

Men Like You

Although you direct your own training through the responses and decisions you make along the way, The New Warrior Training is coordinated by highly motivated, experienced volunteers. All the volunteers have been through the training and have a passion for assisting other men on their journeys. All volunteer trainers have been certified to facilitate the basic processes on The New Warrior Training Adventure.



"The New Warrior Training Adventure changed my life. I have discovered how to be an Elder, not a senior citizen. I have a new mission for the last quarter of my life."

— Alan Gilburg,
Bethesda, Maryland



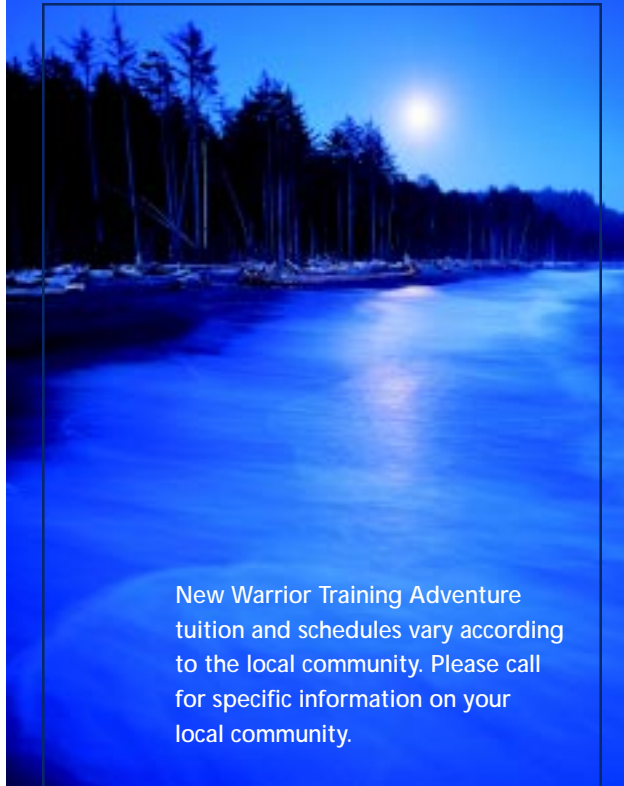
"My men's work was a Godsend and a blessing. It saved my life. It has given me a transformation that allows me to continue life's journey at a new spiritual level."

— Henry Thurman,
Kenosha, Wisconsin



"By doing this training, I finally came to terms with my own father. The men in my community helped me to remember that the most important part of being a good dad is simply to love my sons and their mother."

— Dennis Mead-Shikaly,
San Diego, California



New Warrior Training Adventure tuition and schedules vary according to the local community. Please call for specific information on your local community.

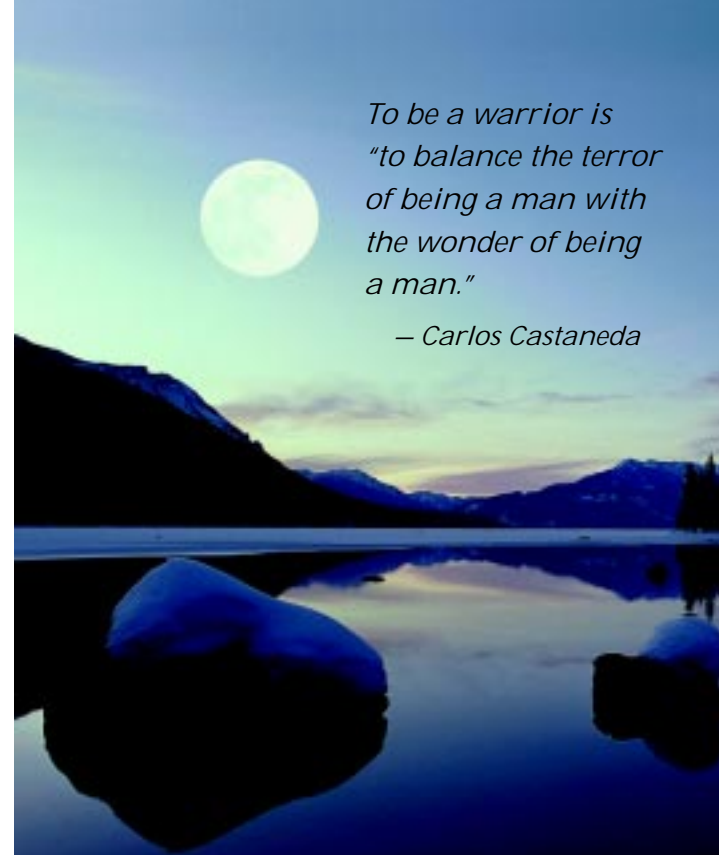
For more information on The Mankind Project, The New Warrior Training Adventure and The Integration Training please contact:

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*To be a warrior is
"to balance the terror
of being a man with
the wonder of being
a man."*

— Carlos Castaneda



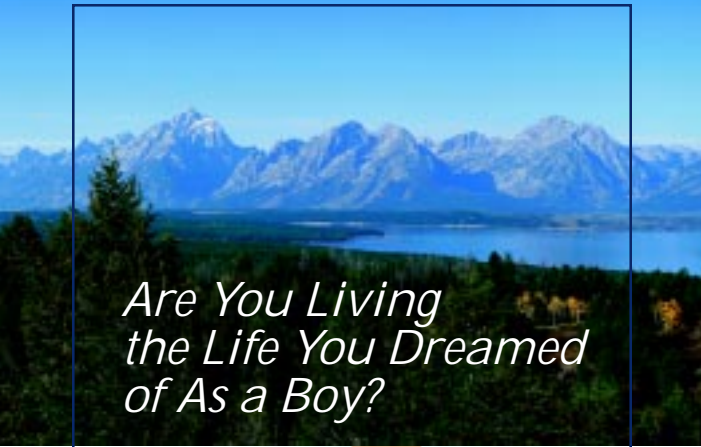
How's Your Life?



Changing the world one man at a time

presents

The New Warrior Training Adventure



Are You Living the Life You Dreamed of As a Boy?

Everything and anything was possible. You had great hopes for the future. Life was full of promise.

The unending demands of modern life can place great burdens on all of us. Have you compromised your dreams for security? Have you traded in your ideas for prestige and material gain? Are you working to please other people?

We read the magazines that promise a greater return on our investments or tighter abdominal muscles. We watch the 6 o'clock news and breathe a sigh of relief, feeling temporarily protected from the chaos all around us. Almost everything our culture offers is geared toward the externals in our lives.

Somewhere deep within us... in our hearts, souls and bodies... inside those places that gave rise to those dreams and ideas of boyhood, a discomfort grows. Something inside dies a little each day. Soon we don't feel anything.

Many of us have lost our vision. We have sacrificed our life's mission, our deeper reason for being alive. As men we have been taught to function from our heads, to make logical decisions. We have learned to endure psychological and physical pain without complaint.

We suffer from isolation. We are prone to addictions and to acting out our feelings in dysfunctional ways. We are afraid of intimacy. We drink too much, smoke too much, work too much and worry too much.

There Is Another Way

The Mankind Project offers men the opportunity to look deeper into their lives and make healthy choices about their future. An international network of men's centers in the U.S. and abroad, The Mankind Project empowers men to fulfill their potential. We are inclusive and affirm cultural differences, as well as differences with respect to faith, age, color, class, sexual orientation, gender, ability, ethnicity and nationality. We foster loving families, strong communities, and productive workplaces.

Our mission promises:

- To enable men to live lives of integrity, accountability, and connection to feeling
- To be of service to the community at large as individual men with a renewed sense of passion and responsibility and as communities of men working together to build relationships.

The New Warrior Training

The New Warrior Training invites you to make the journey from head to heart. Over a weekend, the program challenges you to look at all aspects of your life to see which are effective and which are not. It is attended by a diverse mix of men from all walks of life and in every life stage. Whether corporate executive or house painter, college educated or street-smart, these men come together to find deeper understanding of themselves as men. They want to learn how to live richer and fuller lives.



Designed to help each man to touch his truth, the program includes —

- Group discussions
- Games
- Guided imagery visualizations
- Journaling
- Individual work
- Celebration of passage

A mature man is one who knows himself well and understands why he is here. Through a weekend of insight and triumph, you will discover your warrior living within. You will take a look at your life as a man and find your strength.

Step into relationships more fully. Discover the joy of intimacy. Learn to listen with your heart and speak your deepest truth. Find courage in the face of your deepest fears and learn how to live a life of integrity and congruence.



Turn Commitment Into Action

Any learning, no matter how intense, will eventually be lost unless it is incorporated into daily life. You may want the option of participating in The Mankind Project's eight week **Integration Training**. This is an important aspect of the program, giving you the opportunity to deepen and integrate your new-found power and sense of mission.