmic experience required for your Soul Spirit's personal growth. You may hear its whisper and know its truth, however you must utilise your 'free will' to take action. Are you ready? Resistance to action is driven by the human ego's propensity to avoid Soul growth resulting in feelings of lack, low self-esteem, fear, unworthiness and separation. The antidote of which is utilising our free

will to vigilantly align to our indwelling Supreme love and wisdom to support us in taking meaningful action.

Come on a journey of alignment and resonance, immerse deeply in your divine self to embody your calling and to strengthen your resolve. Move beyond the lurking hurdles of resistance so commonly triggered when 'heeding the call' by joining in a space of angelic invocation, ritual and journeying to propel you on your next steps of courageous action.

### **Brief Biography**

Adam Weaver is the principal of Connected Spirit, a qualified and registered counsellor who has studied mysticism and eastern philosophy for almost 30 years. Connected Spirit offers Spiritual Counselling, Mentoring and Workshops for clients to: overcome challenges in life, to align with their wellspring of love and to unfold their greater potential.

Adam is also the principal of Innovation Management, delivering business consultation in the areas of Innovation, Strategy, Transformation, Engagement, Wellbeing and Community.

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

Move beyond the lurking hurdles of resistance so commonly triggered when heeding the call, by joining in a space of angelic invocation, ritual and journeying to propel you on your next steps for courageous action.

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

Derived from esoteric spirituality, eastern yogic philosophy and Connected Spirit's workshop facilitation methodologies, it will include ceremonies and practices written specifically for and in honour of Menergy's 2017 theme 'Heeding The Call'.



**Peter McMeikin**

### **Workshop title**

Personal and Domestic Harmony

### **Workshop brief description**

Develop the skills to understand how anger works giving you the skills to resolve seemingly unresolvable conflicts where everyone leaves with a sense of fulfilment and with their dignity and self-respect intact.

Let's explore anger together in an environment where there is no right and wrong just better ways of doing things.

Communicating compassionately with the skills of Nonviolent Communication transforms relationships, from the fleeting interaction with your barista to deep empathic connections with yourself and the ones you love. Participating in this PDH workshop exploring our communication styles can be a rewarding and insightful experience. This introductory session will give you some simple tools to respond to yourself and others with more compassion and hopefully ignite a craving to continue looking inside yourself with some new skills to HEED YOUR CALLING.

### **Brief Biography**

My name is Peter McMeikin I was angry frustrated husband, father of three, mortgage paying construction worker (life wasn't really that much fun) and was introduced to NVC over 10 years ago and have experienced deep satisfying connections as I have learnt to infuse Nonviolent Communication into a way of being. I now live peacefully in relative harmony with what's going on around me and contributing to people's lives in ways I never thought possible. I now introduce people to Nonviolent Communication, work with men in behaviour change and am an accredited crisis support worker with Lifeline. Life is wonderful.

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

That the participants feel enthusiastic about changing the way they communicate with themselves and others. I would like the participants to see that there are better ways to re-respond to situations other than choosing violence.

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

I ran an intro to NVC last year at Menergy, have co-facilitated and facilitated a few more workshops this year and observed 11 weeks of behaviour change programs with Anglicare Lilydale. I have also completed diploma of counselling and Lifeline training this year and am an accredited crisis support worker.





## **Marus Wegrzyn**

### **Workshop title**

Sexual Healing - Navigating beyond trauma

### **Workshop brief description**

A real, raw and revealing open forum with Q&A discussing the effects of Love, Intimacy, Sex and Relating from trauma related triggers and how to navigate through them with love and compassion.

Statically 1 in 3 females and 1 in 6 males (under 12) have encountered sexual abuse, assault or interference.

Together, we'll learn methods to ease effects of suffering and inner turmoil, allowing for healthy healing practices to occur and deeper forms of connecting with yourself and lover.

A transparent sharing of men uniting together with the intension of living in complete harmony with self, others and the world we live.

### **Brief Biography**

Maruś [Mah'roosh] Wegrzyn has been a leader and visionary in the field of love, intimacy, sex and authentic relating for over 12 years. His practice fuses various educational and healing paths, including Cuddle Party Australia, Love Life Coaching and Sensual Healing, providing an integrated and holistic experience for those seeking reconnection to their own personal power within.

Maruś is a human behavioural and sexuality specialist who has invested his life in the constant study and application of multiple modalities serving humanity. He's developed an original sex positive approach to education and healing that facilitates connections of depth and substance within an individual. His calling to serve others is a reflective service that focuses on the client's own self-realisations in order to easily and quickly create clarity, simplicity and 'real life' integratable solutions.

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

to provide men with personal healing practices and methods for healing with their lover/s.

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

Have facilitated at numerous events and forums over a 12 year period

## **VMWB Executive**

### **Workshop title**

Co-design the future of Menenergy and beyond

### **Workshop brief description**

Meet with the Executive Committee of Men's Wellbeing Victoria to share the ideas you have passion for, that will strengthen our work for Victorian men.

### **Brief Biography**

Matt, Gord, Simon and Jeremy have been part of the Menenergy journey from the beginning. They are now on the Executive Committee of Victorian Men's Wellbeing, contributing their time and energies to imagining the future of men supporting men.

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

Promising ideas for future men's work, and men who are willing to drive them.

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

Not applicable.



## **Gero von Aderkas**

### **Workshop title**

Warrior, Lover, Magician, King - Guided by the power of conscious feelings

### **Workshop brief description**

If you are looking for increased clarity, connection, awareness and attraction in your life then this is it. The archetypes are waiting for you to listen within and to inform your actions - are you ready to hear their call? In this workshop I will share

new thoughtware with you and we'll explore how your feelings can serve you to navigate through life.

Together we'll take the 'woo-woo' out of what can sometimes seem overwhelming, confusing and scary inside and create space for new possibilities. Are you curious? With Menergy being the perfect place to explore new ideas you can practice the skills you pick up immediately. Come - Heed the call....

### **Brief Biography**

As a Partner and co-founder of The Art of Relating I have been coaching people in feeling-based communication and relating for a number of years now. I am inspired by the possible synergy of co-creation and co-operation between people and I aim to see the interconnectedness in all of life. I am guided by the question of 'What is really possible in human relating' and how can I foster environments where this exploration can take place.

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

For men to feel empowered, to have a greater sense of clarity around their inner experience and to have a language to communicate about feelings and emotions

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

I run regular workshops similar to this but usually >3hrs - I will adapt the content to the given time frame

## Menergy 2017 Committee



**Ben**

Crew, volunteers, emotional support people



**David**

Budget, marketing, site planning, co-MC



**Gero**

Crew, catering, first aiders



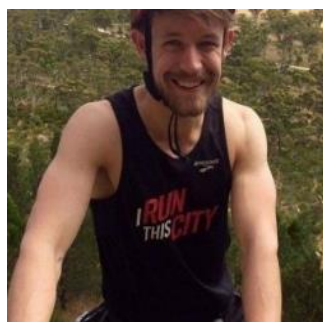
**Jaes**

Site leader, venue liaison, layout, health and safety



**Ian**

Project co-ordination, ritual planning, welcome booklet



**Jacob**

Marketing, youth engagement



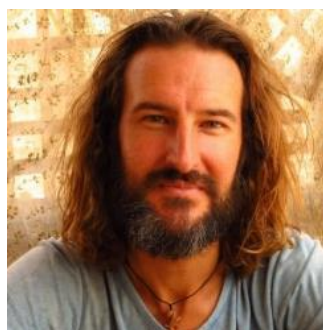
**Oakies**

Hosting and content leader, workshops, marketing materials, Event welcome



**Ryan**

Facebook marketing, audio-visual



**Wayne**

Tribal groups, Heart space,



**Lee**

Ritual leader, opening ceremony, workshops



**Tommy**

Ritual planning, MC, Closing ceremony, cabaret,



**Vern**

Tribal group assignment, graphic design, cabaret

Our thanks to these additional men who contributed to Menergy 2017 and to the Committee:

- Eyal Matsliah – Led marketing for the first half of the year
- Paul Kefford – Website co-ordinator
- Paul Byrne-Moroney – Aboriginal liaison
- Sun Hyland – Catering (and part of the Menergy family)
- Gilbert Rouchecouste – Ritual consultant
- Richmond Heath – Ritual consultant
- Scott Grimmett – Mens Wellbeing Administration
- Joe Oppenheimer – Song leader
- The team at Licola Wilderness Village.

For the first couple of days the Committee will wear the Menergy 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 Menergy and might even encourage you to consider stepping forward as part of the organising committee for Menergy 2018.



## Mens Wellbeing

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)

## Common Ground

'Common Ground' Mens Group Training is organised and run by Mens Wellbeing, 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. It is also preparation to participate in and/or lead a men's circle.

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.

Future dates are advertised at [mensgroup.org.au](http://mensgroup.org.au) and you can also complete an online form to be added to the waiting list for the next men's group.

Contact details for enquiries are:

- Phone: 1300 13 88 50
- Email [cgmelbourne@menswellbeing.org](mailto:cgmelbourne@menswellbeing.org)

## 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:

- Gordon Funk
- Jeremy Shub
- Matt Morrison
- Samir Andrew
- Simon Dawes



## Join us in this work – we need you

We want to see spaces like Menergy available to every man in Australia. For that to happen we need men like you to commit to working on their own shit; and volunteering their time and energy in support of other men. There are lots of opportunities. Here are a few.

### Menergy 2018 Committee

The committee is made up of a dedicated group of volunteers who attended Menergy previously and were moved to step in and offer service to other men. They 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 along the way, there will be an opportunity on Sunday at the closing ceremony to volunteer to be on the committee for Menergy 2018.

### Common ground

You could sign up for the Common Ground program (see above) and subsequently lead or participate in a men's circle (like a tribal group, only ongoing). Then next year at Menergy you could be a Tribal Group Facilitator.

### VMWB Executive Committee

There will be an opportunity in the closing ceremony at Menergy 2017 for men who've previously served on a Menergy organising committee to express interest in joining the executive committee.

### Other VMWB Activities

VMWB runs other activities in addition to Menergy. And there will be a workshop at Menergy 2017 to develop further activities. There will be an opportunity in the closing ceremony at Menergy 2017 to volunteer to contribute to any of these activities.