



SAVE THE DATES!

Path to Spirit Warrior Weekends for 2024 / 2025



August 9-11, 2024 Michiana Christian Camp – Niles, MI

October 25-27, 2024 Michiana Christian Camp – Niles, MI

February 14-16, 2025 Michiana Christian Camp – Niles, MI

May 9-11, 2025 Michiana Christian Camp – Niles, MI

To Register / more info: David Lindgren, Director

david.lindgren23@gmail.com

312-415-7455

Pathtospiritwarrior.com

Tuition - \$800

Deposit to Register - \$100



P2SW Training May 17-19, 2024 Testimonials

Jeff Rogalski

I was looking for some kind of spiritual get-away, away from my world to rediscover this guy "Jeff", to re-establish my grounding and get some clarity of what I want to do the rest of my life. Having been around MKP for almost 36 years, I didn't want to attend another MKP weekend. A good friend recommended this P2SW weekend and it just felt like the right place to be. The weekend was nothing like I imagined it to be. It was a deeper spiritual experience tying in Spirit to aspects of my life - like relationships, stuff that I carry around that make life harder than what it could be and inviting Spirit into my everyday life challenges and blind spots that keep me from being the man I want to be. A very deep and powerful experience for me which I am still processing with the men on my weekend! Grateful for having the opportunity to experience such a unique weekend with a group of very good men!

Billy Lafond

Hi guys. Billy Lafond here. I had to look at the way I see the connection of Spirit with my healing and nurturing of myself, and what it is to have a meaningful animal name in relationship with my Spirit. I have been foolishly in isolation at times thinking I'm different from the world, and I have realized that I have always been choosing the best family of my own (in the Navy). I have been struggling with the idea of having people that I can relate to and now have a better chance of seeing you in person.

Chase Pittman

Before my Path to Spirit Warrior (P2SW) weekend, I already had a substantial background in my own personal work, which included therapy, counseling, trainings, etc. P2SW was for me a next level of healing experience! The leaders skillfully and insightfully worked to empathize with my pain, challenge my defenses, and open my eyes to see better the meanings of my story and my pathway forward. And the context of men helping other men to find healing was powerful! I fully recommend P2SW for any man ready to step out of his comfort zone and claim his birthright to greater wholeness.

Dr. Oliver M. Williams - Powerful "fuggin" Eagle

I jumped into the space of the weekend thinking that I had all of my burdens squared away. We'll, guess what? I was in company with a bunch of white guys, and as I looked around, I was the only guy of color there. "Dang" I said to myself as I was again in another situation with a bunch of people who didn't look like me.

I talked about that in our first introduction session. I was welcomed with open arms and outrageously supported through the duration of the weekend.

A special shout out to Jay Stark-Dykema who went above and beyond to show up for me as I had some physical discomfort issues.

Plus, I was gifted with the opportunity to bless the spirit brothers with a taste of my Wow Power Qigong program.

The weekend was a win-win.

Michael Ellison

I found the Path to Spirit Weekend to be a transformational experience. The love and support with which I was guided through my journey helped me face deeply embedded patterns and open my heart to brand new levels of receptivity and joy.

James Riely

The P2S weekend helped me get unstuck from a couple of "no-win" situations in my life: in my job and in my closest relationship. I was in a rut, alternating between apathy and anger. The P2S process is remarkably well-designed, the facilitators are uniquely gifted, and all the men involved are loving, playful, and intelligent. They made me feel safe. The process opened me, excavated a root cause of my dilemmas, and taught me how to bring my inner strengths to bear. The confidence and calm I brought home had an immediate effect on my relationship. Which is great. But such a change can be fragile. Yes, there was new some insight, but the old issues don't magically disappear and, when I am feeling less robust, minor situations can still trigger my petulant inner child. For this, the mastery sessions that follow the weekend have been invaluable. They provide a safe place to test and expand the skills and self-confidence that I received over the weekend. I can attest that this work is designed to hold up under real-world strain!

Profile of Path to Spirit Warrior (P2SW) leadership

Guide/Trainer/Facilitator – Mike Trampetti

Mike was born 48 years ago in Castro Valley, CA. Mike's dad owned a donut shop, and his mom was a homemaker. He has two younger brothers and one stepbrother. Mike attended high school in Castro Valley, and he remained there until he decided to advance his education by attending several universities (St. Thomas University, University of Houston, Rutgers University) and was awarded several degrees, including a Master's in Business Administration. After completing his education Mike worked in some top-tier companies before choosing to start his own consulting business which focuses on business products and services for construction contractors and other industries. The business (Trampetti Management Group) opened in 2012 and received an award in 2021 for being one of the Midwest's fastest growing companies. Mike is a member of the Vistage Association of Builders and Contractors. Mike is married and has no children.



Mike joined the Mankind Project (MKP) several years ago and 2 years after joining he received an email from P2SW leadership inviting him to the P2SW weekend. Mike remembers that the sight of men holding masks was intriguing and he asked wtf do they actually do during the weekend? Curiosity, and Mike's desire to improve all aspects of his life, led him to attend the October 2018 P2SW training weekend. He finally learned what leads grown men to hold up masks, and he's so glad he did. He tells me that the training has been personally and spiritually valuable, but has also helped at a professional level as he now incorporates some of the weekend and mastery exercises (reflective listening, check-in, etc..) with his clients, which moves beyond a casual business relationship and allows connection at a deeper, more meaningful level. Perhaps that's one additional reason why Mike's company is one of the fastest growing in the Midwest.

For those of you that have seen Mike at a P2SW weekend and/or experienced his expertise in leading men through the weekend you would expect that Mike has been doing this for quite some time. However, he doesn't consider himself a "leader" in P2S, but rather as a part of the organization. He's a firm believer that labels or titles don't mean anything as you can find many organizations and a lot of people that have executive titles yet have no impact on the company. Mike simply wants to do the best he can, whether as a team player or a leader with the intention of making the organization the best at what it does. So, no matter what you call Mike, he wants to do what he can to help others, in whatever capacity, just like P2SW has helped him. So, while Mike shuns the title of leader, he certainly has earned the respect of other P2SW leaders and is highly-regarded as a more than worthy

leader.

Mike wants new spirit brothers to become better listeners and to use this skill both personally and professionally. The weekend helped him overcome his fear that a woman would take advantage of him. However, the ongoing practice of listening as a part of P2SW, especially as a guide, helped him hone his listening skills and build a strong foundation with his wife. In fact, she listens better than him, and it drives him nuts! It also works with many business groups and he has started incorporating reflective listening into his weekly check-ins. He loves watching the positive impact it has on improving the culture of an organization and the connection among team members.

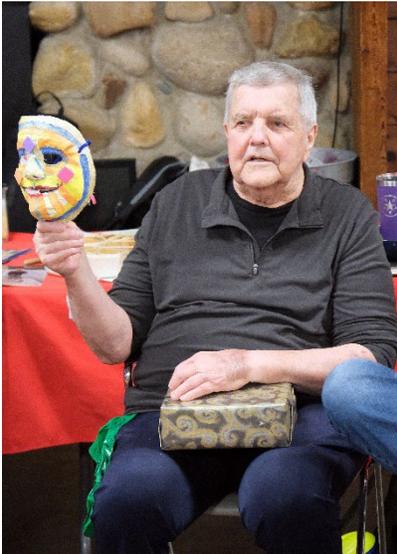
Mike tells people that P2SW is a year's worth of therapy in a weekend.

One last personal reflection on the impact of the P2SW weekend on his life.

Before he did P2SW, Mike had his mindset that he would never get married again. EVER. Now, he's happily married to Emily. What an unexpected and wonderful outcome!

Photos from March 17-19, 2024 P2SW Training Weekend









Milestones??

Did you achieve a milestone birthday or anniversary this year?

New children/grandchildren?

New job, promotion, retirement?

Any other milestones (awards/accomplishments/personal achievement)?

In your reply, please include the year that you went through the P2SW training.

Send to: njdonato54@gmail.com

Blessings and many thanks for your input.

Nick Donato – P2SW Newsletter Editor

How to say "I love you" with food – A kitchen story with Phil Berg



Kitchen story
audio.WAV

Napoleon was heard to say "An army marches on its stomach." The multi-day initiation for Path-to-Spirit-Warriors is no different. It requires up to 400 pounds of food to fuel the long weekend of men's work. In fact, just to get that much food into the campground kitchen requires at least three people from the P2SW volunteer staff to spend several hours gathering that food into a behemoth 6000-pound SUV, delivering and prepping.

Long before grocery shopping takes place, chief nurturer Jennifer Edelson digs deep at home while planning what the five-dozen men that report to the camp will eat in four days.

"I'm basically self taught," says Jennifer, "no grandma or mom to really teach me. I've always had a passion for food, for powerful flavors, for the layering and textures and all the different elements. Cooking's a way to say 'I love you' with food." The food must be nourishing, rewarding and served promptly on a tight schedule, much quicker than a small restaurant can do, she adds. Rapid intake of calories like this doesn't rely on consuming animals--it takes attention to each warrior's needs that can best be filled with meatless meals.





Men of service volunteer to chop bags full of onions, avocados, celery, strawberries, oranges, carrots, cucumbers and tomatoes. Lettuce must be chopped and washed. This prep must be done in sync with the unique menus Jennifer has scheduled, and it ranges from 2 hours for each breakfast to up to 6 hours for each dinner for a crew of between 3 and 5. All of this happens in a kitchen adjacent to the work sanctuary, everyone mindful of the silence necessary to maintain the men's container. Up to 10 large storage bins filled with kitchen supplies stored between weekends include canned food, utensils, dishes, pots and pans, more bins than any other process during the initiation weekend.

Remember, in the words of Jay Leno, "We're men. We gotta eat."

--Phil Berg, Viking Ape

Special Father's Day Blessing to the P2SW Dads/Grandads May it be a wonderful and memorable one....



"The greatest mark of a father is how he treats his children when no one is looking."

DAN PEARCE