

# The Sword and Scepter Workshop



Awakening and Honing  
Your Masculine Power

Who are you being as a man  
and what are you here for?

What are you building or  
creating?

What are you willing to risk to  
step up and become the man  
you most want to be?

What is your relationship to  
love, to your family, your  
work, your values?



# Our Generation of Men

Our generation of men, more so than any other, has a confused relationship to power. Society sends us mixed messages about the role of male power: sometimes denigrating it and sometimes neutering it. Depictions of men expressing power are usually violent and unfeeling. This workshop is based on the view that much of male power is “disowned” and as a result, it is either expressed in counter-productive ways, or is not expressed at all.

For 10 years now, the Sword and Scepter Workshop has helped men go right to the source of their power and find better ways to express it, channel it, hone it, and release it. It was created as a labor of love, based on the belief that men can benefit greatly by having a cleaner relationship to their power, and an understanding of how to use it to their own greatest benefit and the benefit of others. This workshop provides the opportunity for a profound shift in just a few days time.

**From this experience, you will:**

- Take control of your life
- Have a better understanding of your own relationship to power
- Express yourself fully with other men and find enormous satisfaction in their presence
- Become fearless in facing yourself and others
- Stop giving away your power
- Be a model for healthy expression of male power
- Discover when your expression of power serves and when it causes harm
- Embody a more natural state of being and sense of self
- Experience a quantum leap in your ability to manifest what you desire in life



## Deepening your Power is an Experiential Process

The Sword & Scepter is you going reflective, mindful, primitive, to your core...releasing and experiencing your power in a conscious and unconscious manner...finding your expression...acting on your dreams...being conscious and responsible for your freedom and power from your core and your truth. It requires courageous opening to yourself, to others, and to the deepest aspects of what it means to be a conscious man in the world. Learning about power has a dual edge: the inner (exploring (our personal power), and the outer (learning to express your power effectively). We work both edges throughout the workshop, discovering a deeper sense of self and its viable and authentic expression.

### The Workshop

The workshop is structured as a series of exercises, experiences and conversations – not lectures and instruction. Participants will join in a mutual exploration in which each man brings his own wisdom and experience to the circle creating deep relationships with other participants throughout the workshop. We will explore male power through:

- Exercises to help you see how you are showing up
- Exercises designed to draw out your male power
- Opportunities to see your power's impact on others
- Journaling and self-reflection
- Council to evoke masculine wisdom
- Access to the timeless templates of king and warrior
- Meditation, envisioning, and imagery



## Workshop Dates:

**June 25<sup>th</sup> – June 28<sup>th</sup>, 2015**

The workshop begins on Thursday, June 25th at 10:00 AM and continues through Sunday afternoon at approximately 5:30 PM.

The location is in Petaluma, CA at the Walker Creek Ranch. This is a residential workshop.

The total cost of the workshop is \$495 for the workshop fee plus \$220-\$400 residential fee depending on which option you choose. An early registration discount of \$100 applies if you enroll by April 18<sup>th</sup>.

The workshop is facilitated by two highly seasoned leaders in the men's movement and the number of participants will range from 25-40 with a supporting staff of 8-12.

For more information please call: Keith Merron at 415.488.4003, Tim Kelley at 415-902-8906 or Michael Lipson at 415-279-6575

## The Facilitators

**Keith Merron** has 32 years of experience assisting executives and managers in business, government and education manifest bold vision, sustainable high performance and industry leadership. He has designed and led over 100 seminars and workshops for leaders, helping them claim and express their authority and power effectively in their work and personal lives. He is the author of 5 books in the areas of personal growth, leadership, and organizational change.

**Tim Kelley** works with business and government leaders from around the world, helping them to design and implement a new paradigm for our society. He has worked with men and their connections to their power and masculinity for over 20 years. He has trained over 1000 consultants, therapists and coaches in his methods, and he is a sought-after public speaker in business circles. Tim's techniques are taught on three continents and have been featured in books, magazines, and television.

## An important caveat to potential participants

This is no ordinary personal growth workshop. Since it is a workshop about power with men exploring their relationship to power, a number of exercises challenge and invite men to face themselves with a deep resolve to see and unearth yet unexamined realms in their being. While the environment will be extraordinarily supportive, we also know that to produce a breakthrough requires the ability to face oneself in the mirror. Sometimes we don't like what we see. For this reason, it is crucial that men come to the workshop with some experience in working with themselves—in therapy, participation in other deep personal workshops, experience in the diamond heart work, participation in men's groups where the purpose is to deepen oneself, Buddhist mediation, etc. If you have not done some personal work in this way, or are facing significant challenges in your psycho-emotional state of being and health, this workshop is not right for you.

**Here's what several Sword and Scepter participants had to say about the workshop:**

*"I've just returned from an incredibly intense men's workshop, Sword and Scepter, where I spent the last 4 days with a group of men under the incredible, expert guidance of Tim Kelley and Keith Merron. Sword and Scepter was by far one of the most powerful workshops I've ever experienced, in 28 years of growth work (yes, I started young). I used to think that people were people who all needed to grow. It was only a few years ago that I began to understand the real power of, well, owning my identity and power as a man.*

*Whether you are a man, or happen to know or love some (ahem), I urge you: help men find themselves. Know it's a lot harder than it looks, and claiming our power, our hearts and our intuition, and healing lineages of abuse and pain, takes time. Honor our journey. Take the Sword and Scepter Workshop.*

*Yes, the Dalai Lama said that the world will be saved by the Western woman. I disagree. It will be saved by men and women alike stepping into their own versions of healthy power, and choosing to make a difference - every day." Jonathan B., Actor and Director*

*"I just wanted to thank you both again for an incredible program. It was a privilege to witness and experience two master facilitators at work. I still have lots stirring." Steven K., Management Consultant*

*"I feel stronger and more confident, comfortably in command. I am more aware of myself, my power, and where I consciously and subconsciously distribute it. I remember my vision and I stay my course. It was a powerful workshop! Thank you for bringing yourselves as fully as you did this weekend. Your gifts are extraordinary. I am hard pressed to find a better use of my time, energy and money. I would have gladly paid double or triple for the return on this investment." Ari P., Construction Contractor*

*"You two do the world a great service, penetrating the fog of projection, anger and blaming and the resulting violence so common among men in our culture.... I feel stronger, clearer, and am already doing more today to put myself and my work out into the world." Jack G., Professional Photographer*

*"After the workshop, I felt great, and very integrated in my power. The day after the workshop, I spoke in front of 100 investors, pitching my company as a potential investment for them. I felt confident, and that I belonged there, which was a huge shift for me. Before the workshop, I would have felt like an impostor standing among very successful business people and wealthy investors. The following week, I spent 8½ hours coaching three partners in a small business through some very difficult terrain. I had never done this before, but entered it confidently. In the past, I would have been extremely nervous walking into a project with this much at stake. I feel like I can handle just about anything right now, and that feels great!"* Lion G., Entrepreneur and CEO

*"The work, and the commitment to keep "working it", held solid and expanded during the week following the workshop. While I remind myself that workshop "highs" generally have a half-life, this somehow feels a little different. Here's why: 1) I've had some post workshop breakthroughs and continue to play with fundamental shifts deep within. 2) I sense there's a cohesive group to continue beyond the workshop, and I have already met with three different men from the group last week. 3) I'm holding the possibility that this work sticks longer and is more "viral" in creating ongoing awareness within me."* Michael L., Management Consultant & Investment Banker

*"I am very pleased to find myself practicing and expressing male power. I find this practice a much more satisfying approach to my life, which remains challenging to me. I'm the same guy as before, it's just that now I feel that it is time to step into my adult self."* Todd K., Cartoonist

*"You both did an outstanding job:*

*creating a safe ground for sharing  
creating exercises to pry open our hearts and souls  
adapting on-the-fly, gracefully  
providing empathy and straight-talk during BIG shares*

*And most of all, you added something that's really hard to achieve in workshops and retreats: Magic! Magic makes anything possible. It helped bond the group together. Thanks to you both, I've peeled away a few layers and feel lighter and stronger as a result. Ah, but there is no finish line..."* Ward F., VP of Sales, High-Tech Media Company