



THE MI-IR PROGRAM

4 MONTH MEN'S WORK INTENSIVE &
RETREAT PROGRAM

SPACE IS LIMITED TO 15 MEN
ADMISSION BY APPLICATION AND INTERVIEW PROCESS
NOW ACCEPTING APPLICATIONS FOR 2023 WINTER/SPRING SESSION



The Program's 5 Intentions:

1. To be a catalyst of **TRANSFORMATION** in men's lives
2. To cultivate a deeper **CONNECTION** to one's highest self
3. To bring clarity of **PURPOSE**
4. To empower and **SUPPORT** men to offer their gifts to the world
5. To cultivate a deeper capacity for men to live in their **POWER, DEPTH, BREATH** and **PRESENCE**

This work will culminate with a private 4-day/3-night male-initiation retreat

Founders Message



“Men come seeking answers on why they keep getting into the same types of relationships with similar outcomes, having issues surrounding money or feeling stuck in their lives. They want to fix or change their outside circumstances in order to feel better on the inside. We change that paradigm perspective in this work. We shift our attention and awareness inward. Before a man can know and claim his purpose, he must burn his attachments which preoccupy his mind and his life. As he does, he will pick up the scent of his inner essence - his higher self - to guide and lead him. He then learns to develop and nurture that inner flame. He stops his conquest to feel free from the burdens of his circumstances and finds nourishment through his connection to the Divine. He stops falling in love with the gifts and starts falling in love with the Giver.”

— Amir Khalighi - Founder of Embodied Masculine

WHAT TO EXPECT:

- More clarity of **PURPOSE**, and confidence and capacity to offer your gifts into the world
- To cultivate a deeper **CONNECTION** to the Divine
- To develop a daily **PRACTICE**
- **SHADOW** work and integration
- **DEEPEN** your masculine container, consciousness and nervous system to better hold the masculine pole
- Become more receptive in receiving deeper **NOURISHMENT** from the Feminine
- **LEAD** more powerfully in your intimate relationship(s)
- **CREATE** polarity in your intimate relationship dynamic
- To be **SUPPORTED** by strong, loving men who want nothing from you
- To be held **ACCOUNTABLE** by other men on how you show up in the world
- Shed what no longer serves you in order to **CREATE SPACE** to call in what does
- A shift in **PERSPECTIVE** and approach in being with uncomfortable circumstances
- Learn to hold, process, generate, integrate and create with your **ENERGY**
- To learn various spiritual practices to cultivate more depth and **PRESENCE** in your life
- **FREEDOM** from behaviors not in alignment with your spiritual evolution and emotional growth, such as: addictions to porn, substances, approval, food and other forms of self sabotage
- Get in touch with a **POWER** that will guide and empower your life
- Stop living from a place of fear and **START LIVING** from a place of being rooted in Source
- A **TRANSFORMATIVE** 3-day/ 2-night initiation retreat on a private estate in the heart of nature

What MI-IR Alumni Have To Say



“It is often said that getting from head to heart is the longest journey, and this program gives us concrete, real world vehicles to experience the fullness of love and presence that we were perhaps created for. It is challenging, and freeing. Join in on this adventure into your own soul, and you will be changed.”

— Beau W.



“We are often blind to seeing our true selves. We live our day-to-day conforming to societal constructs, which suppresses our ability to embody and show the world our true inner warrior.

In doing the work in this program, I am peeling back layers upon layers of bullshit! The container in which Amir holds alongside the men doing the work with me, has been instrumental in shifting and reshaping who I am and the gift that I bring into this world. Words can't express my deepest gratitude. “

— John Y



“The work with Embodied Masculine has cultivated tools and awareness in me to more fully express and see the beauty within me, nature, my family and friends. I encourage anyone who is called to this path to step in and experience deeply the joy of finding their purpose and freely expressing their gifts to the world. When you choose to do this work you will take a meaningful step into your deepest most authentic life.”

— Steve W.

Four Month Program Includes:

- **Live Video Group Calls:** (9) two hour video conference calls with Amir consisting of teachings, assignments & practices designed to take you deep into embodiment, leadership, manifestation and intimacy work. The program is designed to help you shed what no longer serves you so you can step fully into what does.
- **Group Coaching:** (4) 90 min. group coaching conference calls will be provided during this 4 month container. You can bring any challenges to these calls for reflection and support
- **Private Session:** (1) private 1:1 session with Amir
- **Free Access:** To all weekly virtual embodiment circle gatherings between Jan. 02, 2023 to Apr. 09, 2023
- **Initiation Retreat Deep In the heart of Mother Nature:** A 4-day/3-night initiation retreat in the heart of Mother Nature. Lodging & Farm to table foods includes. Travel not included. (Location will be announced on or before Mar. 01, 2023)
- **Support, Camaraderie & Accountability:** You will receive support and honest feedback from men in your group, your triad & Amir surrounding purpose, intimacy, relationships and this deep introspective work.
- **Lifelong Practices & Brotherhood:** You will pickup spiritual and embodiment practices to support your journey into stepping into the most powerful version of yourself and bond with men that will be in your heart and life beyond this 4 month

What Does the Initiation Entail?

During the months leading up to the private initiation retreat, you will be training to strengthen yourself physically, emotionally, and spiritually. During the retreat we will meet in person in the heart of Nature to dive deeper into shared embodiment practices from sunrise to sunset. We will be nourished with amazing farm-to-table meals and participate in a transformative initiation ceremony on the final night of your stay.

The initiation ceremony experience is intentionally private in nature but know that it is designed to connect you on a cellular level to the deepest part of you, bringing you in communion with the Great Mother, Nature, Higher Self, God or however you choose call Her.



Schedule Of Calls & Retreats (Tentative)

Conference Calls

- Kick-Off Call” - Monday, January 02, 2023 (6 p.m -8 p.m PT)
- Call #2 - Sunday, January 15, 2023 (12 p.m - 2 p.m PT)
- Call #3 - Sunday January 29, 2023 (12 p.m - 2 p.m PT)
- Call #4 - Sunday February 12, 2023 (12 p.m - 2 p.m PT)
- Call #5 - Sunday February 26, 2023 (1 p.m - 3 p.m PT)
- Call #6 - Sunday March 05, 2023 (2 p.m - 4 p.m PT)
- Call #7 - Sunday March 19, 2023 (12 p.m - 2 p.m PT)
- Call #8 - Sunday April 02, 2023 (12 p.m - 2 p.m PT)
- Call #9 “Final Call” - April 16, 2023 (12 p.m - 2 p.m PT)



Optional Group Coaching Calls

- Call #1 - Tuesday January 10, 2023 (10 a.m - 11:30 a.m PT)
- Call #2 - Tuesday February 07, 2023 (10 a.m - 11:30 a.m PT)
- Call #3 - Tuesday March 07, 2023 (10 a.m - 11:30 a.m PT)
- Call #4 - Tuesday April 11, 2023 (10 a.m - 11:30 a.m PT)

Initiation Retreat

- Retreat Preparation Call - Thursday March 23, 2023 (6:00 p.m - 7:30 p.m PT)
- Initiation Retreat – April 06 - 09, 2023 (Location: TBD)



**A 3 STEPS PROCESS FOR
CONSIDERATION IN CLAIMING
ONE OF THE 15 SPOTS IN
THIS PROGRAM**

Please note: We get more applications for entry into the MI-IR program than the 15 available slots. Not all applicants will gain entry into this program. All applicants (minus alumni) will have to go through an application / interview process. If you are interested in this program you have the highest chances of gaining entrance and applying as soon as possible for this session. Returning alumni can simply pay for their tuition and claim a spot on the upcoming roster. All new men are selected based on their readiness, willingness, openness and commitment in diving into this level of deep introspective men's work.

STEP 1 - Fill Out Your Application

[Submit Application](#)

STEP 2 - Be Invited To Interview

You may be invited to an interview based on your application. We expect more applicants for entry into the MI-IR program than the available 15 spots. Not all applicants may enter this program. All applicants will have to go through an application / casual interview process. If you are interested in this program, you have the highest chance of gaining entry by applying early. The men in this program are selected based on their readiness, willingness for change, openness, and commitment in diving deep into this level of introspective work.

STEP 3 - Pay Program Tuition

You may be invited to an interview based on your application. We expect more applicants for entry into the MI-IR program than the available 15 spots. Not all applicants may enter this program. All applicants will have to go through an application / casual interview process. If you are interested in this program, you have the highest chance of gaining entry by applying early. The men in this program are selected based on their readiness, willingness for change, openness, and commitment in diving deep into this level of introspective work.

MI-IR Tuition [Paid In Full]	Payment Plan #1 [3 Month Payment Plan - Total \$4,725]	Payment Plan #2 [6 Month Payment - Total \$4,836]
\$4,500.00	\$1,575.00 / Month For 3 Months	\$806.00 / Month For 6 Months
Claim Your Spot	Claim Your Spot	Claim Your Spot

Helpful Information

- Room & board at retreat location plus farm-to-table meals are included in the cost of this program. Travel costs are not included
- Free access to Embodied Masculine's weekly embodiment circle gatherings during session period
- 1 full scholarship & 1 partial scholarship will be offered for this program. Email miir@embodiedmasculine.com (subject: MI-IR Winter/Spring 2023 scholarship) for consideration. If you've already attended an Embodied Masculine event or course under scholarship, you do not qualify.
- Covid-19: We don't expect any issues as far as having our retreat. We hold protocols in insuring everyone's safety and comfort level.
- Alumni early registration starts Nov. 15, 2022 and ends Dec. 15, 2022. Alumni can skip to Step 3 in the registration process. To receive your alumni discount code send an email to miir@embodiedmasculine.com (subject: 2023 MI-IR alumni discount code)