

# DEPTH AND AWARENESS MASTERY

## PURPOSE

The DAM council is a brotherhood of Men who come together to connect to purpose, to enhance awareness, and deepen the relationships most important to us.

## MEETING FORMAT

Each meeting will have a designated leader and will have 3 parts:

- Guided embodiment practice to land in the space (Yogic, Meditative, Breath work)
- Theme for discussion (Inc. individual check ins, breakouts, man in the middle)
- Closing Reflection and realignment questions.

### **Closing Reflection and Realignment Questions (done in meeting or in own time)**

1. Feeling into the body, where am I at today? What is going on for me?
2. How does that make me feel?
3. How did I arrive at this place? What needs to be acknowledged? What needs to be challenged?
4. What affirmation or intention is wanting to come through me right now?

## CONTAINER RULES

- The only permitted items in meetings are journal and water bottle.
- No food or other drink is to be bought into practice space.
- Phones are switched off or to total silence / non vibration.

## CONTAINER GUIDELINES

This is a container where your presence is acknowledged, and your participation is deeply valued. You are invited to share on the theme of the month or whatever is alive in your depth, awareness, and mastery journey today.

- We create a safe space of non-judgement.
- We share about ourselves – using “I” statements and focus on what is real for you.
- We keep our sharing succinct to hear from as many as possible. You are free to not share.
- We do not waste time on surface stories or problems. We are interested in your insight into the lived and felt deeper experience.
- We don't interrupt when a member is sharing.
- Questions and feedback from the group is moderated by the facilitator.
- We do not have an opinion on politics, financial, pop culture, religious, sexual orientation, or professional beliefs. We are bonded by something greater.

## ENTRY AND EXIT FROM THE GROUP

The group will reform every six months and is by invitation or referral from an existing member. Men will leave the group at their choosing for a variety of reasons. They may feel complete, their circumstances may change meaning they can no longer attend face to face at mutually convenient times or they may not find resonance with the group or its purpose. It is also conceivable the group may require a Man to exit the group due to his consistent inability to align with the values or meet the group commitment statements.

## COMMITMENTS

We demonstrate commitment to ourselves and each other by:

- ▶ **Maintaining confidentiality**
  - Not sharing another man's story outside the container
  - Not speaking of another man in a way we would not be able to do to his face.
- ▶ **Playing full out (aka being Open)**
  - Accepting growth and change involves discomfort and striving to expand our edge and the edge of men we practice with.
- ▶ **Honouring ourselves by**
  - Pushing our edge in the pursuit of growth by
    1. Taking action.
    2. Being open to feedback even when it bites.
  - Arriving fed, hydrated, sober and not under influence of drugs.
  - Using safe words / raising our hand when limits are reached.
- ▶ **Honouring others by**
  - Creating a safe environment for all men to share.
  - Sharing our experience and speaking in the first person.
  - Pushing other men to sharpen their sword.
  - Backing off when a man raises his hand.
  - Not giving unsolicited coaching or feedback.

## APPENDIX

### THE TRAITS OF A CONSCIOUS MASCULINE LEADER (CML)

In relentless pursuit of the highest standards

#### SELF - The CML

- is always honest with himself.
- has a daily physical practice that cultivates masculine strength (mind and body), presence and impeccable health.
- takes 100% responsibility for himself, his actions, and outcomes by looking within to create change.
- is comfortable with emotions and doesn't seek to avoid or numb.
- is the master of his ego, aware of its presence and usefulness. The ego is never the master of the leader.
- is a willing student, always seeking to grow and learn.

#### OTHERS - The CML

- is direct with others whilst always being kind and compassionate.
- makes maximum impact through embodied presence.
- practices radical accountability and never blames others.
- knows his deepest purpose and pursues this in service to a greater good.
- is impeccable with his word and is always worthy of trust.