

Healing the Cut: a Weekend of Collective Healing Work for Men

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With Stephen Busby, Martin Bruders, Philipp Griessl, Stefan Beier, Axel Perinchery

Men who heal through their lives, work, families and relationships are often part of a collective context of trauma formed by how generations before them participated in historical events, wounding that continues from the past into the future. As men, we know that the most intimate challenges in our lives, as well as our planetary conflicts and crises, are an expression of our shared and inner histories - which we inherit, and pass on.

In our men's work, we have found that in German culture for instance, and in many others, there is an energetic cut which shows up as numbness or shock, which blocks intimacy or connection, and which limits our alignment with and expression of spirit. This is a cut that keeps us from living the fullness, the passion, joy and potential of ourselves. It is a cut that is calling for our attention, and that we can explore creatively inside and between us; a cut that we need to own. When we do this, we realize how much our inner lives are imprinted with trauma, and we know that the next generations need not inherit this.

During this weekend, we will share with a small group of men from different cultures the approaches we have evolved. These include deep-witnessing and healing practices and dialogue, somatic presencing and systemic constellation work. War and its systemic effects, the inner disconnection, are in all men, and this work is personal, cultural, and global in its reach.

We will work in English, without translation, and will be creative with language if support is sometimes needed.

What calls us to this work: war, genocide, mass expulsion, unimaginable loss and grief, abuse and violation, suffering and trauma on a scale that most of us cannot feel or comprehend... these words describe as much the experience of our grandparents' generation – and before them, as much as they also describe the world in 2017. This is our world, and our children's world. We can choose to participate differently.

We are a group of five men who have developed subtle capacities, skills and presencing work as part of an awakening journey. We are students of mysticism and diverse spiritual traditions, including the work of Thomas Hübl. Our backgrounds are in embodied psychotherapy and gender work, performance art, theatre and integral studies, integrative bodywork, movement therapy, osteopathy and naturopathy, quantum healing, life coaching, intercultural communication, and systemic (family) constellation work.

Our longer-term vision for this work: we feel a responsibility to expand the reach of our work and our consciousness, and we envisage a large platform for healing work of this depth. This weekend will enable us to refine our work together and – after our costs are covered – all money raised will go to fund our next steps, to include many more men.

Where and when we will meet: the Lotus Room (Lotus Saal), in Prenzlauer Berg. www.lotussaal.de We will start at 9h on Saturday and Sunday mornings, working until around 18h on Saturday and 17h on Sunday.

The cost: €190 payable in advance to reserve your place. Food and accommodation aren't included and are available locally.

How to apply for a place: the number of places is limited, please write to Martin Bruders (in German or English) for registration details, *including some words about yourself and why you are attracted to this work* – we will send you more information: info@innerplace.org or phone +49 163 8518585.