

Medicine of Men

Becoming

Men of Medicine

A Male Initiation Workshop

at

Vevring, Norway

September 5-9, 2007

Medicine of Men

Background

Native Americans refer to medicine as the essence of the person, place or thing. In our terms it is the essence of being a man as a spiritual, physical, mental and emotional being.

In today's society it is not always clear what it means to be a man. Moreover, it is not always clear how to be a man, nor is it always clear how to be the authentic self, fully present, regardless of circumstances. It seems that we have forgotten the essence of being a man, the medicine of being a man.

Hero's Journey

In prior times, the creation and development of medicine of men were done through various forms of initiations, now more commonly called Hero's journeys. These journeys were structured rituals and ceremonies that brought the boy/man face-to-face with the boyish attitudes and beliefs that no longer served the evolving man.

These rituals and ceremonies were designed to ignite the deep masculine energies that would enable the boy to let go of the boyish ways that tended toward self-centeredness and move toward family and community responsibilities. These rituals and ceremonies often involved facing the deepest personal fears of boyhood. These processes would enable the man to evolve from the ashes of the boy.

Secrets of Being a Man

Hero's journeys were catalysts to burn away the psychology of being a boy so that new paradigms or world views could evolve. For the initiation to be successful, the initiatory process required that sacred space be created and held by others. In this sacred space, the initiates would be able to release the habits and patterns of the past to create a new way of being. New paradigms were taught to the evolving men so that they would understand the energies within themselves that could be birthed and developed into skills and ways of being complete within the world. These paradigms or world views were considered the secrets of manhood.

Medicine of Men

Medicine of Men is a 4 days male initiation workshop. It is designed to awaken, develop, and nurture the essence and fullness of being a man in today's world. Our focus is developmental. We seek to invoke the unfoldment of mature masculine energies. Our goal is specific. We seek to assist each man to find his place in the world. Our hope is honorable. We seek to fill the void of mature men that can stay within the center of whom they are regardless of circumstances. Our dream is selfish. In helping others to find their place in the world, we envision your helping others to do the same. Therein, we can build community and make a difference in the world.

We will experience

Medicine of Men will build a community amongst nature. We will experience the healing of

reconnecting to the earth by living in harmony with nature. We will experience being fully present with ourselves and with others so that we can make meaningful contact instead of talk at each other. We will experience talking circles to explore what it means to be a man. We will experience the formation of a community and what it means to be a member of one. We will explore what it means to become a member of the male community. We will explore what it means to be a man.

We Will Meet

The workshop is a four-day experience that develops into the four laws of change applied through exploring the archetypal energies of the deep masculine, deep wisdom, deep feminine, and deep caring. Each day will surface specific issues that revolve around maturity and being a man, while enjoying the beauty of nature. We will enjoy the sense of building community with other men, learning that most of us have never learned how to support ourselves or other men.

Location

Our work will take place on the west coast of Norway at Vevring. We will stay in tents outside at the ground of a local farm. Depending on the weather we will work outside. Facilities for having meetings within an old stone house will be provided. The farm is located by the sea in a fjord with a beautiful scenery to the mountains. More information about this location will be given later.

Your Investment

The fee for the workshop is NOK 6900 (\$980). Food and beverages are not included.

We will send

Upon being accepted into the program, we will forward different materials to you, such as a suggested packing list, reading materials, and other applicable information.

Camp Set-up and Tear-down

The workshop starts Wednesday 10th of August at 5 pm with camp set-up. The program will close on Sunday at 2:00 p.m. with Camp tear down.

We will facilitate

Herb Stevenson is the founder of the Medicine of Men program. He is an executive coach and management consultant. He is listed on seven Who's Who lists. Herb is on the faculty at the Gestalt Institute of Cleveland where he teaches in clinical and organizational programs. He facilitates Men's Circles in the Cleveland area. He is on the Board of Trustees of The American Indian Education Center and the Board of Advisors of the Red Spirit Circle, both in Cleveland, Ohio. Herb has spent that last decade reclaiming his Cherokee and Shawnee Indian heritage. He provides workshops around the country on shamanic healing practices. He can be reached at MenofMedicine@aol.com, or 440.247.2673 or 440.247.2863 Fax. Website: www.medicineofmen.com and www.onewhitehorsestanding.com

Taking the initiative to get Medicine of Men and Herb Stevenson to Norway is Jan Henrik Bjørnstad and Ole Alvsvaag.

Call us

If you have questions at any time, please contact us at

Jan Henrik Bjørnstad phone: int. 47 90014737 e-mail: henrik@iml.no

Ole Alvsvaag phone: int. 47 90864778 e-mail: ole.alvsvaag@aff.no

Herb Stevenson phone int. 1 440.247.2673 or go to www.medicineofmen.com

Some items you will need

We will be living amongst nature. Hence, you will need to bring a tent, sleeping bag, ground cloth, and a ground pad or cot. You will need to bring rain gear as we will meet rain or shine or cold evenings. You will need to bring clothing appropriate to being outside. Flash lights, a knife with a three-inch or larger blade, washable eating utensils, including plate/bowl, cup, knife, fork and spoon. You will need to bring soap and shaving gear as desired.

Food will be provided from a local store by the group itself. This food will be commingled into a community pantry.

We will explore the cycles of life and the stages of change

Season	Spring	Summer	Fall	Winter
Direction	East	South	West	North
Element	Sun/Fire	Earth/Land	Rain/Water	Wind/Air
Original	Yellow	Black	Red	White
Nations	Asian	African	Americas	Euro (Celtic/ Germanic/Viking)
Energy	Masculine Action New Beginnings	Children Innocence Growth	Feminine Introspection Harvest	Ancestors Silence Regeneration
Life Stage	Baby	Child	Adult	Elder
Bodies	Physical	Mental	Emotional	Spiritual
Archetype	Deep Masculine Warrior/Samurai	Deep Wisdom Sage/Shaman	Deep Feminine Healer/Lover	Deep Caring Sovereign
Shadows	Victim/Masochist Hero/Sadist	Fool Trickster	Numb-Nuts Addict	Wimp Tyrant
Great Values	Courage	Respect	Love	Generosity
Four Hearts	Strong	Clear	Full	Open
Four Truths	Show-up and be Present without preconceived notions	Say What's so when it is so w/o blame or judgement	Pay attention to What has Heart and Meaning	Be open to outcome
Laws of Change	Change comes from Within	Permanent change requires a vision	A great/shared learning must occur	A healing Force/forest must be present

Some Thoughts to Guide Our Way:

Walk firmly in your own shoes, it is who you are.

Fate is not what happens to us; it's who we are----if we are true to ourselves.

To keep the world from closing in on you, do one thing every day that scares you.

“One must still have chaos in oneself to be able to give birth to a dancing star”----Nietzsche

We look forward to being with you man to man to man.

Medicine of Men

Registration

Name: _____

Address _____

City _____ State _____ ZipCode _____

Telephone _____

E-mail _____

Fax _____

Commitment

I understand and accept that:

- I am responsible for showing up for the workshop physically and otherwise.
- I am responsible for fulfillment of the financial obligations of this program including tuition fee and all personal expenses, including supply and equipment purchases and travel expenses.
- I am responsible for acquiring and bringing the necessary equipment for the 4 day program.
- I am responsible for taking care of myself as an active member of the community.

Financial Responsibility

Preliminary Registration

The workshop will have a limit of 15 participants. To guarantee your participation you need to pay a registration fee of NOK 1000 (\$150). The balance due have to be paid by May 15.

I've enclosed NOK 1000 (\$150) for the preliminary registration.

I will pay the additional amount of NOK 5900 (\$830) by May 15. No refunds are rendered for cancellation within the two weeks prior to the workshop.

Signature

Date _____

Mail Application and Payments

Medicine of Men
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