



# HOWLING

A T T H E M O O N

## 2024 COHORT

Howling at the Moon is an adventure into your deepest True Self. Ideal as a next step for men who have completed an MROP, or for those brave souls who want to dive into the mysteries of their gifts and purpose, the Howling Cohorts is a journey into self-awareness, inner self-healing, and recovery of wholeness. Whatever age and stage of life you find yourself in, if this sounds appealing, Howling at the Moon is for you.

Over a period of nine months, we will connect with our deep archetypal selves and various sub-personalities to manifest the most life-giving relationship with self, others, and the world. The primary work is based on the four cardinal directions as described by Bill Plotkin (see the book "Wild Mind"), as well as the work of depth psychologist James Hollis (see "Finding Meaning In The Second Half of Life"), and others.

Each cohort will consist of ten men who will meet on Zoom monthly from February through Oct 2024. The monthly work (exact schedule to be decided) will include:

- 1 group council and mirror session on zoom (90 min)
- 1 solo wilderness/nature wander (in your own location; 3 hr, probably on a weekend)
- 1 small-group meeting with men in your cohort
- opportunity for individual personal work with a guide (dreamwork, active imagination, mirror work, for an additional fee).

After the nine months of online work, an optional 5-day/4-night wilderness immersion is offered to the brave souls who wish to further their experience/training in person on the land. Go to [illumian.org/howling](http://illumian.org/howling) for more information.

The purpose of the Howling Cohorts is to bring a man deeper into his own life journey. No formal inner work training is necessary (you do not have to have done an MROP). The only requirement is a strong calling for you to become the best human one can be. A note of caution: by the end of this journey, you may begin to "remember your name"<sup>1</sup>, and/or be thrust into a new perspective of your "one wild and precious life."<sup>2</sup>

1 "Prospective Immigrants" by Adrienne Rich - 2 "The Summer Day" by Mary Oliver

**Total cost is \$375 with a sliding scale if needed.**

Howling at the Moon is conducted via Zoom

For more info, and to apply, scan QR or visit: [illumian.org/howling](http://illumian.org/howling)

Contact John Lew at [gjohnlew@gmail.com](mailto:gjohnlew@gmail.com) with questions.



## HOWLING AT THE MOON

A Journey of Self-awareness, Healing, and Wholing.