

*'When a man goes out into the night sky
and looks up at the universe and does not feel
a sense of awe at this unfolding mystery
and a sense of intelligence
greater than his own
He is already dead
but they have not buried him yet'.
Albert Einstein*

'The Journey Continues' workshop offers men an opportunity to look deeper into their lives and make healthy choices about their future.

It invites you to continue and deepen the journey from your head to your heart.

It will be an experiential weekend to the max. with opportunities for individual work and group work.

It will be a Journey toward wholeness and oneness... bringing you personal empowerment, clarity and the ability to listen to the wisdom that has always been in your heart... waiting to be heard... when you allow the distance between heart and head to dissolve.

*'Closing down in the midst of pain
is a denial of a man's true nature.
A superior man is free in feeling and action, even
amidst great pain and hurt.
If necessary, a man should live with a hurting
heart rather than a closed one'.
David Deida*

Facilitated by
Diane and Robert Mathews

Registration:

Dates 8th to 10th November 2013
Time 6pm Friday to 6pm Sunday
Investment \$750 GST Inclusive
(Payment plan available)

Where Healesville, Victoria

This is a Residential Weekend

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SEND THIS FORM AND CHEQUES PAYABLE TO:

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| <p>HEART OF THE MATTER TRAINING & DEVELOPMENT, 5 CLAIRE COURT ELTHAM NORTH VIC 3095 TELEPHONE 03 9509 8101 FAX 03 9509 8112</p> |
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www.mansinnerjourney.com



'The Journey Continues'...



**CONTINUE THE JOURNEY
FROM YOUR HEAD
TO YOUR HEART!!**

**FOR THE MOST IMPORTANT
PERSON IN YOUR LIFE -**

YOU!!

'Man's Inner Journey' Graduates Only

THIS WEEKEND YOU WILL...

| <u>Find...</u> | <u>Gain...</u> | <u>Be Invited To...</u> | <u>Expect To...</u> | <u>Be...</u> | <u>Release...</u> |
|---------------------|-----------------------------|-------------------------------|--------------------------|--------------|-------------------|
| New Purpose | True Authenticity | | Be Challenged | Encouraged | Fear |
| Courage to Change | Access Core Self | Participate Fully | Be Heard | Affirmed | Powerlessness |
| The Heart of Man | Inner Wisdom | Play | Find your Voice | Supported | Aloneness |
| Your Spirit | Effectiveness | Learn & Grow | Be Accepted | Fulfilled | Pretence |
| Sacredness of You | Ability to Feel | Release the Past | Be Healed | Initiated | Abandonment |
| Relief | Inner Strength | Challenge You | Feel Deeply | Expanded | Disappointment |
| Release | Integrity | Stretch Yourself | Know innately | Nurtured | Pain / Hurt |
| Joy | Safety | Claim Your Life | Honour Yourself | Urged | Heartache |
| Inner Happiness | Stillness of Spirit | Love more Deeply | Have Fun | Assisted | Worry |
| Nurturing | More Life Energy | Lead | Be Real | Empowered | Weakness |
| Passion | Quietness of Mind | Follow | Work on issues | Respected | Lack of safety |
| Responsibility | Increased Self Esteem | Free Yourself | Access your Inner Wisdom | Reconciled | Anger |
| Trust of Other Men | The Freedom to be Yourself | Move beyond Limits | Discover Your True Worth | Renewed | Grief |
| Compassion for Self | Closer Friendships With men | Support Yourself And Others | Laugh | Invigorated | Anxiety |
| Commitment to Self | Life Skills | Open... Up...Out...Into... | Heal | Acknowledged | Sadness |