



# Illuman Men's Council

*Supporting Men on the Journey of Illumination*

**Illuman understands the Way of Council** as a communal contemplative practice. It affirms the importance of listening and speaking from the heart within a circle of men. But it also recognizes the circle as being more than the sum of its parts. Illuman wants to be open to the mystery of the Spirit that arises within the wisdom and discernment of the Council. It recognizes that we run out of words in the presence of something larger than ourselves. This necessarily widens the circumference of the circle, extending our vision to a wider community to which we also have to listen.



## The Four Intentions

*Listen from the heart.*

*Speak from the heart.*

*Be spontaneous and authentic.*

*Be lean of expression.*



**The Way of Council** is Illuman's primary practice, implemented at all levels of our work, from rites of passage to chapter meetings, from our homes to our wider communities. We respect this enough to equip men to do it well, but we acknowledge that council emerges apart from our efforts to control it. Circles have an archetypal life of their own. Council is the best teacher of council.



**When we come together**, Illuman men are conscious of the *five touchstones* of our journey with each other. We incorporate these touchstones into our Council practice:

### CENTERING

**We are men who** are grounded in the power of the here and now.

### GATHERING

**We are men who** listen deeply to each other's stories.

### CONNECTING

**We are men who** choose others with whom to walk, shoulder-to-shoulder.

### RELEASING

**We are men who** let go of the ways that no longer serve us.

### SERVING

**We are men who** honor the earth and serve the whole human community.

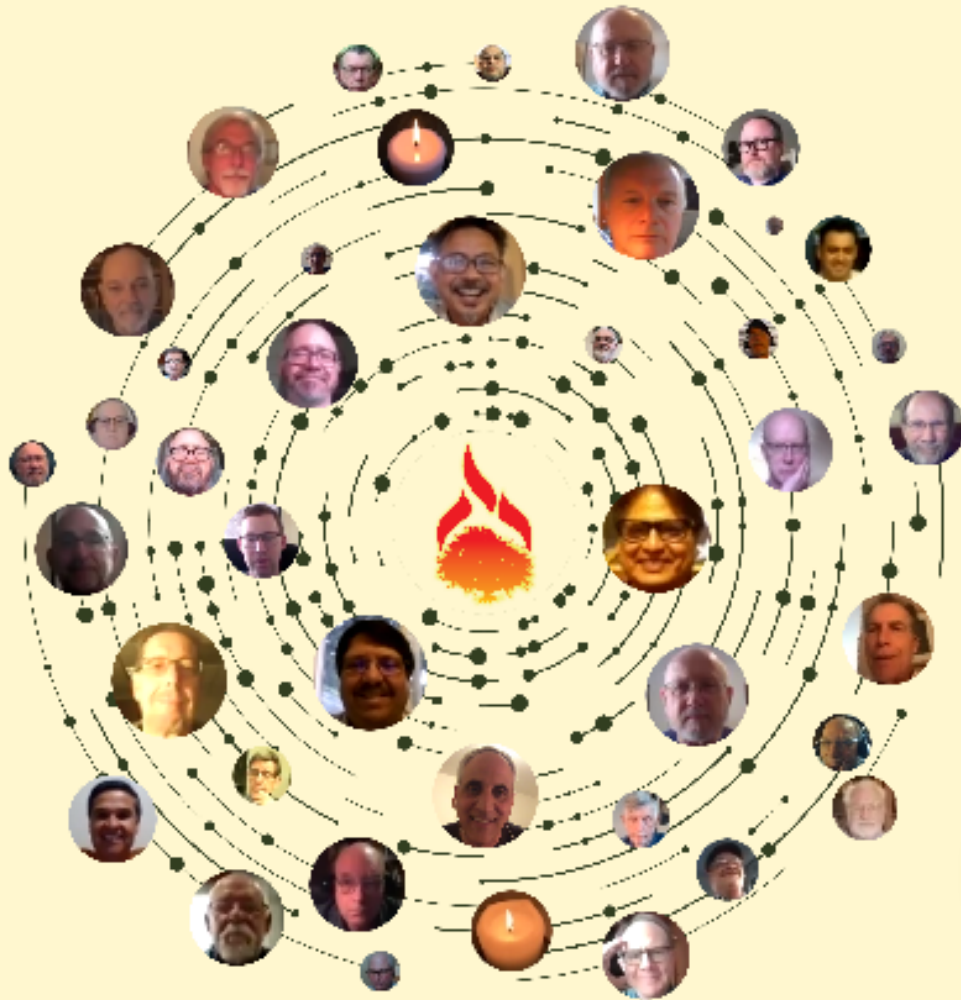


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# Widen Your Circle



## Have you considered joining a Virtual Council Practice?

**The Illuman Way of Council** is one of our essential teachings and the way men in our various regions most often gather and interact. We also practice council at Soularize and have been training men to use this tool in many aspects of their lives. Nonetheless, perhaps it is difficult for you to find a council meeting in your area. Or you just haven't been able to find the time. If this is the case, Virtual Council Practice may be a good fit for you.

Through the use of free and simple video conferencing, men with access to a computer or smart phone are able to gather together in council without the limitations of fixed times and locations. There are already a number of groups who are active on a regular basis, and more are forming regularly. Please visit the Illuman website for more details.

### ILLUMAN VIRTUAL COUNCIL OFFERINGS

- 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month at 8am Eastern and at 9am Pacific
- 1<sup>st</sup> Tuesday of the month at 8pm Pacific
- 3<sup>rd</sup> Saturday of the month at 9am Pacific

### COUNCIL CARRIER TRAINING PROGRAM

- Offered through our virtual community
- 1<sup>st</sup> Saturday of each month at 8:00am Pacific



[illuman.org/virtual-council](http://illuman.org/virtual-council)

[councilpracticehelp@illuman.org](mailto:councilpracticehelp@illuman.org)