

[View this email in your browser](#)



Cecil's Hub ~ Men's Groups Worldwide Directory

Hey Men,

After a year in development, and many challenges, both technical and physical. I'm very proud and pleased to announce that [Cecil's Hub ~ Men's Groups Worldwide Directory](#) is almost ready and available.

The Directory (over 350 Men's Groups already) will initially cover **Australia** with Groups from **London, UK, Ireland, Canada** and **Singapore**. * Some of the Groups are under a 'Claims Listing', this will enable existing Men's Groups that find their Group to 'Claim' it as their own as a 'Free' Basic Group or upgrade to a 'Paid' Plan & gain extra benefits/features.

What's Available?

The Directory will allow Men to search for their nearest Men's Group to their location **FREE** of charge!

It will enable any existing **Men's Groups Worldwide** to register a **FREE** to join and get a '**Basic**' listing, they get listed in seconds, this will be give them a low priority '**GoogleMaps @ Pin**' search result, and this will be under

1 particular Association.

Some Men when searching for a Men's Group, have heard of a particular Men's Group type or Association. It's for this reason that I have created Categories for each of the Common ones to be used in the Search Bar, this will 'Auto-Fill' as the user types.

Currently, there are 12 Associations that each Men's Group can be listed under, depending on their style of facilitation/origin that they follow.

These include:-

- *Australian Men's Shed Association*
- *UK/Ireland Men's Shed Association*
- *Canadian Men's Shed Association*
- *Men's Wellbeing ~ Common Ground Trained*
- *Complete Men*
- *Mankind Project (MKP) - Australia/UK/Canada*
- *Melbourne Men's Groups*
- *Men's Team*
- *Menergy Men's Group Network*
- *OM:NI (Older Men:New Ideas)*
- *Individual Group*
- *MensSpeak Men's Groups (UK)*

Please read the full version of the launch document [here](#).

Cecil's Passion ~ Why Create the Directroy?



A video chat with [Kenny Mammarella-D'Cruz : The Man Whisperer](#) talking about my passion & reasons for creating Cecil's Hub ~ Worldwide Men's Group Directory and Cecil's Hub ~ The Virtual Men's Gathering.

Men's Study Group – Australia 2019



Date: May 3, 2019 @ 10:00 am – May 4, 2019 @ 8:00 pm

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

Cost: \$797

Contact: Michaela Boehm

[Event Website:](#)

In this Men's Study Group we will build from foundational practices to the deeper Tantric applications as well as new embodiment and shamanic material. Notoriously rigorous and challenging, this is not for the faint-hearted.

The group is dedicated to emotional, spiritual, and sexual practice as it applies to being with women and the world. Informed by Steve and Michaela's approach to Men's Work which demystifies the development process and empowers each man to stand on his own two feet as a practitioner.

In this intense, highly personalized setting you will receive one-on-one attention, group support and monthly assignments. We will meet two times in person for a full day, with individual assignments and tailored support. You will engage in supervised self practice and group assignments between sessions. We will also have one live call to check-in and connect as a group. There will be additional connection via a designated facebook group.

Furthermore, becoming a member of this group automatically qualifies you for a 50% discount on all 2019 events.

You will explore pathways that not only reveal and clarify the nature of your interior structures, but also equip you to practically apply these learnings in your life, work, and relationships.

Some of the areas in which you will work with on this journey:

Personalized Assignments

Throughout the study group you will receive personal assignments tailored by Steve and Michaela to your goals, practice level, and individual make-up. The assignments are often reported to be among the most transformative aspects of the journey. Embodied Movement Engage in wide range of movement practices to open and educate the body, including the Non Linear Movement Method and the Movement Koan Method. You will experience movement as a method of release, somatic education, empowerment, and life practice.

Meditation

Drawing from various traditions and sourced in living experience, we meditate as a means of engaging with life. In developing the core attentional skills of concentration, sensory clarity, and equanimity we can reduce suffering, increase satisfaction, gain insight into self and other, become more skillful in the world, and uncover a spirit of genuine service. Learn a variety of techniques, as well as an understanding of how and when to use them.

Engaging with Sensations

Through engaging bodily practices, meditation, and nature we explore relationship to the full spectrum of sensations from the pleasurable to the unpleasant. This engagement can be applied to situations of stress, survival, emotional turmoil, and also has strong sexual and relational implications.

Honing your Discipline

You will be supported to develop a personal practice of your own and a broad understanding with which you can self-guide or work within various traditions, approaches, and practice modalities. Erotic Engagement and Relationship Learn the foundational requirements for proper sexual yoga and energetic work.

Iron Sharpens Iron

Connect with a group of inspiring men as you journey through the months together, drawing strength and inspiration from each other as the course unfolds.

For a detail description of Michaela and Steve's Men's Group approach, [click here](#).

Free BBQ's at various locations by Mr Perfect



- [Benalla, Victoria](#)
- [Collaroy, Northern Beaches](#)
- [Norwest, Kellyville](#)
- [Canberra](#)
- [Central Coast](#)
- [Brisbane](#)
- [Central Sydney](#)
- [Cronulla](#)
- [Ferntree Gully](#)
- [Wollstonecraft Sydney](#)

Mr Perfect holds **FREE** weekly “Meetup” BBQs in various locations across Australia.

They normally run from 10:30 - 12:30, please check the individual BBQ for exact details.

If you are free for a couple of hours for a healthy BBQ (Meat and Vegetarian) come along and meet a bunch of top guys.

We will supply soft drink and water, but please bring your own preference if you wish.

The format is simple, informal and completely inclusive. It is a chance to get out of the house in the sun, socialise and meet some great people and form a supportive community.

Friends, family and pets welcome too!

Mental health is discussed at times and is purely optional.

Please contact Mr Perfect on 0406 641984 or [Email](#) or [Website](#)

Community FORUM – Rebirth



Date: May 7th 2019 @ 6:30 pm – 10:00 pm

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

Cost: Free - \$22

Contact: Gero and Stacia

[Email](#)

[Website](#)

Community FORUM is a monthly space to connect and explore the possibilities of what it means to be human; alone and together.

Through the inspiration of community members and with support from The Art of Relating and Second Story Studios, Community Forum continues as monthly social events where humans can gather, be present, speak, express freely and be heard.

Each month (on the first Tuesday) we will begin with 20-30mins of interactive stimulus as a catalyst for the Forum (more information on the ZEGG Forum process in details below).

[Read More ...](#)

The Man's Inner Journey Workshop – May 2019



Date: May 24, 2019 @ 7:00 pm – May 26, 2019 @ 5:00 pm

Where: Candlebark Farm, 531 Healesville-Koo Wee Rup Rd, Healesville VIC 3777

Cost: \$549-\$849

Contact: Robert Mathews and Diane McCann 0408 549 092

Since 1998, the Man's Inner Journey (MIJ) workshop has been transforming the lives of men all over Australia.

THIS PROGRAM WORKS!

What do Men say about MIJ?

Absolutely brilliant, so much beyond my expectations. I got brotherhood connection, vulnerability.

10/10 June 2018 Eamonn C

*The most transformative program I have ever experienced. MIJ should be mandatory in all secondary schools! It was a blessing to attend the **MIJ** course.*

Nov 2016 Nick C

The best weekend of my life. A true turning point!

June 2018 Sam D

Terrific, Amazing, Opened my eyes to a whole new world. I learned a lot about myself.

10/10. Nov 2018 Wayne C

MIJ was an exceptional experience, well organised and well supported. A diverse set of ideas with something for everyone!

June 2018 George V

A life changing experience absolutely beyond my expectations. Well organised and executed. A mind altering and expanding program that I would recommend to anyone..

June 2018, David C

The program was out of this world. I was amazed at the changes I felt and the healing I did. The outcome is fabulous. Words escape me.

Nov 2016 Darren F

What's it about?

MIJ is a residential, catered for workshop held twice each year in Healseville Victoria since 1998.

It is an opportunity to 'loosen the emotional straight jacket' that men are socialised within and that holds you back from wholeness. Following MIJ you will look at the world 'with new eyes', increase self-awareness, promote inner peace and empower your life and all your relationships.

The workshop is suitable for any man of any age, any career who is seeking to understand more of himself, develop and grow.

MIJ offers a unique blend of information and experience to deliver profound insight into the personal beliefs, attitudes, influences and patterns of behaviour that impact on how you see the world and the quality of your life outcomes.

The workshop is facilitated by a team from Melbourne Men's Group Inc. lead by the

extraordinary Robert Mathews and Diane McCann of Beyond the Ordinary.

Robert and Diane have delivered deeply impactful personal development programs for men, women, couples and groups around the world for 40 years. They co-created and have been presenting the MIJ program since 1998.

Visit <https://www.mensgroup.melbourne/> for more – places limited to **20 people**.

Thanks for your time in reading this update, please visit my [Cecil's Hub ~ Worldwide Men's Group Directory](#), share it with your Networks and encourage all Men's Groups to get involved.

Thanks,

Cecil



Copyright © 2019 Cecil's Hub, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

