

Path 2 Spirit Warrior Weekend - Processes Review

9/28/19

Goal: Provide an overview of the processes of the weekend chronologically for Guides to use as a point of reference. Thanks to the input of Ken Otto and Ed Feldmanis, there are two ways to conceive of all these processes over the course of a Path 2 Spirit Warrior Weekend. First, a Guide must focus consideration on the Rational Aim of the process, that is to think: “What do we want a Pilgrim to remember?” during a given process. Second, a Guide must focus consideration on the Experiential elements of the process, that is to keep in mind: “What do you want the Pilgrims to experience?”

As a New Warrior, there is a discovery of one's deeper emotional state, less evolved men fall into their wound and get fixated on trying to “out of it”. The Spirit Warrior is committed to taking responsibility for what “life has given them” and “deal with it”, not try to “correct it”.

Process Name	Experiential Elements: <i>“What do you want the Pilgrims to experience?”</i>	Rational Aim: <i>“What do we want a Pilgrim to remember?”</i>
Pre-Weekend Interview	Trust; Our Competence; Introduction to depth of weekend	P2S is operating at a high level; Questions about Pilgrim's Life
Being a Mentor (Lover Energy)	Loved; Honored; Accepted; Stay true/Open; Lifeline to the Pilgrim; all processes happen within relationship	Someone watching and responding to the Pilgrim; Tracking the transformation before and after. Empart “You can be loved and find depth.”
Embarking/Table 1	Warrior Energy; Hard Reality; We mean business. Holding Space while Pilgrim is likely open, out of control, finding safety	We have a job to do; it will take Warrior energy. Need to be direct. Introduce Essential Silence.
Warrior Sensei 1	Trust; Surrender; Taking Ownership; Get present for what's next; Grounding	“Calming the Warrior”; Hold the Container; Protection; We are in this together as a Brother; Trust this is a good space; It is deep and serious
Warrior Sensei 2	Idea of Burden and how it might apply to Pilgrim's life; switch to deep inside exploration for Pilgrim	Teaching Piece: Definition of Burden

Rock Sensei's	Confusion of wound; Move from what I think I know, not feeling but to decision Pilgrim: I now own a burden	Coming to new view of wounds/pain; seeing our decisions on pain and how it carries to suffering; Pilgrim: I choose a burden
Spirit Sensei	Confusion; Lightness of Being Off-Burden and Acceptance of choosing to be On-Burden; Cognitive Dissonance	Teaching Piece: Setting down Burdens and Choosing to pick them back up consciously
Daemon	Confusion; Welcoming; Safe; Personal Challenge to Name Spirit; "Truth of who you are"; Commitment to Name for Spirit; Introduction to the flow of the Unconscious and Conscious	Force to Name Spirit. Get Spirit Stone. Confronting Pilgrim with relationship to Spirit; Invitation: "You are not alone"; Spirit practice begins with an understanding of the flow between consciousness and unconsciousness
Chapel Sensei	Clarity for what these have meant to me. Quiet, Personal Reflection: Look at, Practice and get real Close to it; Looking forward to what is to come; Crucible; "simmering in their mess"	Reflection of what has already happened. Memorization and Solidify what is going on for Pilgrim. Send off with Mother Theresa poem
Escort	Confusion; Holding Space; Trust	Walk in nature in silence blindfolded and not.
Foot Washing	Confusion; Giving up Control and Trust another man; Cared For; Vulnerable; Be uncomfortable;	Surrender and Willing to be Cared for; Accepting Love and Care; Intimacy as a man washes my feet
Acceptance Ritual	Welcome to the Circle; Owns and shares each burden; modeling from each Guide; You're among a community; Self-consciousness around our own decisions; Witness+Being Witness	Owns and presents each Burden; Teaching toward decision vs wound. Welcome to this Circle; We have Burdens, too.
Journaling	Bonding; Non-Religious reflection and sharing	Intro to a Spiritual Practice; Clarifying what we mean by Spirit; Sharing with other Pilgrims for 1st time
Energetics	Increase Energy; Experience within body experiences of heightened emotions within relationships	Enliven the body with brief, heightened emotional expression; Begin to connect each role to primary relationships/personal experience.
Relationship Chamber	Recognizing the importance of relationships; Can't do it alone.	Teaching Piece: Differs from work of recognizing Within for a Pilgrim; moves back to relationships;

		"How our Burdens show up in our lives now" is through a Dilemma
Dilemma Building	Defensiveness; No BS. Life is Difficult; No solving/rescuing. Make it worse, not make it better. Ruthless with Truth	Teaching Piece about what a Dilemma is. Finding the Lose-Lose. Teaching the essence and meaning of each person in the conflict.
Spiritual/Meditation	At peace; Calm; Reflect and Bond together by sharing	Instructive on Meditative/Spiritual Space; Not doing, talking about each Pilgrim's practice.
Mask Making 1: Death	Surrender; Trust; Death of Persona; Impermanence of this life; Leaving Behind/Legacy	Create a Mask with Mentor. Our Bodies will not last forever. If you died tonight what would be unfinished or seem worth changing.
What Will You Miss?	Gratitude; Wonder; Joy/Peace; Bonding	Reflection on what is truly important
Physical Movements	Connecting body to feelings; out of comfort zone; feeling Pilgrim's aging body;	Enliven Pilgrim's body; Context of Pain Body; Relationship to Body and Effort as we age; Knowing our Body's Experience of feelings
Health Check In	Sharing; Building consciousness to health; I own my health practice: I do this and I don't do this.	Checking in with each other around sleep, eating, exercise and taking care of body. Do you have a practice for your body: What do you do and don't do?
Breath Work	Active; Hard Work/Warrior Work; Physical; High Energy; Breakthrough; Internal; Release Mentor: Lifeline	Eliciting Internal experience in pain body; Safety is a Consideration/ask about medical problems; Most dangerous process; Look out for re-traumatization and support; Mentor: On Point, watching Pilgrim's process
Canoe Visualization	Out of trance state; connect to Spirit/Higher Being; Peaceful piece	Message of a 2nd chance; Maybe Pilgrim can deliver fearful messages they have been avoiding
Life Review	Physical experience of being accepted at every stage of Pilgrim's life; "look at my life. These Guides accept me and I accept myself"	Stepping toward understanding Pilgrim's life through Spirit's eye; What's going on for you right now?; We are guided by the Pilgrim and yet we know where we are going next, by way of empathic attunement.
Mask Making 2: Painting	Connection/Joy; Celebration of Who I am; Discovery of authentic; Creativity	Pilgrim's creativity to get in touch with authentic self and share in it with other men

Spirit's Blessing	Relief for Pilgrim; Connection to Witness piece of Spirit; embody Spirit/ Be in Spirit; "What am I being called to say in this Life?" Blessing Place	Recognizing Spirit and Something greater; May have "I no longer..." piece to help with connection to Spirit; focus on "What is Spirit calling this man to say?" Highest Self/It's a shift
Fire Circle/Sweat	Solidify Process; Integration; Release; Change process with fire; connect to Spirit	Guided through 4 rounds of reflection: Surrender, Acceptance, Forgiveness, Thankfulness/Gratitude
Chronological Time vs Spirit Time	Timeless for Pilgrims; Not rushed; Periods to come in/out of altered states	Efficient vs Effective; Sunday is packed; Guides can become pressured
Reflective Listening	Becoming listeners with heart; Connectivity; pushed for the essence of the man and depth	Teaching/Modelling; This is what it is and how you do it. Can be shortened with a theme for check in
Intro to Mission	Be Concise; Connect to daily life; Connect to Pilgrim's Gold	Teaching Piece:Active pursuit of bringing Gold to life Explaining formula; short
Mask Making 3/Bobbles Dance of the Masks	Connection/Joy; Celebration of Who I am; Integration of all of me; Creativity	Short time to finalize masks; Celebration of accomplishment of work; Welcoming to Circle in a new way
Withholding Love	Owning how I have been withholding love	Teaching Piece: Withholds and how Pilgrims do it; Need for Courage to face others with integrity
Forgiveness	Forgiving self and others as a Spiritual practice	Explanation of depth of forgiveness. Framing the resolution.
Dilemma Resolution	Blessing the imperfect; Looking at Burdens and Gold; face Dilemma with Spirit's Blessing; Responsibility to Self and Others	Awareness Piece; Stepping into Vulnerability and Choice; not doing it alone. From hopelessness to resolution
Gift Blanket	Humor; Celebration; Mystery; Connection; Recognition of our true gifts	Teaching Piece around accepting and giving gifts; how we are connected; Victory and celebration; A piece about Mystery; Guides model gift-giving
Talisman Ceremony	Honoring and Goodbyes to each other; Recognition of Impact on each other	Acknowledging Mentee's Journey
Final Circle at P2SW Weekend	Connectivity; Integration and Release	Check out with each other for Guides and Pilgrims; instructions for Family Reunion next steps
Family Reunion	Integration; Community	Integration for Pilgrims; Welcome into a League of

		Men
Mastery Group	More Solidified; Build on P2S Weekend; Want skills to take to Life; ways toward Path	Things to do and processes to stay with Spirit's unfolding in life; compiled items for context; better facilitated with Guide
Path Partner	Responsible to Self and Others; Recognizing Victories on my Path; Steps toward Mission	Checking in with another Pilgrim to continue the work; Accountability toward Spirit Mission; Strengthening the Witness