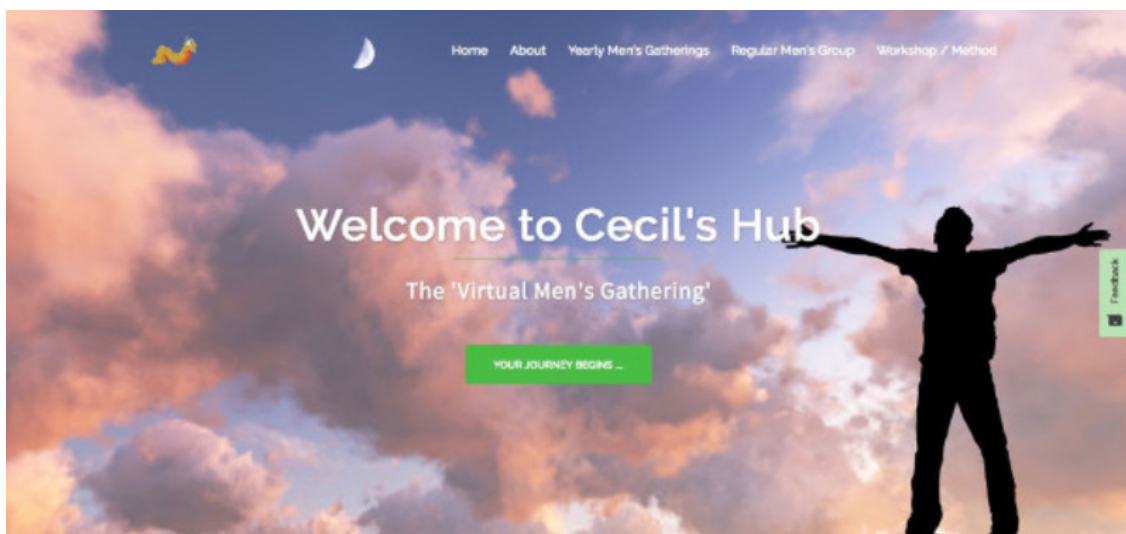


[View this email in your browser](#)



Welcome to 2019 ~ The Start of Another Great Year for Men's Work

Thank you to all of my subscribers for your interest during 2018, the year that ***Cecil's Hub ~ The Virtual Men's Gathering*** changed from my ***'PASSION'*** to became a reality, to pay it forward to other Men for the significant benefit that I have gained since 2012.

A busy start to the year, with many interesting events from a Victorian Aboriginal Men's Gathering to Masculine Men's Immersions, workshops and Ceremony.

Men, remember if you need any Men's Work events, workshops to be added to Cecil's Hub ~ The Virtual Men's Gathering's Men's Work Calendar, at <https://cecilshub.com/calendar/> then please send them to me with the relevant link to the event. I will extract all the information that I need from the Event posting and added it for you.

I hope this helps with getting all of the wonderful events that will benefit Men in our Communities to a wider audience?

Thanks, Cecil

Victorian Aboriginal Men's Gathering

**Victorian
Aboriginal
Men's Gathering**

**DARDI
munwurro**
Strong Spirit

Venue:
AAMI Park
Olympic Blvd

Dates:
**Thursday,
14th February, 2019**

Time:
9am - 4.30pm

**DONT
MISS
OUT**

**SUPPORT
THE PERSON**

**CHALLENGE THE
BEHAVIOUR**

**Healing our spirit
and speaking up
against Family Violence**

ENTERTAINMENT & KEY NOTE SPEAKERS

For further information and registration please contact
Coree Thorpe on **0477 233 343**
Peter Robinson on **0438 363 589**
www.dardimunwurro.com.au

Logos for Collingwood and Barrowan are also visible.

Its come round again MEN, **Victorian Aboriginal Men's Gathering** Happening on

Date: Thursday, February 14th 2019

Where: AAMI Park, Olympic Boulevard, Melbourne, VIC 3004

Please share with your brothers and friend.

[For more information ...](#)

[#healingmen](#) [#dardimunwurro](#) [#strongspirit](#)

Sacred Masculine Immersion



Date: January 2, 2019 @ 4:00 pm – January 9, 2019 @ 1:00 pm

Where: Bali, Indonesia

Cost: \$2400 USD

Contact: <https://www.sacredmasculineretreat.com/>

We come together as a tribe of men to awaken and unify the divine masculine. As men come to gather invulnerability, in openness, in sacredness, space is created to let go of those things that no longer serve, and to fully awaken to man's fullest potential.

As men let go their boundaries and remember the truth, they are even more capable of truly being present and grounded. We will honour the sacred strong masculine body, while still integrating the all emotional being within.

This is about becoming a heart-centred warrior in life as a man. You will connect to the powerful Land of Bali through its most sacred waterfall. You will climb one of the

highest peaks in Bali and experience your inner strength and endurance. Through the physical challenge, the vulnerability of the heart and pure openness of spirit, you will recharge your body, mind and soul for an incredible 2018. In awakening to your true self, you will awaken your sacred masculinity and get to experience brotherhood in a whole new way. It's time to unleash what has been contained and access the pure raw power of your being.

This is the retreat you have been waiting for. We only have 12 spots available, so sign up now to join us in Bali.

Working with our body is one of the best places to start on the journey of Awakening. It is so important that we Understand and Unlock what creates True Vibrant Health and to cultivate awareness of how to Balance, Nourish and Activate our physical form.

DIET AND NUTRITION

You are what you eat! As I move into a more conscious life...we must explore how to properly nourish our body, mind and soul through a Vibrant Diet and Balanced Nutrition. Living Foods Digestive Health The Power of Fasting Alkaline vs Acidic

SEXUAL ENERGY MASTERY

Sexual Energy is one of the most powerful forces in the universe. And because of this, Sexual Energy can impact your overall wellbeing in so many lasting ways. Learn the deeper truths that come from understanding your sexual energy and how to master it to activate your full power as a man and as a lover/partner. Your Sacred Seed (Seminal Fluid)

SELF CARE FOR MEN

Self-care is one of the most important but most easily overlooked qualities as we are moving toward the paradigm of conscious life. Self-care is the difference between us being a fully luminous, open and sovereign being... or someone who is depleted stressed, and unable to be fully present.

SPIRITUAL PRACTICE

Our spiritual practice is one of the most important things to create in our daily routine. It is through our spiritual practice that we nourish two important elements in

our lives: a deeper relationship with ourselves and supporting our inner growth. Find a Practice that Works for you Understanding Your Assemblage Point Sacred Space Creation

RADIANT HEALTH & VITALITY

Your body is a sacred temple. By learning how to master your movement, you create both inner and outer strength. We will challenge you, make you sweat and create opportunities to more deeply trust yourself and others, all the while building immense strength & vitality for your body and mind. Learn methods and practices that you will take into your everyday exercise and movement life. YOGA / ACROYOGA
Create a connection between your physical body and your energy body while harnessing internal peace and increasing flexibility. Discover ways to trust your fellow men in balance and agility. PRIMAL DANCE
Awaken your body's natural rhythm and flow while accessing your inner primal nature. Learn to allow your body to reach deep ecstatic states of raw movement and integrated energy work.

SHAMANIC BREATHWORK

Utilize your breath as a vehicle to enter trans like states, to heal yourself and to awaken to new blueprints and codes for your life. With a very simple breathing practice, you will discover a new connection to your body and mind. *be careful: through breath work, some practitioners report having elongated deeply orgasmic waves of joy pulsating through the body*

SACRED MOVEMENT – BREATH – STRENGTH CONSCIOUS RELATIONSHIPS

We are always hearing about conscious relationships, so what are they?...
Conscious Relationships – Are when each partner commits to Growth, Transformation and Honest Communication.. both in their own lives and as a couple. It is this commitment to expansion together which makes a conscious relationship Satisfying, Strong and

[Read More ...](#)

Email: Aaron: thesoulnavigator@gmail.com Oliver: AwakeningMasculine@gmail.com

Matiu Te Huki in concert



Date: January 5, 2019 @ 7:00 pm – 10:00 pm

Where: Second Story Studios, 222 Johnston St, Collingwood VIC 3066

Cost: \$25.00

Contact: [Chant Yoga](#)

Matiu Te Huki on tour from Aotearoa NZ.

As a singer-songwriter, the soul-stirring messages in Matiu's music are positive, inspiring and unifying. Matiu's soulful roots music has a strong Maori flavour, using haka, chants and traditional Maori instruments, backed by grabbing grooves, deep, beautifully crafted bass lines, funky rhythms and magical melodies that stay with you well after the show ends.

Matiu will also be running a workshop on sacred traditions of the Maori including the power of the Haka.

Doors open at 7 pm Concert starts at 7.30pm. the concert will be held at Second Story Studios's Engine Room

Chai and treats will be available for sale.



Matiu will also be running a 4-hour workshop (early bird \$45) the next day (Sunday) on sacred traditions of the Maori people including learning the Haka more info <https://t2m.io/yhRdYVVX>

Traditional Wooden Longbow Making - Two Workshops



TRADITIONAL WOODEN LONGBOW MAKING - DETAILS

Tapping into the wisdom of your ancestors

- Awareness:
- Connection:
- Focus:

Make a Traditional Wooden Longbow with world renown Archer, Yoga Teacher, & Holistic Life Coach Lars Richter.

All experience levels welcome.

Lars is passionate about making traditional skills accessible to everyone with an interest, and in the practical application of these tools in our 'day to day' life. A bow can be used not just as a sport or a tool to hunt for food, but as a discipline, meditation, or spiritual practice as in the popular 1930s book on Zen Buddhism, *Zen in the Art of Archery*. Our most celebrated quote is, "In the case of archery, the hitter and the hit are no longer two opposing objects, but are one reality." It points to the experience others have since described as "flow" or being "in the zone".

This workshop offers much more than making a longbow. By focusing on moving from within, & observing your mind and energy flow, Lars will show you ways to reconnect; ground with the Earth & get in touch with your true self, by exploring the art of making a longbow and learning the skills to use it. This can be a true awakening and life-changing experience.

Lars has been teaching longbow making and other traditional skills to both children and adults in Victoria, interstate and overseas for more than 4 years, and has helped many people make significant changes in their life.

Offering his knowledge and experience as a Holistic Life Coach through his business 'Narrative Yoga', Lars has studied Yoga, Qi-Gong and similar energy work practices since 1996. He has been teaching Yoga and Meditation in Germany since 2001 and running workshops overseas since living in Australia. He holds a diploma in Transpersonal Counselling and has extensive knowledge and experience in wholesome living.

YOUR LEARNING:

You will come away from the workshop with your own Wooden Longbow, as well as the knowledge & skills to make many more. You will learn how to make a bowstring that perfectly complements your own bow, & understands the art of tillering (the process of carefully removing wood to cause the bows to bend in optimal arcs). You will learn how to tiller your bows to precise measurements of draw length and draw weight so that they are suited to your individual needs. After the bow is functionally finished, the bow is brought to an aesthetically pleasing finish with fine sanding and oiling.

BONUS:

"During the afternoon of the second day, the bows will be ready for students to learn the Art of Archery. You will receive an introduction to the instinctive shooting method that has inspired others to call Lars the "Bruce Lee of Archery". This method is a powerful tool you can be applied beneficially in many daily life situations.

*"Thanks for a great weekend with the longbow making workshop. I appreciated the mix of longbow expertise with the more meditative elements and advice that could be applied to other areas of life. To paraphrase: Don't get too hung up on the final product without enjoying the journey. You need to enjoy the journey. If you don't enjoy the journey, you're missing the point. It was a relaxing time and I'm proud of the work I completed. I would definitely recommend the longbow workshop to others." - **David***

*"Just wanted to thank you again for such an awesome bow making weekend the other weekend. I've taken my bow out shooting since and I'm still so impressed with her. It's an awesome feeling to know that I'm shooting with something I created myself and could make again too." - **Jessie***

*"The longbow workshop in Trentham a couple of weeks ago was the best! My son and I enjoyed bonding time in the company of a friendly group of like-minded souls. Best of all, we made something together that we will cherish and look after for a lifetime...reminiscent of the toys and tools of my own childhood. A bonus is a time my son spends daily (!) honing his newly discovered archery skills [OBJ]. The longbow workshop was a beautiful and enduring experience for us both. Thanks, Lars!" - **Michelle***

WORKSHOP DETAILS:

FRIDAY: Early arrival on request if camping is possible

SATURDAY: 10 am – 5 pm: Longbow making

SUNDAY: 10 am – 5 pm: Longbow making, beginner archery skills with your new Longbow

WHAT TO BRING:

- An adult if you're under 16yrs.
- Tent and sleeping requirements, as well as a good torch if you are camping.
- Weather appropriate clothing, towel, hat & water bottle.
- Sawhorse, clamp and any woodwork tool you might think will help you (optional).

To keep workshop costs @ an absolute minimum, we ask that you bring your own food & drinks. Pre-made meals and snacks, including an esky for cold goods, is ideal.

EARLY BIRD: \$310 (Book 5 weeks before the event.)

THEREAFTER: \$350

Included are all materials and one arrow, tools are provided.

Places are limited! Please secure your spot by transferring \$100 into the following account:

Lars Richter, BSB 242 200, Acc. no. 431159268

Please send an e-mail with the receipt/copy of your completed transfer to lars@narrativeyoga.com.au State WORKSHOP LOCATION next to your NAME in the subject line. Thank you.

BOOKINGS AND COMPANY INFORMATION

Narrative Yoga PO Box 2101 Grovedale East Vic 3216 Book now or call Lars Richter: +61402322200 if you have any questions. You can also use the contact form on www.narrativeyoga.com.au

Date: January 12, 2019 @ 10:00 am – January 13, 2019 @ 5:00 pm

Date: January 19, 2019 @ 10:00 am – January 20, 2019 @ 5:00 pm

Where: Hobart area and Penguin, Northern region, Penguin TAS 7316

Cost: \$310-\$350

Contact: Lars ~ Narrative Yoga +61402322200

Event website:

The Elemental Evolved Masculine Immersion – Bali



Date: January 16, 2019 @ 12:00 pm – January 22, 2019 @ 12:00 pm

Where: Bali Eco Stay, Jl. Kanciana, Gn. Salak, Selemadeg Tim., Kabupaten Tabanan, Bali 82162, Indonesia

Cost: \$777

Contact: [Event website](#)

Sink into a week of Radical Brotherhood in the middle of the Indonesian Rainforest...

Welcome the new year with a tribe of conscious brothers, committed to co-creating a new definition of what it means to be a man in the 21st century. Gain crystal clarity on your vision for 2019 as we embark on a journey of self-discovery, and support each other in activating and actualizing our masculine potential.

What does it mean to be a man?

The answer to this question does not live inside tabloids or magazines. It's not something that can be found inside books, movies, memes, screens, photographs, pornography, or any other media portrayals of masculinity... The answer to this question lives inside your beating heart and heaving chest, branded and etched into the complex curvature of your DNA. When we strip away the layers of cultural clutter, sift through the social stigmas, and stare our nature in the face, we find out where the answer to this question truly lives: Inside the very fabric of your being.

Enter The Elemental Evolved Masculine Immersion.

The Elemental Evolved Masculine Immersion is a rite of passage initiation

experience. It is designed to extract and refine the highest octave of your core self, to bring the most driven, most authentic, most badass version of you possible out into the world.

Using different embodiment practices, meditation techniques, philosophical dialogues, and practical skills, the process is one that will leave even the most resigned, cynical, or hardened men in touch with new levels and depths of their dormant inner potentials. Imagine a routine of equal parts rigour and rejuvenation, designed to sculpt and soften you simultaneously. Imagine a place where it's okay to ask the kinds of questions all men seem to have, but none of them seems to ask.

How does that feel?

6 days of...

Pristine Nature Strength Training Fire Staff Flow Arts Demystifying Intimacy
Breathwork & Natural High Thematic Guided Meditations Mind Lab & Business
Strategy Restorative & Vinyasa Flow Yoga Emotional Intelligence Development
Journaling & Dream Journaling Practice
Ecstatic Dance Cacao Ceremony Authentic Relating Spiritual Fight Club Group
Men's Coaching Circulating Sexual Energy Conscious Sexuality Discussion
Enhanced Communication Skills Attracting the Lover of Your Dreams Designing Your
2019 Mission and Vision

Plus:

Onsite Massage, Jungle Trekking, Adventuring to Bathe in Waterfalls and in the
Nearby River, and Optional Sunrise Climb up Mt. Batur & River Rafting.
Themes of exploration...

Energetic Agility (Full Spectrum Mastery) Compassionate and Clear Boundary
Setting Embracing Discomfort & Navigating Charge Male Archetypes (Warrior, Lover,
Magician, King) Elemental Intelligence (Fire, Water, Air, Earth) Nature Excursions
(Waterfall, Beach, River, Temple) Developing Lasting Relationships within a
Newfound Discover Your Hero's Journey Story & Start Writing Your Book
Embodiment Practices (Yoga, Qi Gong, Martial Arts, Dance) Sacred Strategy for
Designing your Vision of the Future Rewiring your Emotions to Embody the Divine
Masculine Reconnecting with your True Nature, in Nature Authentic Relating and
Individual Expression The Art of Impeccable Communication Mind Lab Life &
Business Strategy Learn to Spin Fire with a Fire Staff Group Processing & Skill

Share Masculine-Feminine Polarity International Community Creative Visualization
Quantum Meditation Power of Ritual Self Care & Self Love

For more details about venue, facilitators, etc. visit:

<https://ecstaticawakeningretreat.com/evolved-masculine-bali>

Wishing you all the best on your journey towards self-actualization in this precious
life of ours.

Blessings, The Elemental Team

Annual Wise Men Gathering: near Sydney



Date: January 18, 2019 @ 11:00 am – January 20, 2019 @ 4:00 pm

Where: Grove Gatherings, 718 Webbs Creek Rd, Wisemans Ferry NSW 2775

Cost:?

Contact: [Wise Men Gathering-NSW Event website](#)

An opportunity for us to sit, as men, and in the company of men, to be seen, heard and felt in an ongoing discussion about what it is to be a man today. This space is ours to create whatever we feel most appropriate, outside of any judgement.

An array of different skills and teachings will be on offer, from movement practices such as Qi Gong, martial arts and natural movement, to primitive and survival skills

such as starting fires and hunting, to deep and profound healing practices both physical and energetic.

Sacred Shamanic Ceremony



Date: January 19, 2019 @ 3:00 pm – 6:00 pm

Where: Esk QLD 4312

Cost: \$20

Contact: [Samantha Egan](#)

Our friend and Curandero, native to the Q'ero nation are coming to share a special ceremony. In January he visits Australia to share workshops and knowledge of ancient traditions in cultural centres and sacred places in respect to the culture of this land. Those interested to the path for which for thousands of years those before us have walked – we welcome you to these traditional events and sharing of ancient paths.

In Esk, one hour North-west of Brisbane 2pm-5pm

A ceremony of Offering “Despacho” Cost \$20

Evening 7 pm til next day Ceremony of Medicine PM for details or [email](#)

Andean Ritual “Despacho”

This Andean ceremony takes 4 points as reference basis of the ceremony, which was entrusted and delivered through various circles of Grandparents and Grandmothers, Andean carriers of these altars, to be able to carry out their service within the Andean cosmo-vision for the new society

PURIFICATION STABILITY CONNECTION RELEASE

These are correlated with the 4 life-giving elements

WATER AIR EARTH FIRE.

And we also find the ETHER element manifested through the brightness of the purpose of our life in every action we do and its results, this energy this brightness brings us to the full attention in our acts to each moment to be able to understand and develop in these aspects and achieve clarity of vision. Within the Andean practice, we find these elements in the continuity of life more relevant to bring an aspect important that we could manifest it in a word "AYNI" that we could translate it as "RECIPROCITY". As we receive we also give and to the extent that we do this in a more conscious way – both material and spiritual.

In the Andean cosmo-vision this extends not only within daily life but also to all our relationship manifestations in the various forms of life, both material and spiritual, it is for this reason that an offering is dedicated to the mountains, rivers, the various beings that inhabit the planet, as a family – children of the same mother, Pachamama and father 'Tayta Inti' (Father Sun).

Three days before, do not eat foods with many spices or fats and preferably without any type of meat, alcohol or drugs. If you have time you can do this a week before.

If you take medication to inform us. Try to let go of feelings of attachment that place us inside thoughts that do not let us see other possibilities, wait, release, let flow, surrender or at least be present with the opportunity.

Purpose

Every ceremony has a purpose to connect with yours. Identify why you are willing to participate and for what and if it has no clear purpose – feel the connection of being inside of this ceremony and ask for your higher self.

Curandero Quechua Nation / Cusco-Peru

Medicine man, belonging to the Quechua Nation and Member of the Community of the Original Peoples of the Sacred Valley of the Incas in Cusco-Peru.

An Andean therapist trained in Traditional Ayurvedic Massage, Usui Reiki, Shamanic Reiki and Andean Aura Cleaning through herbs, treatments through Indigenous Natural Medicine. Initiated fifteen years ago in the Sacred Ceremony of Offering to Pachamama and Energy Cleaning by Quechua and Aymaras Grandparents. Initiated in the Native Medicinal Sauna Ceremony of the traditions of the South (Andean Nations and Guaraní Nation and by diverse indigenous communities of the Central and North America). He is a carrier of the Andean-Amazonian Medicines Altar: and certified by the Native American Church of the Guarani Nation.

Student of Anthropology and Sociology. Researcher and Lecturer on issues related to Indigenous or Indigenous Peoples in the areas of Culture, Health, Economy, Education and Spirituality. Researcher and Pilgrim of Paths of

Self-knowledge. In Europe the road to Santiago de Compostela.

Professor of initial education, Agro-ecology, Permaculture, Rural Tourism and Mystic Guide.

Since 2006 he is a disciple of Lama Padma Sanctum of the Tibetan Buddhist line and from there he has been developing a work with traditional medicines aimed at the evolution of consciousness, the liberation of the memories of suffering and the awakening of a stable inner vision, through self-observation of thought and self-knowledge, bringing benefit to all beings. Since 2016 he is a disciple of Siri Prem Baba and a member of Sanga in Peru.

Currently, he is travelling on different continents with the message "**PACHAMAMA WITHOUT BORDERS**" Knowledge that the INKA culture practised, where we are all recognized as originators From the same father and mother without distinction of race, gender or structure.

See you next month,

Cecil



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