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# THE MWI HANDBOOK [2024 SESSION]

www.embodiedmasculine.com

## Connection • Empowerment • Purpose

## **CONFIDENTIALITY NOTICE**

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**<u>Click Here</u>** to watch a video companion for your MWI Handbook



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## How To Benefit From This Four-Month Program



The transformation you seek is predicated on two factors:

- a. your engagement and willingness to lean into this program and,
- b. your ability to "hold the pose" when you're overwhelmed and want to revert to your old ways.

This little bit of effort could be the deciding factor in the breakthrough, healing &/or growth you seek.

Most people pull back when they hit their threshold; I'm asking you to lean in. This program is designed to rewire you by developing new habits to nourish you mentally, spiritually, and physically. It's designed to clean your vessel (your body) for better receptivity of the Divine and to bring about clarity of purpose and heart as you move through and discard what no longer serves you.

If you "phone-in" this experience, you will be wasting *your* time and the time of the other men, some of whom will be relying on you. **Make this program a priority in your life** and instead of withdrawing when things get hard, expose yourself by sharing openly about where you're at. Be seen.

This program has a few moving parts so if you're not clear about any of the ongoing training, course modules/assignments, or can't find the answer in this handbook, email:

mwi@embodiedmasculine.com

subject: MWI Question

If you need support, ask your accountability partner(s), program assistants, the other men in the container, program assistant(s) or Amir.

This program is an "intensive". It's designed to be challenging so you can see where your weaknesses lie while simultaneously creating new habits, empowering yourself, clearing your vessel and ultimately connecting you to something greater than yourself - The Great Mother. It will only be as powerful and transformative as your willingness to empty your cup, and lean in and engage the process. I welcome you to the MWI program and stand as a witness to your coming transformation.

## **THE PROGRAM'S 8 INTENTIONS**

- 1. To be a catalyst of TRANSFORMATION in men's lives
- 2. To cultivate a deeper **CONNECTION** to one's highest self & the natural world
- 3. To bring clarity surrounding your PURPOSE
- 4. To empower and SUPPORT men through a journey of deep introspection
- 5. To free men of their attachments
- 6. INSPIRE men to bring their GIFTS and offerings to the world
- 7. To provide a safe container of ACCOUNTABILITY
- 8. To cultivate a deeper capacity for men to live in their POWER



## **CONFERENCE CALL SCHEDULE**

- Kick-Off Call" Monday, January 02, 2024 (6 p.m -8 p.m PT)
- Call #1 Sunday, January 07, 2024 (12 p.m 2 p.m PT)
- Call #2 Sunday January 21, 2024 (12 p.m 2 p.m PT)
- Call #3 Sunday February 04, 2024 (12 p.m 2 p.m PT)
- Call #4 Sunday February 18, 2024 (1 p.m 3 p.m PT)
- Call #5 Sunday March 05, 2024 (2 p.m 4 p.m PT)
- Call #6 Sunday March 17, 2024 (12 p.m 2 p.m PT)
- Call #7 Sunday April 07, 2024 (12 p.m 2 p.m PT)
- Call #8 Sunday April 14, 2024 (12 p.m 2 p.m PT)

Please note that the Zoom room for conference calls will close 5 minutes after the scheduled start time of the meeting to maintain the integrity of the container. The virtual doors will open 15 minutes prior to the start of the call. Please arrive as close as possible to the opening of virtual doors and refrain from joining calls in from your car or iPhone as embodiment practices may be a part of the call. Do not leave early. <u>Also, note that this schedule is tentative, the final schedule is on our Master Google calendar, which you will be invited to prior to the start of the program.</u>

## **GROUP COACHING CALL SCHEDULE (OPTIONAL)**

- Call #1 Tuesday January 16, 2024 (10 a.m 11:30 a.m PT)
- Call #2 Tuesday February 13, 2024 (10 a.m 11:30 a.m PT)
- Call #3 Tuesday March 12, 2024 (10 a.m 11:30 a.m PT)
- Call #4 Tuesday April 02, 2024 (10 a.m 11:30 a.m PT)



## **RETREAT PREPARATION ZOOM & RETREAT DATES**

- Retreat Preparation Call Friday, April 20, 2024 (6:00 p.m 7:30 p.m PT)
- Initiation Retreat Apr 24-28, 2024 (Tentative location: Sacred Valley Of The Incas, Peru)



## **PRIVATE SESSION WITH AMIR**

As part of the program you are allotted one 1:1 60 min. Private session with Amir. You may book your session anytime between 1/2/24 & 4/18/24 by <u>clicking here</u>.

## **MWI AGREEMENTS**

#### Integrity of the container

- I will do what I say I am going to do.
- I will say what I actually can do.
- I will track my own commitment to the group and will keep my commitments.
- I will clean up, make amends, and recommit or renegotiate as quickly as possible when I am out of integrity with anyone within this container including assistants and Amir.
- I will honor the integrity of this experience by being on time and ready to do the things I am asked to do in a way that supports a container for deep practice and experience.
- If I have to miss a call, I will give advance notice. I will not bow out of a call last minute.
- I will treat our virtual space the same way I would if we were sitting in a sacred circle in person. For example, I will not use the chat box during the call unless otherwise instructed. I will set aside anything that will pull my attention.

#### Honor Self

- I will take care of myself.
- I will speak up for myself.
- I will take full responsibility for the way I show up present, hydrated, wellrested, etc.
- If I am hitting my edge, I will not push past it but will work with it.

#### Honor Other/Community Etiquette/No Coaching Without Permission

- This is a brotherhood. I will hold the other men in positive regard.
- I will keep my agreements and show up for the other men the way I say I will show up for them.
- If I am tagged in a Facebook post on our private page, I will look at and respond to the post within 24 hours of being tagged, unless I am off the grid. If I'm off the grid, I will let the community know about it.
- I will ask before I offer coaching, advice, or feedback. I will wait for a 'yes' or a 'no' and honor the 'yes' or the 'no'. If I get a 'yes', I will give the man my deep, heart centered, sharp truth.
- If a man asks me for help or feedback, I will either give him my full attention and truth, or I will honestly say I am not available.
- I will honor the other men's boundaries.
- I will agree to not process outside the container. This includes WhatsApp, Telegram, or any other chat platforms the group may use to communicate.

#### Power

- I agree that the power of the MWI program rests with me.
- This is not a 'do me' program. This is an interactive, embodied, and experiential program. Therefore, the power of the MWI program is not given to me or generated by anyone else but me not by Amir, not by the assistants, and not by any of the other men in the group. The power for other men to sharpen and deepen me, comes from me. My willingness to engage the process will directly affect my experience and transformation. There are no victims here.
- I am 100% responsible for my experience in this group and I agree to create the MWI experience powerfully.

- If I am not getting what I want, if I don't like something, or if I need help with something, I am responsible for bringing that to the group - either to Amir, assistants, to the MWI Community group page, to the calls, or to the retreat.
- I have the power to make this an impactful four (4) months. The power resides within me.



## Confidentiality

- Whatever is said in this group stays in this group. Period.
- I will honor each man and treat everything that is said, written on the private
  Facebook page, and happens in the container as confidential and sacred.
- I will not talk about a man behind his back to another man in the program unless I am ready to directly say it to his face.



#### **Play All Out**

- I will lean into my edge. I am aware that this requires me to have an intention of going 'all in' and see how it feels. I will be honest if and when I am at my edge.
- I agree to not miss more than one conference call unless it has been cleared prior to the start of the program with Amir.
- I agree that if I have any issues surrounding any of the practices, teachings, or assignments, I will bring those concerns directly to Amir or to one of the assistants.
- I agree to keep my commitments to other men. I agree that if I'm out of integrity, I will own where I've fallen short in the private community group page with a video explanation or in-person during the check-in portion of the live video conference calls.



## **WORKING THE MWI PROGRAM**

#### **Private Facebook Group Page**

For this session of the MWI program we will be communicating within a private Facebook Page. The Facebook group page is reserved for your weekly video check-ins, sharing assignments in the "guides" section, and general connection, sharing and communication with one another. You can access the page and request to join by <u>clicking here!</u>



## **ONLINE COURSE**

#### **Setup Your Community Profile**

Embodied Masculine<sup>™</sup> men have their own online community portal at <u>https://community.</u> <u>embodiedmasculine.com/</u>. You will need to create an account & register for our community page in order to gain access to the "Online Course" (skip this step if you have a profile). Once you create a profile, you will be invited to gain access to the online course section. Please make sure to set up your profile and set up your notifications (see image below).

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community!	Nickname	

Once you have created an account in our community page, you will be given access to the "MWI Course" page, where the Modules lessons and assignments that are based on conference call teachings will be accessible. Each call will have a new teaching. Most module lessons will have assignments associated with them. You will submit your module assignments in this area. Direct link to the page can be found at:

Access The MWI 2024 Course Page







Module Assignment Threshold: You must complete a min. Of 75% of your assignments to attend the retreat in April 2024



## **ONGOING TRAINING**



Your spiritual, physical, and mental training lives in the 4-1-4 series. The first "4" stands for the number of days you are committing to doing your daily practice per week (If you don't have a daily practice we will set you up with one). The "1" stands for an hour of silence in Nature per week & the final "4" stands for the number of times you are to move your physical body per week (exercise, feminine practice, or yoga 30 minutes min.). 4-1-4 tabulations begins on 1/8/24.

#### **Daily Practice:**

Most of you may already have a daily practice that you engage in, while some of you do not. For those of you that do not, you will rely on our assistant team and your accountability partner to support you in creating a daily practice.



You can also utilize the group coaching sessions to discuss constructing your daily practice. Commit to a daily practice for a minimum of four (4) times per week starting on Sunday 1/8/24. Your daily practice must include a 10 to 20-minute meditation. If you currently have a meditation practice, continue with your existing practice. If you do not have a meditation practice <u>watch this intro video to Transcendental</u> Meditation. For the Mantra use the Mantra "Om" (how to pronounce OM) You may also <u>download the following meditation app</u> to support you. Let your attention be on the mantra. When you find yourself in thought, simply and gently remove your attention from the thought and redirect it gently back on the mantra. This in simple terms is the structure of transcendental meditation. Easy to learn and hard to master.



#### Hour In Nature:

Once a week you are to spend 60 minutes (1 hour) of silence in nature. We are realigning your energetic body with the Schumann Resonance of the earth. You are encouraged to post a picture of yourself in nature in our private MWI Facebook page in the Guides Sections labeled "Hour In Nature - Reflections" with any insights, reflections, and experiences of that hour. That's the only time the phone should be out. Be brutally honest with your experience as this gives us a peek into your inner landscape. Prioritize and plan ahead.

#### **Physical Exercise:**

Commit to exercising or moving your body for a minimum of 30 minutes. 4 times a week, starting on 1/8/24. It is suggested that your physical training should include one yoga class a week. If you have any limitations, discuss them with Tim Bish assistant lead prior to 1/8/24.



#### **Accountability:**

Log the number of completed training sessions during your Sunday weekly check-ins. (Example: 5-1-3: shows you practiced 5 times, sat an hour in nature, and worked out 3 times.) List your 4-1-4 accountability at the top of your check-in post, in addition to posting/uploading your video.

## **DAILY ACTION TEXTS (ACCOUNTABILITY PARTNER)**

To be successful in this program, you will need to work with your partner(s) intimately. Here are the areas where you will be keeping each other accountable during the next four months:

You are to check in with your partner in the morning and evening, via text, Monday through Friday. Set an intention for what you want to accomplish for the day upon waking and share it with one another (see images below). In the evening send the same image with the items you set out to accomplish indicating what you did accomplish. This can be work-related, family-related, self-care-related, or in service to the impossible goal. Remember, check-in Monday - Friday (Saturday & Sunday you're off). It's less important what actually gets completed on the list; what is more important is the development of behavior in making yourself accountable to someone else, i.e. your partner(s).

#### Sample:



## Accountability: Partner(s)

## **REQUIRED READINGS**

We ask you to read at least one of the four books listed below in the order they are listed during this four-month program. For example, if you have not read Iron John that needs to be the book you read for this session. If you've already read *Iron John*, then you read *King, Warrior, Magician, Lover...* If you've read the first two books, move to the third, *The Return of the Mother* and so on. Once that book is completed, you're welcome to read one of the other three. If you've read all four books, email Amir for a new reading (amir@ embodiedmasculine.com). Please wait to order your books until after our first meeting on 1/2/24 as the book list may change.

- Iron John by Robert Bly
- King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine by - Robert Moore & Douglas Gillett
- The Return of the Mother
- The Secret Wisdom of NATURE



#### Accountability: Honor System

## **TEMPLE MAINTENANCE**

You will be introduced to various practices in keeping your temple body clean or clear. You are the master of what is happening within your temple body. If you choose not to keep the temple clean, your experience will be limited. More details surrounding temple maintenance will be shared with you during Module 3 of the 3rd Conference call.

#### Accountability: Honor System



## **MEN'S WEEKLY EMBODIMENT CIRCLE**

As part of the MWI program you are required to attend our <u>weekly embodiment circle</u> <u>gatherings</u>. Your registration is included during the time you are in this program. When registering simply put \$0 for the exchange.

Accountability: When you register through the above link for any of our circles, a record of your attendance will be noted.

## **WEEKLY CHECK-INS**

Being seen, supported, and felt by our peers is a foundational piece in Men's work. Every Sunday (starting 1/7/24), there will be a post in our private MWI Facebook group page called *"Weekly Check-In - (date)"* where you will have an opportunity to let everyone know where you are at. There will be prompts to guide you, but you can simply let us know where you're at (the key here is to be seen). We ask that your check-in is on camera and posted as a video no longer than 4 min. Let your video be in one take. We want to see you as you are, with mistakes, gaffs, and all.

#### Here are the points you want to hit for each weekly check-in:

- Use either of the prompts to check in or simply let us know where you're at and what/how you are doing. The key here is to let yourself be seen, exactly where you are at.
- 2. Make sure to either mention your 4-1-4 in your video or type in your results in the comments threat alongside your video.
  - a. (Optional) Share your experience during your hour of silence in nature with a separate video (3 min max) with a reply comment on our private Facebook page under the "Guides" tab labeled "Hour of Silence Reflections & Insights".

Accountability: Our private MWI Facebook group page will show the number of check-ins.

## **GOOGLE CALENDAR**

You will each receive an invitation by 1/2/24 to our Google Master Calendar

All MWI conference calls, group coaching calls, embodiment circles, retreat dates, and other event dates for our session will be posted here. Also, <u>all Zoom links for each call</u> <u>are listed here</u>. If you have not received your Google Calendar invitation by 1/2/24, please email <u>mwi@embodiedmasculine.com</u> (Subject: Google Calendar) requesting to have the invitation resent.

If you have a Google email address, that would be the preferred email to have your invitation sent. This is our master calendar and all questions about dates and times of events are listed here not on our MWI website nor in email exchanges. Once the program starts the final say on the date/time of any event is on this calendar.

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#### **Click Here To Access Our Google Master Calendar**

## ZOOM LINKS FOR SCHEDULED CONFERENCE CALLS & GROUP COACHING CALLS

The link to each Zoom Call & Group Coaching call is listed on our shared Google calendar. Please note each Zoom link is unique.

## RECORDINGS

The conference call recordings will be posted the Guides section of our private Facebook Page within 48 hours. You must watch all recordings if you've missed a conference call for any reason.

## THE RETREAT

## Tentative Dates April 24-28, 2024 - Sacred Valley, Peru



Click Here (link will become active on 1/2/24) to access your private webpage with all the information you need for our retreat. The password to gain access to the page will be provided by 1/2/24 via email.

## MATERIALS

#### Journal

Keeping a journal of your experience during the next four months will help you process and integrate teachings and your evolution on this path. You may also take notes during conference calls, and jot down the structure of practices being shared so that you can practice on your own. Journaling is an excellent tool for integration and processing. We're going to put it to work in this session. Order your journal now so you have it by 1/8/2024.

#### **Mediation / Prayer Shawl**

It's advisable to have a meditation shawl to train your nervous system to continuously move inward through guided meditations and practices which utilize visualization. Keeping the outer sphere of your vision in darkness supports deeper drop-ins. <u>Here's a sample shawl that would work</u>. Try to order one in black

#### **Blind Fold**

You will need a blindfold for various practices we embark on. Something comfortable that keeps you in complete darkness. It's advisable not to wear blindfolds during **vipassana meditations**, that's where your prayer shawl will come in. Blindfolds are regularly used during Shakti Shake, Chi Generator, and various Feminine embodiment practices. <u>Here's a sample</u> blindfold.

## **MWI CONTACT SHEET**

ou will receive access to your MWI 2024 contact sheet on or before 1/2/24 via email. (link will become active on or before 1/2/24). Make sure to add the phone number you'd like to use for others to reach you. You are all welcome to create a support chat via WhatsApp, Telegram or service of your choice. We simply ask that you do not process anything outside of the container.

## **QUESTIONS & SUPPORT**

If you have any questions about this program we are here to help. If you do not find your answers in this handbook you're welcome to reach out to Tim Bish (tim@ embodiedmasculine.com) who is the lead assistant or by sending an email to mwi@ embodiedmasculine.com.

## **MWI CHECKLIST**

Input all MWI events (conference calls, group coaching calls, weekly embodiment circle gatherings & retreat dates in your calendar) See Google Calendar for a schedule of all events as that is the official calendar we use not the MWI web page on Embodied Masculine

Add each man in the MWI program to your phone (see MWI Contact Sheet)

**Register** & create an account in our online community portal. Make sure to add a profile picture and follow the other men in the container. Make sure you have notifications turned on

Order the materials and your book that you're going to read for this session

Confirm your access to the MWI Private Facebook Page

Confirm your access to the MWI Course Page

Read through this handbook and email <u>mwi@embodiedmasculine.com</u> or Tim Bish with any questions (<u>tim@embodiedmasculine.com</u>)



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