

## Inner King Training - Personal Preparation Information

We have created the Inner King Initiation as an invitation to evoke and integrate the wisdom of mindfulness, compassion, right action, and generative purpose. In so doing we bring out the best in ourselves and in others. We do this work in the context of service and generosity.

We believe the following list of suggested experiences will deepen the quality of the training for you. Please feel free to discuss any of these options with us if you have any questions.

### **Suggested prerequisite experiences:**

**The New Warrior Training Adventure** - [www.mankindproject.org](http://www.mankindproject.org)

**Shadow Work Training** - [www.shadowwork.com](http://www.shadowwork.com)

**The 4 Gateways Process** – [www.4Gatewayscoaching.com](http://www.4Gatewayscoaching.com)

**Men's Leadership Alliance Soul Retreat** – [www.mensleadershipalliance.org](http://www.mensleadershipalliance.org)

### **Suggested readings:**

***King, Warrior, Magician, Lover.*** Robert Moore and Douglas Gillette

***The Tao of Leadership.*** John Heider

***A Little Book on the Human Shadow.*** Robert Bly (Ed. William Booth) or ***Owning Your Own Shadow.*** Robert Johnson

***The Will to Change.*** bell hooks

***The Untethered Soul,*** Michael Singer

### **Suggested practices:**

**Medical check-up:** If you have not had a medical check-up for more than a year before the training, we recommend doing so.

**Diet:** For the month before the training, eat foods fit for a king.... the healthiest, freshest food you can get. Reduce as much as possible your intake of sugar, alcohol, caffeine, nicotine, and all non-prescription drugs for at least a week before the Training. Drink several glasses of pure water each day.

**Exercise:** Establish a regular stretching, deep breathing, and exercise program of your choice. This might include yoga, jogging, swimming, dancing, bike riding, walking, or any of a number of other activities that you already do or have done. Do something for your body every day. Treat yourself to a professional massage if possible.

**Meditation & Silence:** Spend a few minutes each day quieting your mind. If you are not familiar with meditation or silence practices then you can create one for yourself quite simply. Some options include: 1) sit quietly, noticing your thoughts and letting them drift by, or simply pay attention to the air passing in and out of your nose, 2) repeat a sound, word, or short phrase over and over in your mind (i.e.: "one" "be here now"), 3) listen to a meditation CD or mp3. The intention here is to develop your inner witness, allow your mind to settle, and find the silence of being.

**Visioning:** Pay attention to your dreams (both day dreams and night dreams) and keep a dream journal if possible. Find a time and place to sit in a "king chair" each day. Consider what personal, social, economic, and spiritual disciplines would be required for continued long-term sustainable habitation of your community. Spend some time visualizing the world that you would like for the seven generations to come. Make notes about your vision.