



Conscious Men's Circle: Workshop Overview

Congratulations! By showing interest in joining this workshop, you're taking a real step toward cultivating a deeper connection with your inner self that will undoubtedly pour over into every aspect of your life. Personally, I think that deserves recognition.

About the Workshop

Our meetings will be a mixture of mindfulness meditation practice and group discussion of the book *"King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine"* by Robert Moore and Douglas Gillette. Please purchase this book before the start of the workshop, conveniently available [here](#) on Amazon. If you could please also read the preface and introduction of the book (only 5 pages in total) before our first meeting, this will help give you an initial sense of what the text will cover.

About the Book

I chose this book for our workshop because it clearly and factually explores common themes and challenges that many of us as men may face over the course of our lives as we learn and troubleshoot with what it means to be a man – in particular, what it means to realize our "masculine potential".

The book outlines how, whether we're aware of it or not, there are four universal personality structures (or "archetypes") that all men have the potential to embody: The King, The Warrior, The Magician and The Lover. Ideally, if and when we are living out our masculine potential, these four archetypes are active and in sync with one another, each positively influencing our lives and relationships. However, there also exist what is referred to in the text as "shadow aspects" of each of these four archetypes. These are the dysfunctional (or immature) character traits of these archetypes which, when we unconsciously embody them, translates into a detrimental impact on the ways in which we show up for ourselves and others.

The question, as the book poses, is not *if* we are possessed by a shadow aspect of one, or multiple, of these archetypes, but *in what ways* are we failing to access properly the masculine energy potentials available to us?

Shadow Work

Becoming aware of and integrating the unconscious (or "shadow") elements of our personality takes work – and has in fact been the subject of extensive psychological research mobilized largely by pioneering psychoanalysts Carl Jung and Sigmund Freud. The pay-off of doing this work however is greater self-awareness and self-acceptance which, in turn, can naturally pave way to greater self-actualization, or "the realization or fulfillment of one's potential." This work, termed "shadow work", will be a large part of the work we explore together over the course of this workshop.

Mindfulness Meditation

To help lay the foundation for this self-exploration, our meetings will include guided mindfulness meditation practice. Mindfulness meditation is a practice of cultivating non-judgemental awareness of our present-moment internal and/or external experience. In learning to simply allow ourselves to sit with our experience as it is, without attaching to judgements of "pleasant/right", "unpleasant/wrong" or

“neutral”, we can release ourselves from the tension of needing things, including ourselves, to be different. Through mindfulness practice, we can find respite from the ensnaring mode of *doing* that we typically operate in, as we begin to learn to allow ourselves to *just be*. Mindfulness meditation practice can, and will, help to strengthen on our capacity for self-awareness and self-acceptance which will support us in this work.

Weekly Homework

In addition to reading the text, I also encourage that participants have a journal or notebook to use at their discretion throughout the course of the workshop to jot down any thoughts or emotions that may arise as a result of the work. Journaling can be a powerfully supportive tool when taking on any type of contemplative or introspective practice. Similarly, as part of our weekly homework, I will also ask that you journal once a week (at least) on something that you have been grateful for during the week prior. While it might seem trivial, studies have demonstrated that a regular gratitude practice such as this can help to increase overall feelings of happiness, positive mood and a general sense of well-being.

A Final Word

A final word: given the personal nature of this material, this work is not to be taken lightly, but is also work that should only be taken lightheartedly. Taking a dive into shadow work can be both exciting and humbling as we come to recognize and relate to perhaps previously unknown attributes of our personality influencing our lives, whether for better or worse. Doing this work in a group may also make it feel all the more vulnerable, yet I challenge each of you to be fearless in showing up for yourselves in addition to participating in the group. Your courage might just inspire others to show up more fully.

In all, this work is really an exploration into learning to better love ourselves and our place in the world – nothing less.

Housekeeping Logistics

A few logistical points to cover ahead of our first meeting:

- Zoom teleconference details for each meeting will be shared upon registration.
- Since participation is a large part of the workshop, you’re encouraged to be on-camera during the group discussion portion of our meetings. Of course, events may arise when you need to be off-camera which is fine. You should also feel free to be off-camera during our meditation practice sessions, since during those times I will invite you to close your eyes to settle into the practice.
- Participants should make the commitment to attend all eight meetings. As the group will be successively structured, with each meeting following on the previous one, you may miss opportunity to share in discussion for a particular chapter if you miss a week. Similarly, the group dynamic we are cultivating maintains its strength when all participants are in attendance. Your presence each week helps to strengthen on the benefit of the workshop for all involved.
- Given the personal nature of the material which some of our discussions may cover, it goes without saying that kindness and respect for your fellow participants is to be practice at all times. This includes attentive listening, non-violent communication and confidentiality.
- As your instructor, I’m here for you should ever have any questions, comments or concerns regarding the work, which I will answer and support to the best of my ability.

About the Instructor

I began practicing mindfulness meditation in 2013 as a way to naturally manage symptoms from depression, stress and anxiety that I was experiencing which I found were inhibiting me from living a healthy and happy life. Since then, my practice has deepened and grown, bolstered largely by my participation in multiple meditation workshops, residential retreats and intensive courses with reputable meditation centers and organizations throughout the US. In 2020, I received certification as a Mindfulness Meditation Teacher (Professional Level) through an International Mindfulness Teachers Association (IMTA) accredited program with The Interdependence Project. Today, I teach mindfulness meditation for individuals and groups with the intention of helping students to develop their own skills to be present and self-regulate. For more, please visit my website: danmcfadden.com.

Conscious Men's Circle: Workshop Schedule

During the course of eight weeks, you'll dive into the basics of mindfulness meditation practice, receive simple tools for developing your own personal meditation practice, and join with others in cultivating awareness and understanding of masculine potential as guided by "*King, Warrior, Magician, Lover*". Each week will allow time for group discussion on each chapter of the book, as outlined below.

The workshop will be held from Tuesday, January 31st to Tuesday, March 21st, 2023.

Week 1: Tuesday, January 31st at 7:30 – 9pm (ET)

- Discussion: Preface & Introduction

Week 2: Tuesday, February 7th at 7:30 – 9pm (ET)

- Discussion:
 - Chapter 1, "*The Crisis in Masculine Ritual Process*"
 - Chapter 2, "*Masculine Potentials*"

Week 3: Tuesday, February 14th at 7:30 – 9pm (ET)

- Discussion: Chapter 3, "*Boy Psychology*"

Week 4: Tuesday, February 21st at 7:30 – 9pm (ET)

- Discussion:
 - Chapter 4, "*Man Psychology*"
 - *Techniques for Accessing the Archetypal Powers of the Mature Masculine*

Week 5: Tuesday, February 28th at 7:30 – 9pm (ET)

- Discussion: Chapter 5, "*The King*"

Week 6: Tuesday, March 7th at 7:30 – 9pm (ET)

- Discussion: Chapter 6, "*The Warrior*"

Week 7: Tuesday, March 14th at 7:30 – 9pm (ET)

- Discussion: Chapter 7, "*The Magician*"

Week 8: Tuesday, March 21st at 7:30 – 9pm (ET)

- Discussion:
 - Chapter 8, "*The Lover*"
 - Conclusion

Conscious Men's Circle: Meeting Agenda

A typical meeting structure will be split in two halves with a short break in the middle. The first half will allow time for check-ins, guided meditation practice and group reflection on the meditation practice. The second half will be used for reflection and discussion on the chapter for that week. Please see below for a typical class structure breakdown to get a sense of how our meetings will flow.

Workshop meetings are held on Tuesdays evenings from 7:30pm to 9pm (ET) via Zoom.

- **7:30 – 7:45** – Opening check-in
 - Holding space at the start of the meeting to check-in with one another
- **7:45 – 7:50** – Instructor intro to meditation practice
 - Instructor to provide an introduction to today's meditation practice
- **7:50 – 8:05** – Meditation practice
 - Instructor to guide group in a formal meditation practice
- **8:05 – 8:08** – Dyad discussions
 - Break-out rooms into groups of two to reflect on your experience with the meditation practice
- **8:08 – 8:15** – Group discussion
 - Holding space for an open share reflection on the group's experience with the meditation practice
- **8:15 – 8:20** – Break
 - Time for a break!
- **8:20 – 8:25** – Instructor intro to chapter
 - Instructor to provide an overview of this week's chapter
- **8:25 – 8:55** – Reading discussion
 - Group reflection and discussion on this week's chapter
- **8:55 – 9:00** – Closing
 - Community announcements
 - Readings for the week ahead
 - Brief meditation to close