



JOURNEY^{of} ILLUMINATION



We are pleased to invite you into this *Journey of Illumination (JOI)* with your Brothers, walking shoulder-to-shoulder on a path of spiritual growth and transformation. *The JOI is not easy. It involves five touchstones:*

CENTERING

SHOW UP AND MAKE CONTACT

We are men grounded in the power of the here and now. Each day, challenge yourself to make contact with your true Source.

Practices

- Centering Prayer/Meditation
- Fasting
- Mindful Breathing
- Walking Meditation
- Yoga/Body Work



GATHERING

SHOW UP AND GET TOGETHER

We are men who listen deeply to each other's stories. Regularly look for support and accountability with other committed Brothers.

Practices

- Small Groups
- 12-Step Support Groups
- Regional/Local Gatherings of M.A.L.E.s

CONNECTING

SHOW UP AND SHARE

We are men who choose another to walk with – shoulder-to-shoulder. Challenge yourself to find spiritual disciplines that keep your mind and heart open and connected, your body centered, and your emotions grounded.

Practices

- Soul Brother Check-In
- Elder Check-In
- One-on-One Conversations
- Work with a Spiritual Director
- Work with a Therapist

RELEASING

SHOW UP AND LET GO

We are men who let go of the ways that no longer serve us. Living in the present moment requires us to release the past. Solitude and silence are traditional ways of allowing this to happen.

Practices

- Exercising Forgiveness
- Journaling
- Shadow Work
- Death Lodge
- Wandering Retreats

SERVING

SHOW UP AND ACT

We are men who honor the earth and serve the whole human community. Find some way to give it away. To have transformation just for yourself is to lose it. The 12-Steppers call it the 12th and final necessary step.

Practices

- Engage in a form of service that supports family, community, and/or your men's work. A mentor, Elder, Soul Brother, small group and/or spiritual director can help you discern a starting point.

Are you ready to take some next steps?

Consider participating in a *Men's Rites of Passage*. Contact the Regional Illuman Chapter in your geographic area. These men can offer guidance and help you to connect. You can also find a flyer about the *Men's Rites of Passage*, as well as additional information on the *Journey of Illumination*, by visiting our website – www.illuman.org/journey-of-illumination.

Minnesota Region
M.A.L.E.s
(Men as Learners and Elders)
malespiritualitymn.org

Illuman.org
To learn more about our mission,
please visit Illuman.org