



‘Journey of the Heart’ Welcome Manual

Welcome to Menergy 2018. 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 2018.

The Menergy 2018 organising committee is delighted to share that the theme for this year is a *‘Journey of the Heart’*. So, what does this mean you may ask?

It has been said that ones journey from head to heart may be the longest and most challenging you will ever endure. Once arrived, the journey of the heart is one that will open you to your vulnerabilities and your beauty, while equally illuminating the magic that exists in this world. A true journey of ones heart will open you up to manifesting possibilities that you never knew to be possible. A true relationship with one's heart will allow for authenticity in relating to yourself, a beloved, parents, children, family and friends.

The *‘Journey of the Heart’* involves a lifelong commitment to yourself and your tribe. It will foster connection beyond imagination.

A true journey of the heart will support one's endeavours – a change in relationships; parenting; career; personal healthcare, deepening spiritual practice and supporting the growth of the people around you.

Whatever your journey is right now... we know that this event will help you hear it, feel it and then travel along it! We see the pain of so many men around us... the alcoholics, the gamblers, the violent, the drug addicts, the sex addicts, and those obsessed with any one of a thousand different diversions that we use to avoid facing the unanswerable. We are not counsellors. We cannot offer therapy, but we can offer a firm handshake without judgement or condemnation, and the company of a few good men who might just remind you of who you are as a man.

Through our gatherings, the men of Men's Wellbeing offer you an opportunity to explore what it means to be a man in the company of other men in search of deeper clarity

“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”.

Table of Contents

New men and returning men	3
Menergy 2018 orientation	3
Housekeeping and etiquette	5
Licola Wilderness Village Site Map	8
Menergy 2018 Schedule	9
Tribal Groups	13
Workshops	15
Menergy 2018 Committee	30
Mens Wellbeing	31
VMWB – Victorian Mens Wellbeing	32
Join us in this work – we need you	33

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 2018 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 2018 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. Some of us 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 encouraged 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.

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 2018 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 a wooden name-tag will be supplied. You can then grab a cuppa from the dining hall, check out the Licola Wilderness Village Site Map there (also in this manual, which has been emailed to you, and a hard copy will be in each Cabin). Next find a cabin and set up your bed. Cabins 2 to 17 are fair game.

Parking is located on the Car Park. Your car will need to stay there for your duration. Hang around between the Dining Hall and your Cabin to connect with your fellow Tribal group men and your Facilitator. Please be in the Dining Hall by 5pm for a quick briefing, after which, you can head down to your Cabin, and begin your first Tribal Group meeting at 5:30

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 of harm 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.

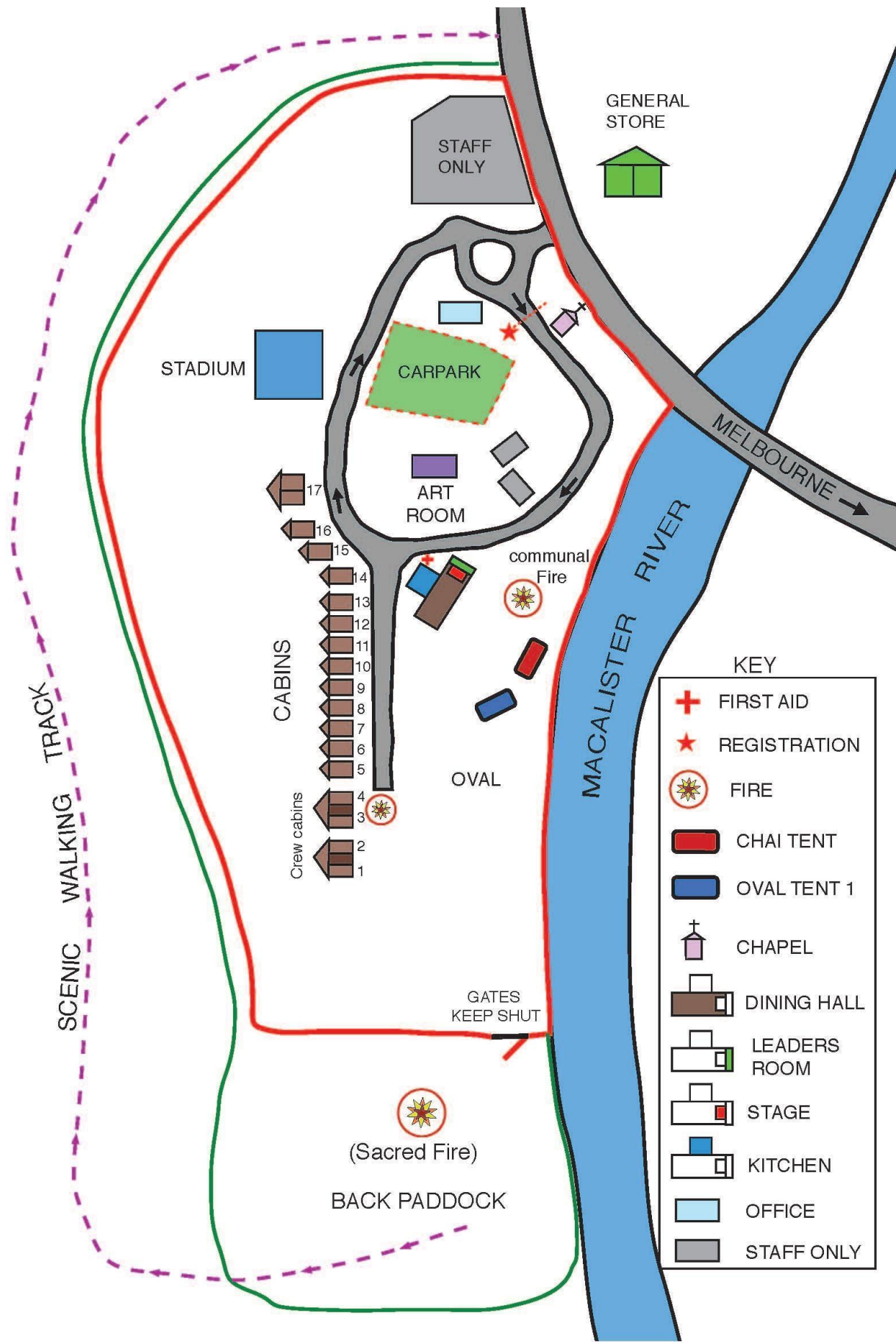
Alcohol and other drugs

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



Friday timetable

Time	Friday	Workshops		
5:00am	5:00am Wake up drum			
5:30am	5:30am Opening ceremony			
6:00am				
6:30am				
7:00am				
7:30am				
8:00am	8:00am Breakfast and			
8:30am	Orientation			
9:00am				
9:30am				
10:00am	10:00am Workshops	10:00am Workshops		
10:30am		Facilitator	Description	Space
11:00am		Wayne	Aboriginal story time	TP
11:30am		Vern Hardie	A Dad’s Journey	CH
12:00pm	12:00pm Lunch and Orientation cont.	Amrit Sandhu	Becoming Extraordinary	AR
12:30pm		Stephen Heart	Play Your Strengths	ST
1:00pm		Dave McDermott	Understanding Women	LR
1:30pm	1:30pm Tribal Group meeting	Stuart Gadenne	7 Archetypes of Man	OT
2:00pm		Chris Milton	Medicine Song Singalong	SG
2:30pm				
3:00pm	3:00pm Afternoon tea	3:30pm Workshops		
3:30pm	3:30pm Workshops	Facilitator	Description	Space
4:00pm		Timothy Stubbs	Pirate Yoga	OT
4:30pm		Adam Weaver	Journeying Into The Heart	LR
5:00pm		Ash Arandez	Men and money conversations	CH
5:30pm	5:30pm Dinner	Joe Oppenheimer	The Art of Songcraft	SG
6:00pm		Haydn Dinsdale	Think Tank	ST
6:30pm		Sean O’Faolain	Transformation through breathwork.	AR
7:00pm	7:00pm Heart space	Chakra Williams	Ecstatic consciousness through sound	TP
7:30pm				
8:00pm		Workshop spaces – key		
8:30pm		Chapel	CH	
9:00pm		Art Room	AR	
9:30pm		Stadium	ST	
10:00pm		Leader’s Room	LR	
10:30pm		Stage	SG	
		Oval Tent	OT	

Saturday timetable

Time	Saturday	Workshops																								
5:00am																										
5:30am																										
6:00am	6:00am Morning workshops		6:00am Morning workshops																							
6:30am			<table><tr><th>Facilitator</th><th>Description</th><th>Space</th></tr><tr><td>Lee Giddings</td><td>Naturally Man</td><td>OT</td></tr><tr><td>Jacob Fletcher</td><td>Cold Therapy ❄️</td><td>River</td></tr><tr><td>Nick Columb</td><td>Chakra Diagnosis Meditation</td><td>CH</td></tr></table>	Facilitator	Description	Space	Lee Giddings	Naturally Man	OT	Jacob Fletcher	Cold Therapy ❄️	River	Nick Columb	Chakra Diagnosis Meditation	CH											
Facilitator	Description	Space																								
Lee Giddings	Naturally Man	OT																								
Jacob Fletcher	Cold Therapy ❄️	River																								
Nick Columb	Chakra Diagnosis Meditation	CH																								
7:00am	7:00am Breakfast																									
7:30am																										
8:00am																										
8:30am	8:30am Workshops	8:30am Workshops																								
9:00am		<table><tr><th>Facilitator</th><th>Description</th><th>Space</th></tr><tr><td>Ben Irvine</td><td>Meaning of men's work in the #MeToo era.</td><td>OT</td></tr><tr><td>Arion Light</td><td>Unleashing the Red Dragon</td><td>OT</td></tr><tr><td>Gero von Aderkas</td><td>Holdings for Healing</td><td>ST</td></tr><tr><td>Murray Goodchild</td><td>Action from Insight</td><td>LR</td></tr><tr><td>Craig Wyld</td><td>The Art of Gratitude</td><td>TP</td></tr><tr><td>Jeremy Shub</td><td>Our Pleasure Bodies</td><td>AR</td></tr><tr><td>Trent Hawkins</td><td>Emerging from darkness</td><td>CH</td></tr></table>	Facilitator	Description	Space	Ben Irvine	Meaning of men's work in the #MeToo era.	OT	Arion Light	Unleashing the Red Dragon	OT	Gero von Aderkas	Holdings for Healing	ST	Murray Goodchild	Action from Insight	LR	Craig Wyld	The Art of Gratitude	TP	Jeremy Shub	Our Pleasure Bodies	AR	Trent Hawkins	Emerging from darkness	CH
Facilitator	Description	Space																								
Ben Irvine	Meaning of men's work in the #MeToo era.	OT																								
Arion Light	Unleashing the Red Dragon	OT																								
Gero von Aderkas	Holdings for Healing	ST																								
Murray Goodchild	Action from Insight	LR																								
Craig Wyld	The Art of Gratitude	TP																								
Jeremy Shub	Our Pleasure Bodies	AR																								
Trent Hawkins	Emerging from darkness	CH																								
9:30am																										
10:00a m																										
10:30a m	10:30am Morning tea																									
11:00a m																										
11:30a m																										
12:00p m																										
12:30p m		1:30pm Workshops																								
1:00pm	12:00pm Lunch	<table><tr><th>Facilitator</th><th>Description</th><th>Space</th></tr><tr><td>Marus Wegrzyn</td><td>Relationships, Intimacy & Sex - Overcoming Complications</td><td>AR</td></tr><tr><td>Samir & Nick Columb</td><td>Menergy Men's Group - Network</td><td>TP</td></tr><tr><td>Mikey Ivany</td><td>DragShop - Get a Dress on</td><td>LR</td></tr><tr><td>Gary Wohlman</td><td>Speaking from the HEART</td><td>ST</td></tr><tr><td>Aladdin Jones</td><td>Heart of Intimacy and the question of Porn</td><td>CH</td></tr><tr><td>Stev Foretti</td><td>Calling the Beasts</td><td>ST</td></tr><tr><td>Peter Gleeson</td><td>Spontaneous Choir</td><td>OT</td></tr></table>	Facilitator	Description	Space	Marus Wegrzyn	Relationships, Intimacy & Sex - Overcoming Complications	AR	Samir & Nick Columb	Menergy Men's Group - Network	TP	Mikey Ivany	DragShop - Get a Dress on	LR	Gary Wohlman	Speaking from the HEART	ST	Aladdin Jones	Heart of Intimacy and the question of Porn	CH	Stev Foretti	Calling the Beasts	ST	Peter Gleeson	Spontaneous Choir	OT
Facilitator	Description	Space																								
Marus Wegrzyn	Relationships, Intimacy & Sex - Overcoming Complications	AR																								
Samir & Nick Columb	Menergy Men's Group - Network	TP																								
Mikey Ivany	DragShop - Get a Dress on	LR																								
Gary Wohlman	Speaking from the HEART	ST																								
Aladdin Jones	Heart of Intimacy and the question of Porn	CH																								
Stev Foretti	Calling the Beasts	ST																								
Peter Gleeson	Spontaneous Choir	OT																								
1:30pm																										
2:00pm	1:30pm Workshops																									
2:30pm																										
3:00pm																										
3:30pm	3:30 Afternoon tea and Fire dance, Sports etc.																									
4:00pm																										
4:30pm	3:30pm Tribal Group Meeting	Workshop spaces – key																								
5:00pm		<table><tr><td>Chapel</td><td>CH</td></tr><tr><td>Art Room</td><td>AR</td></tr><tr><td>Stadium</td><td>ST</td></tr><tr><td>Leader’s Room</td><td>LR</td></tr><tr><td>Stage</td><td>SG</td></tr><tr><td>Oval Tent</td><td>OT</td></tr></table>	Chapel	CH	Art Room	AR	Stadium	ST	Leader’s Room	LR	Stage	SG	Oval Tent	OT												
Chapel	CH																									
Art Room	AR																									
Stadium	ST																									
Leader’s Room	LR																									
Stage	SG																									
Oval Tent	OT																									
5:30pm																										
6:00pm																										
6:30pm	6:30pm Dinner																									
7:00pm																										
7:30pm																										
8:00pm	8:00pm Cabaret and																									
8:30pm	Dance party																									
9:00pm																										

Sunday timetable

Time	Sunday	Workshops																																																																							
5:00am																																																																									
5:30am																																																																									
6:00am																																																																									
6:30am																																																																									
7:00am	6:00am Morning workshops	6:00am Morning workshops																																																																							
7:30am	7:00am Breakfast	<table><tr><th>Facilitator</th><th>Description</th><th>Space</th></tr><tr><td>Jesse Thomas-Hall (w Ash Rubenstein)</td><td>Primal play fighting</td><td>OT</td></tr><tr><td>Jason Kemp</td><td>Heart Connection Meditation</td><td>LR</td></tr></table>	Facilitator	Description	Space	Jesse Thomas-Hall (w Ash Rubenstein)	Primal play fighting	OT	Jason Kemp	Heart Connection Meditation	LR																																																														
Facilitator		Description	Space																																																																						
Jesse Thomas-Hall (w Ash Rubenstein)		Primal play fighting	OT																																																																						
Jason Kemp		Heart Connection Meditation	LR																																																																						
8:00am																																																																									
8:30am																																																																									
8:30am	8:30am Workshops	8:30am Workshops																																																																							
9:00am		<table><tr><th>Facilitator</th><th>Description</th><th>Space</th></tr><tr><td>Arion Light</td><td>Death, Mother and Manhood</td><td>OT</td></tr><tr><td>Ian MacLean</td><td>Menergy X-Men unite - What's your vision for the future of Men's work in Victoria?</td><td>AR</td></tr><tr><td>Chris Kelly</td><td>Ceremony, Ritual & Rite of Passage in the Evolution of Conscious Men</td><td>TP</td></tr><tr><td>10:00a m</td><td>10:00am Morning tea</td><td>Peter Mryzyglocki</td><td>Elders</td><td>CH</td></tr><tr><td>10:30a m</td><td rowspan="6">10:30am Tribal Group meeting</td><td>Nic Tovey</td><td>The Masterful Lover</td><td>LR</td></tr><tr><td>11:00a m</td><td>Sebastien Daka</td><td>The Inner Compas</td><td>SG</td></tr><tr><td>11:30a m</td><td>Tom Kippenberger</td><td>How to stop living the mask and step into meaning, fulfillment and love</td><td>ST</td></tr><tr><td>12:00p m</td><td></td><td></td><td></td></tr><tr><td>12:30p m</td><td>12:30pm Lunch</td><td colspan="3">Workshop spaces – key</td></tr><tr><td>1:00pm</td><td rowspan="4">1:30pm Closing ceremony</td><td><table><tr><td>Chapel</td><td>CH</td></tr><tr><td>Art Room</td><td>AR</td></tr><tr><td>Stadium</td><td>ST</td></tr><tr><td>Leader’s Room</td><td>LR</td></tr><tr><td>2:00pm</td><td></td><td>Stage</td><td>SG</td></tr><tr><td>2:30pm</td><td>Pack bags and cars</td><td>Oval Tent</td><td>OT</td></tr><tr><td>3:00pm</td><td rowspan="7">All help with site bump out</td><td></td><td></td></tr><tr><td>3:30pm</td></tr><tr><td>4:00pm</td></tr><tr><td>4:30pm</td></tr><tr><td>5:00pm</td></tr><tr><td>5:30pm</td></tr><tr><td>6:00pm</td></tr><tr><td>6:30pm</td><td></td><td></td></tr></table></td></tr></table>	Facilitator	Description	Space	Arion Light	Death, Mother and Manhood	OT	Ian MacLean	Menergy X-Men unite - What's your vision for the future of Men's work in Victoria?	AR	Chris Kelly	Ceremony, Ritual & Rite of Passage in the Evolution of Conscious Men	TP	10:00a m	10:00am Morning tea	Peter Mryzyglocki	Elders	CH	10:30a m	10:30am Tribal Group meeting	Nic Tovey	The Masterful Lover	LR	11:00a m	Sebastien Daka	The Inner Compas	SG	11:30a m	Tom Kippenberger	How to stop living the mask and step into meaning, fulfillment and love	ST	12:00p m				12:30p m	12:30pm Lunch	Workshop spaces – key			1:00pm	1:30pm Closing ceremony	<table><tr><td>Chapel</td><td>CH</td></tr><tr><td>Art Room</td><td>AR</td></tr><tr><td>Stadium</td><td>ST</td></tr><tr><td>Leader’s Room</td><td>LR</td></tr><tr><td>2:00pm</td><td></td><td>Stage</td><td>SG</td></tr><tr><td>2:30pm</td><td>Pack bags and cars</td><td>Oval Tent</td><td>OT</td></tr><tr><td>3:00pm</td><td rowspan="7">All help with site bump out</td><td></td><td></td></tr><tr><td>3:30pm</td></tr><tr><td>4:00pm</td></tr><tr><td>4:30pm</td></tr><tr><td>5:00pm</td></tr><tr><td>5:30pm</td></tr><tr><td>6:00pm</td></tr><tr><td>6:30pm</td><td></td><td></td></tr></table>	Chapel	CH	Art Room	AR	Stadium	ST	Leader’s Room	LR	2:00pm		Stage	SG	2:30pm	Pack bags and cars	Oval Tent	OT	3:00pm	All help with site bump out			3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm		
Facilitator		Description	Space																																																																						
Arion Light		Death, Mother and Manhood	OT																																																																						
Ian MacLean		Menergy X-Men unite - What's your vision for the future of Men's work in Victoria?	AR																																																																						
Chris Kelly	Ceremony, Ritual & Rite of Passage in the Evolution of Conscious Men	TP																																																																							
10:00a m	10:00am Morning tea	Peter Mryzyglocki	Elders	CH																																																																					
10:30a m	10:30am Tribal Group meeting	Nic Tovey	The Masterful Lover	LR																																																																					
11:00a m		Sebastien Daka	The Inner Compas	SG																																																																					
11:30a m		Tom Kippenberger	How to stop living the mask and step into meaning, fulfillment and love	ST																																																																					
12:00p m																																																																									
12:30p m		12:30pm Lunch	Workshop spaces – key																																																																						
1:00pm		1:30pm Closing ceremony	<table><tr><td>Chapel</td><td>CH</td></tr><tr><td>Art Room</td><td>AR</td></tr><tr><td>Stadium</td><td>ST</td></tr><tr><td>Leader’s Room</td><td>LR</td></tr><tr><td>2:00pm</td><td></td><td>Stage</td><td>SG</td></tr><tr><td>2:30pm</td><td>Pack bags and cars</td><td>Oval Tent</td><td>OT</td></tr><tr><td>3:00pm</td><td rowspan="7">All help with site bump out</td><td></td><td></td></tr><tr><td>3:30pm</td></tr><tr><td>4:00pm</td></tr><tr><td>4:30pm</td></tr><tr><td>5:00pm</td></tr><tr><td>5:30pm</td></tr><tr><td>6:00pm</td></tr><tr><td>6:30pm</td><td></td><td></td></tr></table>	Chapel	CH	Art Room	AR	Stadium	ST	Leader’s Room	LR	2:00pm		Stage	SG	2:30pm	Pack bags and cars	Oval Tent	OT	3:00pm	All help with site bump out			3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm																																											
Chapel	CH																																																																								
Art Room	AR																																																																								
Stadium	ST																																																																								
Leader’s Room	LR																																																																								
2:00pm		Stage	SG																																																																						
2:30pm	Pack bags and cars	Oval Tent	OT																																																																						
3:00pm	All help with site bump out																																																																								
3:30pm																																																																									
4:00pm																																																																									
4:30pm																																																																									
5:00pm																																																																									
5:30pm																																																																									
6:00pm																																																																									
6:30pm																																																																									

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. There's more on confidentiality and the exception to confidentiality in the Etiquette section.

'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.

Keep it in the now

You may feel you need to give everyone your life story, but you really don't. Instead focus on sharing what's happening for you right now at Menergy, how you feel, what you want. This will take you away from reciting old stories you've told before, and toward fresh expression and insight.

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



Wayne Thorpe

Workshop title *Aboriginal Story time*

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.



Vern Hardie

Workshop title *A Dad's Journey*

Workshop Description

This workshop will be a facilitated forum for Men interested in discussing their journeys as Fathers.

How do we navigate the journey of Fatherhood? How can we be authentic, heart-felt, 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?

I would like that Fathers participating in the workshop are able to connect with each other and learn from each other stories as well as share their own.



Amrit Sandhu

Workshop title *Becoming Extraordinary*

Workshop Description

A culmination of ideas from numerous legendary teachers at Mindvalley, united into an elegant model for understanding your role in the world and how to perform at peak levels by learning: An optimized practice of Meditation and performance improvement rooted in science. Methods to rapidly access enriched states of mind including happiness, confidence, vision and peace.

Brief Biography

Amrit, the founder of the Inspired Evolution, is a podcaster, international speaker and coach. He teaches meditation and inspires individual and collective evolution around the world.

What is the desired outcome of your workshop?

6-Phase mediation practice. A mediation practice for the modern mind.



Stephen Heart

Workshop title *Play Your Strengths*

Workshop Description

A series of simple and challenging activities, following a formula of Playworks® Oz that takes participants very quickly from their individuality to comfortably sharing and supporting their group.

The aim of the workshop is that participants leave having had F. U. N. **F**unctional **U**nderstanding **N**aturally. All challenge activities allow participants to engage at the level they are comfortable. The other aim; in this world where we compare ourselves and are influenced by media attitudes to us, we are hardwired to check in on our errors, mistakes and shame- the participants will leave with a solid understanding of what is 'right' about themselves.

Brief Biography

Stephen Heart has a diverse background, fire eater, actor, Army Adventure Training Instructor, teacher, facilitator and workplace trainer in wellbeing.

Steve was drawn to high risk situations and has experienced highs and extreme lows; He has broken most of his bones including his neck, been told he would be a quadriplegic, set himself alight, twice and run 3 marathons and 4 Ultra Marathons.

He is a proponent of evidence based positive psychology and weaves this into his workshops and presentations.



Dave McDermott

Workshop title *Understanding Women*

Workshop Description

Many men struggle to really understand what women want in the depths of their hearts.

Wouldn't it be great to understand women more deeply and be more relaxed and confident with women as a result?

Very few men on the planet understand women well.

There will always be an element of mystery about women, but there is also a LOT that can be understood.

This workshop explores five qualities that women are MOST drawn to in a man. Looks, size of bank balance, social popularity, or how funny he is, do not make this list. These things have attraction at a certain level, but are not what women want most in man. Come to this workshop if you want to be more relaxed in your interactions with women, to understand women more deeply, and to have

women naturally attracted to you.

Brief Biography

Hi, I'm Dave, my sex life and my romantic life used to be a complete mess.

I was a virgin until my late twenties, due to growing up with a bunch of sexual repression.

I would shut down in front of women I was attracted to. I felt like the women I really wanted were out of my reach.

When I finally started having sex, it was mostly empty casual experiences or relationships that were either loveless or toxic.

I sorted this out with a lot of work on myself.

I became a man who women were naturally attracted to. Women I was interested in pursued me, rather than the other way around.

And I did this with full authenticity and integrity.

Dave McDermott is a Masculine Empowerment Coach. He leads The Empowered Man, a program to help good men be more confident and successful with women.

What is the desired outcome of your workshop?

To help men be more relaxed in their interactions with women, to understand women more deeply, and to be able to create healthier relationships with women.



Stuart Gadenne

Workshop title *The Seven Archetypes of Man – A Framework for Modern Masculinity*

Workshop Description

Man in the modern world is faced with a crisis of identity. Knowing how to act, and more importantly who to be, is an increasingly hard objective. Old models of masculinity are clearly outdated, however old models are old for reason. There is strength in the old. Through the fantasy archetypes of Barbarian, Rogue, Warrior, Druid, Bard, Wizard and King, we explore what is at the essence of being a Man and discover how this is still very appropriate, and needed, in our modern lives

Brief Biography

Stuart Gadenne is a Psychotherapist, Teacher, Hunter and Wilderness survival guide.

An ex Australian Special Forces soldier, Stuart now travels the

world as an expert in survival in all manner of dangerous situations, from hunting in the wild to surviving threats in the urban environment.

A life long student of Mythology, he brings his varied interests together as a lens in which he adds to the telling of the story of masculinity in the modern world.



Chris Milton

Workshop title *Medicine Song Singalong*

Workshop Description

Singing is joyful and good for the heart and soul!

Experience peace, freedom and more confidence by expressing your unique voice in this workshop where we take a meditative journey around the Medicine Wheel singing and chanting traditional songs from various cultures all over the planet.

No singing experience needed! Chris will teach and lead participants through a set of positive, uplifting Medicine Songs that are both fun and powerful, and which can also become part of your meditative practice or morning routine.

Singing with others is an ancient practice that these simple songs will allow you to reconnect with.

Expect a relaxed, playful atmosphere where you can lay

on the floor and soak up the frequency and hum of singing voices or jump to your feet and dance along to the beat. Participants should feel energised and alive after finding and activating their voice with these beautiful Medicine Songs.

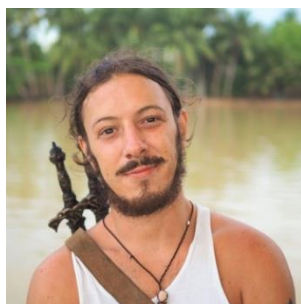
Brief Biography

Chris lived a rock'n'roll life for 20 years. Following much pain and heartache he began been doing shamanic work and singing Medicine Songs as well as starting Men's work.

This is his 5th Menergy and he's been a Tribal Group Facilitator the past 2. Chris is part of the Elemental Voices soul voice activated choir and has assisted with several courses teaching these medicine songs. He travelled to Peru to sing and participate in tribal ceremonies there and sings at Kirtan. Chris has completed many years of personal development work including the Common Ground training program and facilitates at men's groups.

He works as a trainer for a Not For Profit teaching adults with disabilities. Chris runs the workshop program at Renaissance Festival and is passionate about health, nature and music. He lives in Macleod with his partner and 3 sons. Chris believes in helping everyone through self-love and acceptance.

Friday 3:30pm –Workshop block 2



Timothy Stubbs

Workshop title *Pirate Yoga*

Workshop Description

Over a 90 minute adventure of yoga, swordplay, quests and treasure hunting, **Pirate Yoga** is his medium of instilling in others everything he has learnt, to create a fearless free spirited confidence to live an amazing life of joy, laughter and treasure.

Timothy (Captain Rivers) Stubbs is a Pirate Yogi from Melbourne, Australia.

After graduating from Swinburne University in Film & Television Tim spent four years in the Australian Army Reserve achieving the rank of Trooper in the 4/19th

Armored Infantry division. He has been involved in men's work for over 15 years working for two international dating coaching companies and speaking at seminars across America and Europe. This is Tim's third Menergy and feels honored to be able to contribute his offering of Pirate Yoga as part of the amazing weekend in Licola.

Over a 90 minute adventure of yoga, swordplay, quests and treasure hunting, Pirate Yoga is his medium of instilling in others everything he has learnt to create a fearless free spirited confidence to live an amazing life of joy, laughter and treasure.



Adam Weaver

Workshop title *Journeying Into The Heart*

Workshop Description

We humans spend so much time searching outside ourselves for Love, whether it be from friends, family, colleagues or lovers. It's a paradox to be 'reliant' on someone else's Love when they're struggling to resource it externally as well.

So what's the answer?

By journeying within our heart we're able to self discover an immense resource of sustainable Love. Yes its true, however I'm not going to pretend tapping into

it's constant flow is as simple as flicking a switch. There are many techniques to harness your wellspring of 'Love', yet it takes practice to strengthen your conscious connection to this limitless resource.

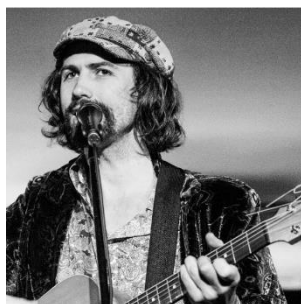
Join me for this heart felt workshop dedicated to the Menergy 2018 theme "Journey Of The Heart". This facilitation is offered in honour of the storehouse of effervescent Love that resides within you. Love that can quench the thirst of external cravings and heal the human condition through its perfect sustenance.

Brief Biography

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

What is the desired outcome of your workshop?

To facilitate an experience that sets the tone for participant's gathering at the retreat in alignment with this year's Menergy theme: 'Journey Of The Heart'



Joe Oppenheimer

Workshop title *The Art of Songcraft*

Workshop Description

We'll explore the building blocks of song, the dual languages of music and lyric, and key insights into the creative process. Songwriting is a process of self-discovery, feeling into the unknown and consolidating our understanding of the world. Everyone has a unique creative expression, and we all have the choice to connect our inner and outer voices... if you've always wanted to write your own songs, or are curious about creativity in general, come down for a jam.

Brief Biography

Joe is a singer-songwriter and teacher with over 12 years experience writing and performing on guitar, piano and Ableton Live. Joe created Songcraft to mentor aspiring songwriters and collaborate with amazing artists. On top of his teaching and touring, Joe also provides Cleanup Entertainment for festivals such as Rainbow Serpent and Strawberry Fields, has produced an album of music-for-poetry for

local wordsmith Fleassy Malay, and is conducting group and online courses teaching the Songcraft Method and the Creative Loop. www.joeoppenheimer.com

What is the desired outcome of your workshop?

For people to feel empowered and inspired to sing, write and express themselves.



Ash Arandez

Workshop title *Men and money conversations*

Workshop Description

Let's explore money concepts and allow men to discuss their conversations with themselves and others. Gain invaluable ideas and advice around money.

Brief Biography

I'm a practising multi skilled independent financial adviser since 2004 who's self licensed with over 30 years experience in business and investing.

Check out www.thediverseadviser.com



Haydn Dinsdale

Workshop title *Think Tank*

Workshop Description

For those who have big decisions to make but feel a little stuck and could use a little help. The aim of the Think Tank is to help you AND help others make some potentially life-changing decisions about relationships, career, purpose – whatever challenge may be most pressing at this point in time.

All participants work together to offer unbiased suggestions and solutions to fastrack their fellow men in need to fulfilment. Very effective tool to get answers and build networks.

Brief Biography

Haydn is my name & helping is my game.

What is the desired outcome of your workshop?

To help people get answers to their most pressing questions and to finish with an easy action plan to execute.



Sean O'Faolain

Workshop title *Transformation through breathwork.*

Workshop Description

In this experiential workshop you will be introduced to different breathwork techniques. We will explore how we can use intentional breathwork practices to expand, transform and awaken.

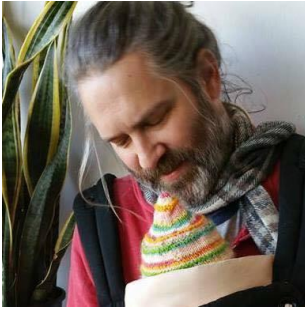
BENEFITS

- Self Healing. Transformation. Awaken the emotional body through emotional release.
- Clear old wounds/trauma from the body. Awaken to greater pleasure.

Brief Biography

Sean is passionate about creating transformational spaces for individuals to empower themselves to live to their full potential as spiritual sexual beings, using ancient and modern tantric and sacred sexuality teachings. Since discovering Tantra and sacred sexuality over ten years ago, he has been studying intensively under many different tantric traditions and lineages. He has a long established background in yoga, meditation and ecstatic dance and is a qualified Yoga Teacher, Transpersonal Counsellor, Sexological Bodyworker and Massage Therapist and is currently completing a Masters in Gestalt Psychotherapy to give him greater skills in serving the unique needs of each individual.

He is a faculty member of the International School of Temple Arts and currently facilitates the ISTA Level 1 Spiritual Sexual Shamanic Experience



Chakra Williams

Workshop title *Finding Ecstatic Consciousness Through Sound*

Workshop Description

Bhava, or ecstatic consciousness, invoked through the medium of song and sound. This is an age old concept used in the sacred practices of humankind. We will be working with body resonance and Sanskrit song to listen to the 'Heart voice'. Words come from the mind and feelings and are then expressed to the outer-world. We hear-feel an others mask in the voice, but we also have the ability to hear and feel their hearts.

Brief Biography

Chakra is the founder of the Chant Yoga – Kirtan and Sound Meditation School. Chant Yoga trains students in the art and practice of Kirtan and Nada Yoga.

He has over 18 years dedicated experience in Yoga, Mantra and Meditation practice. He received classical training at the Bihar School of Yoga, in India.

Saturday 6:00am –Workshop block 1



Lee Giddings

Workshop title *Naturally Man*

Workshop Description

What is the Natural state of Man?

It's Deeply relaxed, Inwardly Quiet-Outwardly Expressive, In tune with Life, Naturally inspired by Life, Present to & engaged with every moment, Directive of thoughts, Mastery of Body, Guided by our Hearts, a fluctuating state of Deep, Dark energies to Highest, Brightest energies...

In this workshop we will engage with the Natural state of Man as it exists uniquely within each of us, what is often affecting how we experience life, what we put into our bodies and surround ourselves with, how we engage with the thoughts that occur, the beliefs we take on from our experiences-especially early in life, what & how we speak all greatly affect our moods, energy levels and our whole

experience of life... The way that each of us live, as Men, is a unique embodiment of being Male.

Some of the practices we will do together are movements & meditations from Qi-Gong, Kundalini & True Tantric Yoga, Liquid Crystals, Healthy Eating & Hygiene practices and Chanting

Brief Biography

My name is Lee Giddings, I live as naturally as I can and strive to be more and more aligned to the natural state of being a Man. As I delve further and deeper into the Truth of my unique experience of living naturally, more truths are revealed by my inner knowing and the people who have mastered aspects of the True state of being Human and are now teachers of ways to live as we are meant to.

The practices we will do together are inspired by the many years that I have studied the movements & meditations from Qi-Gong, Kundalini Yoga, True Tantric Yoga, Liquid Crystals, Healthy Eating & Hygiene practices and Sound & Worded Chanting. I have fully embodied each of these modalities to the degree that I have naturally been drawn to and having looked deeply into the True essence of these modalities, as well as others, so that I can impart these essences to those who work with me.



Jacob Fletcher

Workshop title *Cold Therapy*

Workshop Description

Challenge your mind. Let go of the resistance. Feel alive through the magic of cold therapy!

Let's begin the day in nature with some deep breathing, community connection and icy cold water. Why... You may be asking?

Well just to name a few main benefits about cold therapy:

- It super charges your immune system
- Reduces depression
- Improves your lymphatic system
- And reduces body fat & inflammation

Brief Biography

Personally I've found great teachings through the discipline of cold

therapy. It's taught me presence, body awareness, mindfulness, boosted my energy and challenged me.

Wim Hof (The Iceman) has been a big inspiration for me. I have volunteered at his Melbourne workshops and I've completed his Foundations course.

It's with great pleasure that I'm sharing my passion and learnings with those who feel drawn to experience it.

Saturday 8:30am –Workshop block 2



Ben Irvine

Workshop title *The Meaning of Men's Work in the #MeToo era. Facilitated Discussion*

Workshop Description

This discussion will be a chance for men to share and reflect their perspectives on sexual abuse and how Men's Work can help to engender the attitudes and sensitivities that enable all people to be treated equally and with respect.

Brief Biography Ben is a member of the Menergy Organising Committee. He works in IT and has interests in politics, social and environmental activism and has teaches yoga and meditation.



Arion Light

Workshop title *Unleashing the Red Dragon –*

Workshop Description

In this ceremony 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 love.

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. This is not a conceptual power point presentation but a deeply experiential initiatory experience using the potent 6 breaths practice that is part of my unleashing retreats. Do not come to this workshop to just watch and listen, it is for brothers who want to go deep into their own flesh/cock/shame/desire and unapologetically claim the power and vulnerability they find there.

Brief Biography Arion light is founder of Living as Essence, The Essence School and creator of the long running Activation program. For over a decade he has worked with thousands of people to connect to their own essential nature. He is the Author of The Essence, The Pulse and Creative Mastery. He facilitates retreats, courses and a year long Warrior of Love program, aswell as coaching and mentoring people all over the world.



Gero von Aderkas

Workshop title *Holdings for Healing –*

Workshop Description

This is an experiential space.

Step in and you will discover the power of nurturing touch and physical presence amongst men. Not doing, but being with.

Have you been aware of a longing deep inside of you that is never quite satisfied regardless of how much sex, material possession or other distractions you have offered it? Holdings provide the food of a different kind – you might not

even know you have been craving it....

Brief Biography Gero is a Melbourne-based trainer and therapist who is passionate about relating, healing and empowerment. As a Possibility Manager and co-founder of The Art of Relating he coaches people in navigating their feelings and emotions in the context of an increasingly fast-paced and complex world. His 'Reclaiming Anger' workshops have been a consistent feature in the Australian Personal Development scene for some years now and he is looking forward to getting involved in his 5th Menergy gathering. See you there brothers!



Murray Goodchild

Workshop title *Action from Insight*

Workshop Description

When we are reactive we are not free.

Freedom comes when we utilise our uniquely human ability to transform what fate serves us into an impulse from within that is charged with meaning for our live's and purpose for our mission. In this workshop experience based on the work of Rudolph Steiner and Goethe in combination with my own clinical experience we will endeavour to bring meaning down into the tips of our fingers and toes so that

we can act from a true sense of our divine human nature.

Brief Biography

My personal and professional practices have all sought to discover how we may act from freedom and love in our lives. The methodologies of Eastern energetic medicine, Vipassana Meditation and Anthroposophy have all served to illuminate the path. My passions are expressed in the world through music, health and well-being, making, community living and Permaculture.



Craig Wyld

Workshop title *The Art of Gratitude – Experiencing the Magnificence of Life*

Workshop Description

This unique experiential workshop will gently help men open their hearts to discover and experience the awe and beauty in the ordinary. As the workshop unfolds and their hearts begin to open, most men tend to discover for themselves; there is NO ordinary.

At any given moment, we are surrounded by vast riches and sheer magnificence. With this heightened awareness, men will experience their world with a newfound insight and love. Rich in appreciation and gratitude, the men will begin to recognise the many 'gifts' of their abundant life. Based on the feedback of past

participants, the positive influence of this loving workshop will continue to ripple and expand into the men's daily lives, relationships and even their community, long after Menergy weekend has concluded. This workshop is a truly beautiful experience on so many levels.

Brief Biography

Craig Wyld wholeheartedly believes in Men's work and loves the Mens Wellbeing community. He is a published author in Mentor Magazine, a Common Ground facilitator and a current member of the Men's Wellbeing Executive Committee. Craig has been actively involved in the personal development industry for over 30 years. He created and launched the 'Clear Water Experience' (transformational self-awareness course) back in the early 90's.

He balances his head with his heart. In addition to his business interests, Craig is passionate about helping others.

His philanthropic projects have helped benefit the lives of more than ONE MILLION KIDS so far, throughout Australia and overseas.



Jeremy Shub

Workshop title

Our Pleasure Bodies

Workshop Description

This workshop will focus our attention on our bodies. In particular the sensation of pleasure. Some people are numb and some have limited experience of real pleasure. There will be safe gentle exercises to enable embodied awareness of ourselves. From there we will explore safe simple consensual touch with others.

Brief Biography Jeremy currently works as a sex therapist, sex educator and sex coach. He lives in a regional town near Melbourne Australia. He identifies as Polyamorous, kinky and queer. He has two teenage kids that

teach him about Millennials, patience and authenticity. Jeremy has university degrees in Education, Science, Sexual Health and Creative Art. He is often frisky and sometimes perky.

What is the desired outcome of your workshop?

The participants will leave with a great sense of their pleasure potential. Greater ability to ask for what they want in touch.



Trent Hawkins

Workshop title *Emerging from Darkness*

Workshop Description

I have been through the mud in the last few years, processing trauma, becoming embodied, experiencing emotions and feelings i've previously run from, choosing to feel instead of numbing out. I'm learning to celebrate, welcome, and feel – anger, rage, grief, shame, love, happiness, desire. I have met many along this journey who have been to these same places, and I know others who are still there. This is not a workshop. I'm not a guru who has reached some other side and is now teaching you how to get here. We are all working to raise our level of consciousness and become better human beings.

This is an opportunity through the medium of creative expression to declare to ourselves and others that we are ready to emerge from the darkness. The foundation upon which we can make this declaration will include simple embodiment and breathing practices, connection to nature and place, and the creation of physical mandalas on the land.

Brief Biography I have been journeying through self development and discovery for the last 12 years through a combination of practices centered on the cultivation of presence through breathwork, mindfulness, embodiment, and non-violent communication.

Formally I have daily practices in Ashtanga yoga, Buddhist Meditation, and Breathwork. I am also a mechanical engineer consulting to industry on energy efficiency and renewable energy, where I draw upon my learnings to help business implement practical measures that can have a long term impact.

Saturday 1:30pm – Workshop block 3



Marus Wegrzyn

Workshop title *Relationships, Intimacy & Sex – Overcoming Complications*

–

Workshop Description A real, raw and revealing open forum with Q&A on how to navigate through the effects of trauma related triggers with clarity and compassion.

Learn methods that ease the effects of inner turmoil and suffering, allowing for healthy healing practices to occur and deeper forms of connection with yourself, others and your world.

Brief Biography

Marus [Mah'roosh] Wegrzyn is a leader in the field of love, intimacy, sex and authentic relating. In 2003 Marus founded Sensual Healing and Cuddle Party Australia to focus on positive approaches to intimacy and connection. Marus is now the Director of LoveLife Education, a platform that fuses various

educational and healing paths to provide an integrated and holistic experience for those seeking reconnection to their own personal power.



Samir & Nick Columb

Workshop title

Menergy Mens Group Network

Workshop Description

It's time for Menergy to have its own men's group platform and we are launching our own Menergy Men's Group Network (MMGN). For those interested in hosting and registering their own men's circle come along to learn how you can get involved.

The MMGN is an online, interactive portal that connects men with groups and helps them

establish their own. Learn how this geolocation-based platform works, how to host a group, how to get support and how to promote it to other men in your area.

It's time for Menergy Tribal Groups to expand out and if your called to start your own group then come along and be part of the network.

Brief Biography

I've been involved in many various men's programs including Pathways to Manhood Training and over the last 4-5 years have been the coordinator for the Common Ground training in Victoria and have served on the organising committee and exec committee in growing and expanding men's work in Victoria.

I'm passionate about keeping men together in circle and having them be supported in their journey and invite you to take the leap and be part of a new, exciting, development in men's groups here in Victoria.



Mikey Ivany

Workshop title *DragShop – Get a Dress on*

Workshop Description

This workshop will explore all things Drag.

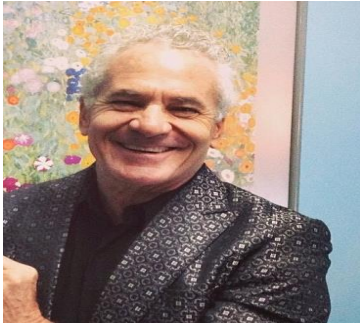
Each man will have an opportunity to see what feelings arise while playing dress-ups, experimenting with make up and sparkles and perform, strut and dance in the comfort of sexy, slinky, swanky skirts and dresses.

This workshop is exclusively for those of you that want to have FUN in FEM!!

Brief Biography

Mikey is a man that loves to explore the depths of all that is available in this world. He has spent his years dancing across the earth; studying, playing, travelling, and engaged in various businesses.

He loves to do his bit in improving the lives of the Men (and Women) of his community. Through his life, Mikey has loved playing with all things fem and doesn't understand why makeup and dresses are exclusively enjoyed by women. Mikey is extremely excited to take the Menergy men on a fabulous, vibrant and colourful journey of the drag-queens heart.



Gary Wohlman

Workshop title *Speaking from the HEART –*

Workshop Description

A hint of Monty Python, a touch of Improvisational & Playback Theatre ~ blended in an outrageously-fun, adventurous journey to **SPEAK FROM THE HEART**

Together we'll transform patterns holding you back from being in your full feeling nature, authenticity and presence – so you speak from your heart with enhanced ease, warmth and wisdom with your partners, family, friends, colleagues, clients and professional audiences. Scenario-based in format, you're invited to stage a ritual witnessed by all & move through a personal

challenge or theme in your life ~ as Gary guides you to connect and align your head, heart, gut feelings and foundation you stand on. As an ensemble, we'll create living sculptures with our bodies & generate swift shifts easy to sustain and grow. Open the following link to view a man's overcoming his "fear of being seen" and sharing his vulnerability as strength in a workshop Gary facilitated: https://youtu.be/Ei_4mzMhkts

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

What is the desired outcome of your workshop? Men coming to embrace "vulnerability as strength", along with an enhanced ability to speak from the "inside out", from the heart – through accessing the wisdom, wit and whimsy of the bodymind connection

Aladdin Jones

Workshop title *Heart of Intimacy and the Question of Porn*



Workshop Description A facilitated conversation on Porn use and the impact on intimacy with self or a lover – a safe welcoming space to bring your vulnerabilities, shames, strengths and laughter OK too! in the company of heartfelt Men (thats all of us!)

Brief Biography Aladdin is a dad of 2 daughters, in a long term relationship, and has struggled at times since teens with porn addiction – hence this workshop!

He is also a professional psychotherapist and facilitator, with a focus on Men's Health and healthy relationships.



Stev Fioretti

Workshop title *Calling the Beasts*

Workshop Description

Also known as a shamanic power animal ally journey.

A power animal ally is a teacher or messenger.

Wisdom & qualities of each animal guides and supports each man.

After an initial introduction, questions and answers, men lay on the floor, get comfortable & relax. Instructions are given as a medicine drum beats & the men journey into their imaginations.

Feedback opportunities within the group & with a partner, assist men to

ground their experience. Some physical movement to music and a song to finish.

Brief Biography The world needs inspiration, not more information!

"To heed the call of ones heart" means to go into the forest. The unknown.

Entering into the Non Ordinary State of Consciousness allows us to journey into the wildness of the forest. The wilderness of ourselves. Stev has participated in numerous Vision Quests, Vipassana's, ISTA events, makes & plays didgeridoo, is a musician, thespian, entertainer, circus & yoga teacher & storyteller. Stev has directed www.comiccharacters.net for 22 years and also manages stevfioretti.com (Universal Soul).



Peter Gleeson

Workshop title *Spontaneous Choir*

Workshop Description

Improvisation in human sound and movement – laughing, singing, clapping. No songs to learn, just fun. Included will be a lesson in harmonic singing and the music of 'the clapping pop'.

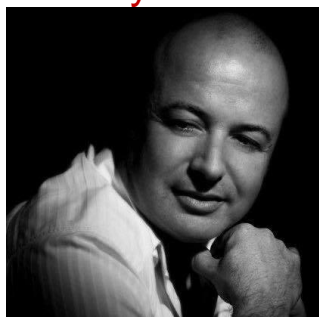
Brief Biography Improvisation in human sound and movement – laughing, singing, clapping. No songs to learn, just fun. Included will be a lesson in harmonic singing and the music of 'the clapping pop'.

Peter has performed in 3 Moombas from 1995 to 1998, various community festivals and music festivals over the past 27 years as well as running workshops teaching voice, performance and laughter. He has run performances in 2 Melbourne Comedy Festivals, in 2011 and 2015. He is retired from 40 years as a Medical Imaging Technologist where he presented papers at the 1988 and 2014 national conferences. He is a musician and an organic farmer.

What is the desired outcome of your workshop?

To inspire men to explore their voices and sounds as a way to recognize hidden aspects of identity and place within community.

Sunday 6:00am – Workshop block 1



Jesse Thomas-Hall

Workshop title *Primal Play Fighting*

Workshop Description

Engaging your primal nature is something that is frowned on in the majority of our society, but this part of our self contains rich forces that when tapped can help us create in the world. In this workshop we will be exploring our primal nature, and engaging in an exchange of power and play through the physical expression of compassionate play fighting. Whilst we will be exchanging physical or energetic Force, there is always a deep act of presence, care, and respect, through the entire exchange.

Brief Biography

I have been studying the art of presence through meditation, martial arts, taoist Alchemy, Qi Gong, and other esoteric practices for the past 10 years. It has become a driving passion in my life and I deeply enjoy sharing the knowledge that I have found to be useful. I have been running workshops for the last 6 years, both at festivals and privately as well. I live in northern New South Wales (Paradise!), but have run workshops all over Australia and Abroad as well.

What is the desired outcome of your workshop?

To help people access the primal nature in a safe consensual exchange.



Jason Kemp

Workshop title *Heart Connection Meditation*

Workshop Brief Description

This meditation takes about an hour to do.

Firstly we connected with our selves, do a brief energy clearing of main energy centres, and while sitting in a group circle, connect with our heart, then star heart, then the heart to the person to the right, create a vortex that will spiral to the centre of Mother Earth and connect with the Divine Feminine, then spiral up in an anticlockwise motion, connect with our hearts, then connect with the elementals, the Fire Elementals, the Salamanders, the Water Elementals; the

Undines,

The Air Elementals, the Sylphs, and finally the Earth elementals, Gnomes, fairies and nature spirits. Then we spiral up anticlockwise to connect with the Divine Masculine, then spiral back down clockwise, with healing energy to clear and cleanse our energy centres of blockages and limitations, then connect with friends and relatives who have passed on, friends and relatives on this side, then connect with all of creation, sending love and peace.

Sunday 8:30am – Workshop block 2



Arion Light

Workshop title *Death, Mother and Manhood*

Workshop Description

If there is one thing I have learned in over ten years of Men's Work is that mans relationship with his inner feminine shapes the very core of his experience of his 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.

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 birthright as a human being. This 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.

Brief Biography

Arion light is founder of Living as Essence, The Essence School and creator of the long running Activation program. For over a decade he has worked with thousands of people to connect to their own essential nature. He is the Author of The Essence, The Pulse and Creative Mastery. He facilitates retreats, courses and a year long Warrior of Love program, aswell as coaching and mentoring people all over the world.



Ian MacLean & Jeremy Shubb.

Workshop title

Menergy X-Men Unite – What's your Vision for the Future of Men's Work in Victoria?

Workshop Description

The Victorian Executive Committee for Men's Wellbeing will facilitate a workshop with existing X men (men who've signed up to offer their ongoing support for men's events in Victoria) and any Menergy men who want to join the X men. The workshop will include:

- A quick briefing on what is already

happening in Victoria and what is in the pipeline.

- A process for men to contribute their ideas hopes and dreams for the future wellbeing of men and their communities.

Brief Biography

The Victorian Men's Wellbeing Executive Committee (the exec) is a sub-committee of Men's Wellbeing in Queensland that oversees 'Open Ground' gatherings like Menergy in several states of Australia and the men's circle program 'Common Ground'. The exec provides oversight of Menergy to ensure ongoing sustainability, and works with everyone in our community that is interested to grow this work. The committee is currently Matt Morrison, Jeremy Shubb, Simon Dawes, Samir Andrew, Ian MacLean, Luke Wallace. Most of us will be there for this workshop.

What is the desired outcome of your workshop?

Input to the ongoing development of the work of Mens Wellbeing in Victoria.



Chris Kelly

Workshop title *Ceremony, Ritual & Rite of Passage in the Evolution of Conscious Men –*

Workshop Description

For thousands of years, ceremony, ritual and rite of passage have all played a fundamental part within society and culture. Sadly in this day and age, the ceremonial practices that many of us have access to are disconnected and void from the benefits, growth and transformation that many traditions have to offer. In this workshop we'll be exploring how to harness and integrate the power and benefit of ceremony, ritual and rite of passage, and how this can help guide us forward spiritually and practically in our evolution as conscious men.

Brief Biography Chris is a writer, speaker, and sacred space facilitator with a passion for helping others align to deeper levels of health, wellness, virtues, values, heart, spirit, and connection; connection to self, connection to others, and connection to the natural world from which we come and from which we are a part. With constant exploration and deepening into this path, Chris continues to spend time with elders and wisdom keepers – both in Australia and South America. He believes in the importance of ceremony, ritual and rite of passage, and how to best integrate the lessons, teachings, insights, and wisdom from these experiences back into contemporary Western life. For thousands of years, ceremony, ritual and rite of passage have all played a fundamental part within society and culture. Sadly in this day and age, the ceremonial practices that many of us have access to are disconnected and void from the benefits, growth and transformation that many traditions have to offer.

In this workshop we'll be exploring how to harness and integrate the power and benefit of ceremony, ritual and rite of passage, and how this can help guide us forward spiritually and practically in our evolution as conscious men.

What is the desired outcome of your workshop?

For men to gain a sense of the importance and benefit of ceremony, ritual and rite of passage – not just conceptually or intellectually, but experientially through feeling, heart and spirit.



Peter Mrzyglocki

Workshop title *Elders, "Who are the Elders in Menswellbeing?*

Workshop Description

We will discuss: What do they stand for? What do they do? How do you become an Elder? This workshop will also explore the history of Eldership in Menswellbeing and the 4 values of Ease, Grace, Service & Gratitude. We will explore Elders roles in other communities. It has been said that Elders hold the ground allowing the youth to make their own glorious mis-takes!" Peter has been a member of Menswellbeing for over 10yrs and an Elder for 4yrs. As an Elder I look for opportunities to be of service, to own and share my lived experiences.

Born in Sale-Vic and after 40yrs as an Engineer and Project Manager, Peter retrained as a high school teacher and at 63yrs is in his 2nd yr. This experience just confirms yo Peter the need for Elder role models in the community. ",Use existing portrait,I have participated in this workshop at the 2018 Manshine gathering. ,To make members aware of the growing groundswell of Elders and the service they can provide.



Nic Tovey

Workshop title *The Masterful Lover*

Workshop Description

Being a Masterful Lover is about much more than good looks, charm or sexual prowess. It is an embodied transmission that is felt deep within.

Love is an artform, and like all artforms skills can be useful. However in order to truly master one's craft the artist needs to surrender to the muse; to connect deeply to both himself and his subject, and to be moved from a place beyond the mind.

The Masterful Lover workshop, you will be guided through a deep journey of embodiment, moving through a process of integration of the four archetypes of

love: The Animal, The Warrior-lover, The Poet and The Daka. From a state of deep presence you will cultivate your own unique relationship to these archetypes as they authentically move through you, from there you will be able to really meet a beloved in the way she so desperately desires to be met.

Brief Biography

Nic is a Sydney based Transpersonal Psychotherapist who has been working predominantly with men for over a decade in private practice and in the community sector. In recent years his work has focussed more specifically on the areas of sexuality, intimacy and relationships and has trained with some of the worlds great relationship therapists such as Esther Perel, Terry Real and John Gottman, and he also blends his extensive experience in Tantra and Sacred Sexuality. He is most passionate about the evolving world of gender, sexuality and relationships and he is inspired to participate in leading edge conversations; to challenge the outdated paradigms and make way for a new emergence in the realm of love, passion and intimacy.



Sebastien Daka

Workshop title *The Inner Compass –*

Workshop Description

Have you ever faced a situation, not knowing what to do?

What to choose?

Have you ever felt the fight between the Heart and the Head and not been able to differentiate them?

Join us and learn simple but yet powerful practices to deepen the connection with your inner compass.

We will explore a combination of experiences, theories and the sharing of many tools to use when back into your life.

Brief Biography

Sebastien Daka is a tantra-yoga and meditation teacher, intimacy and relationships coach, Tantric body worker. He is dedicated to spiritual growth and personal development, using the Heart as a tool and as a path. He spent the last 16 years travelling and studying around the world and he already taught over France, Switzerland, Norway, Ukraine, Mexico, India, Thailand and now Australia.

What is the desired outcome of your workshop?

Giving a concrete experience of the life flows and tools for the brothers to practice in their life.



Tom Kippenberger

Workshop title *How to Stop Living the Mask and step into Meaning, Fulfillment and Love*

Workshop Description

Have you been killing yourself working hard, in order to provide for and please others, and never take care of you or ask for help?

Or perhaps you always procrastinate and struggle with self-doubt, and are intimidated by 'strong' people who have it all together?

Or perhaps you experience anger, blame, or resentment more than most, and struggle with feelings of inferiority?

Or perhaps everyone thinks you are the funniest, happiest and most spirit-lifting soul, yet on the inside you feel scared, depressed and lonely?

In childhood, we learned to live a role in our family, so that our family could

function, and we would stay safe and loved ... provided we stayed in our role.

The Hero, The Scapegoat or Rebel, The Lost Child, The Mascot...

Roles are not designed for us to live a meaningful, fulfilled, loving life.

Together, we will explore and resign from our roles, and instead embrace our truest self...

So that we can develop even more self-esteem, self-love and self-trust.

Brief Biography

A coach and mentor, Tom Kippenberger has studied human behaviour and relationships.

He works full time at The Coaching Institute, and coaches and runs workshops. His focus is on helping people let go of their childhood conditioning and allow themselves to embrace their true self.

Menergy 2018 Committee

 Ben Irvine Coordination lead	 Simon Wade	 Mikey Ivany Hosting and content Marketing coordinator	 Nick Columb
Timothy Stubbs  Marketing	 Toby Vermeend Ritual & TGF coordinator Site and crew coordinator. First Aid	 Glenn LeemBruggen Alter, Welcome Manual, T- shirts	Adam Scammell Site and crew Jack Riley Site and crew

Our thanks to these additional men who mentored, volunteered and contributed to Menergy 2018
Mentors - Arion (Marketing), Wayne Starkey (Ritual), Ian Maclean (Co-ordination), Oakies (Hosting and Content), Jaes (Site), Gilbert (Ritual), David Wilson (Marketing), Samir (TGFs)

The executives:

- Matt Morrison
- Samir Andrew
- Simon Dawes
- Ian MacLean
- Luke Wallace

Lorie Norton & Dan Abikhai Fire Keepers. And anyone else we may have missed, a bot thank you.

For the first couple of days the Committee will wear a green 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 22 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

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 hope is that common ground groups will go on to become men's circles.

The nine week 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 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

Every man's gatherings

Everyman was created as a simple in-expensive way of connecting locally with a smaller group of men (usually between 20-30). The group of men organising the gathering form the experience together. So each person is responsible for their own experience. The structure that supports men in this process is still evolving, however it includes some form of welcoming at the beginning, a heart circle on the Saturday night, and a closing. The intention for Everyman gatherings is to co-create a space where men can connect with each other and the land beneath and around them.

There have been 3 events run so far and there is a planned up and coming event on November 18th in the Yarra Valley. Bruce Cooper (bc@lseries.com) is your contact for this event. Simeon Ayres (bewildernest@gmail.com) also plans to have an event in Mandorla. Please contact Bruce or Simeon if you are interested in attending or creating such an event yourself.

Menergy Men's Group Network

The Menergy Men's Group Network (MMGN) is a new framework for men to create, join and establish their own men's group. The platform allows men to connect online with others to find the nearest group or to initiate a group and have men join it.

The framework and guidelines on establishing and running a group are taken from the Menergy Tribal Group rules and each group is supported in their initial phase by an experienced mentor.

The online portal creates an easy place to locate and promote the men's groups using geographical location pins and allows men to interact directly with those listed.

How does the Network Work

The network is promoted via an online platform that lists all groups and mentors by providing an interactive google map of their contact details.

Individuals access the map and select the group or mentor near them to initiate contact directly.

Joining an Existing Group

1. Click on the link below and find the google map
<https://www.menergy.org.au/mens-directory/>
2. Locate the Google map and find the nearest Group(s) you would like to make with
3. Click on the contact details and make contact directly.
4. Discuss with them about joining the group and meeting up

Forming a new Group

1. Go to the platform and register your interest in establishing a group by going online and listing your group and the contact person
<https://www.mensgroups.cecilshub.com/checkout/3>
2. Make contact with the co-ordinator and a Mentor and find one that can support your group.
3. Build your numbers to the level your group is comfortable with. We recommend a min 6, max 12.
4. Decide if your group is a closed or open group. Closed if you already have the minimum number. Open if you allow other men to contact you and join.
5. Once you have reached the necessary amount needed to 'start' your group co-ordinate with the Mentor to host your first meeting.
6. After a few meetings the Mentor will decide whether his support is needed and will then offer his support remotely. This is to be arranged between you and the Mentor

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. Our intention in relation to Menergy is to support the Organising Committee, and provide continuity from year to year so that the best of Menergy is sustained into the future.

The Group is comprised of the following members:

- Matt Morrison
- Samir Andrew
- Simon Dawes
- Ian MacLean
- Luke Wallace.

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 2019 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 2019.

X Men

If you want to support mens work in Victoria but you're not able to commit to being on the Organising Committee, the X men could be for you. The X men is the group of men who choose to make themselves available when possible to help out with Menergy and other Mens Wellbeing activities. If you join the X men you'll get contacted from time to time with requests for help. There will be an opportunity to join the X men during a workshop on Sunday..

Common ground

Have you benefited from being in a Tribal Group at Menergy? You could sign up for the Common Ground program (see above) and subsequently lead or participate in a local men's circle (like a tribal group, only ongoing). Then next year at Menergy you could be a Tribal Group Facilitator, supporting other men to have an experience like you have.

VMWB Executive Committee

The Victorian Mens Wellbeing Executive Committee are looking for men to join them. If you are interested in supporting men who are running events like Menergy, and guiding the future of mens wellbeing programs in Victoria this could be for you. There will be a workshop on Sunday at which you can learn more.