



**New Mexico Men's Wellness is committed to nurturing wellness in body, mind, and spirit. NMMW has brought men together in retreats and discussions for over 30 years. Please join us!**

## **Free Monthly Presentations and Discussions for Men**

**Tuesday February 2, 2021– 7:00 to 8:30 pm**

**During Covid-19 times, Via Zoom – the link will open at 6:45**

### **Turning and Facing Social and Cultural Upheaval: Embracing Shadow and a Path with Heart**

Unquestionably, we live in times of unprecedented social and cultural upheaval, the scope and depth of which few of us could have imagined, let alone predicted. The current cultural divisions and fault lines in our nation and our communities have never been greater during our lifetime. At the center of much of the recent violence is the archetype of the toxic male who paradoxically seeks freedom through dominance, aggression and control. We witnessed these very traits that were on full and violent display during the assault on our Capitol and on our democracy principles on January 6<sup>th</sup>.

What are the roots of this violence and what, if anything, do we understand as our shared responsibilities as a community of men in addressing these malignant aspects of patriarchal culture? We will begin this journey by courageously turning toward shadow and reflecting on the ways in which we have personally and collectively contributed to the conditions we presently find ourselves in. Next, the path out of a cultural malaise is through the individual heart and in the search for our deeper personal and collective truths that bring us closer proximity to compassionate wisdom. We will conclude our session with an exploration of the commitments, actions and rituals we can take as a community of conscious men in beginning to mend our current cultural and social fissures.

**Thom Allena** is a community, organizational and depth psychologist and has taught in the Peace and Global Justice Studies Program at UNM. Thom's pioneering work in the fields of restorative justice, cultural reconciliation, and violence prevention has been used by communities, justice systems, schools and universities across the United States, Canada and Europe.

For over 30 years **Gary Carlson** has participated as a leader and participant in conscious aging and human potential activities, including 20 New Mexico Men's Wellness conferences, seven New Mexico Conferences on Aging, six Sage-ing International conferences, and various other local and national conferences.

**Peter Cubra** is a civil rights lawyer and community activist. He is currently working with the Coalition for a Safer ABQ to reduce police interactions with people not alleged to be committing a crime and to provide health care and social interventions, instead.

**More information about NMMW available at: [www.NMMW.org](http://www.NMMW.org)**