

MARCO TESI presents

SUN SPIRIT



A 6 month Healing Initiation for Men

Greetings beautiful people,

I am so grateful to introduce you to this new upcoming journey Sun Spirit - A 6 month Healing Initiation for Men.

This program will go deep into ancestral and childhood healing, bringing a profound sense of care towards the dissonance of unresolved childhood and intergenerational trauma that consequently ripples through our present adult life circumstances, relationships, behaviours and habits, but also more prominently in our physical state of health.

This journey is comprised of 4 different units with 3 circles in each unit to allow a deep dive into the different yet unexplored layers of our being and so to emerge with a renewed sense of trust, safety and freedom.

There is a particular magic in being able to access those intimate, sometimes fragile, places of our being in an environment of brotherhood that have the intention to minimise the distances among Men. The main goal of this program is to provide a support structure for men, and to reframe a new concept of courage and trust grounded in our ability to truthfully show up while honouring the realm of our feelings where our most concealed insecurities often stem from. This space is built upon qualities like confidentiality, accountability, introspection (the ability to self-reflect about any circumstances and triggers that might be explored within sacred space to see and understand our projections and compulsive reactions) and kind communication.

These are the foundational layers of this container that will allow us along the 6 months to deepen and ultimately embody a sense of brotherhood and humanitarian compassion that can then be applicable to any circumstance of our lives and anyone around us.

This container and the loyalty to these values will promote a safe exploration of our trust issues, stigmas, concepts, ideas and judgments we might hold towards men and women. As simple as it is, this can be extremely confronting in itself in a society where the concept of masculine and feminine is still subject to many conditionings that result from intergenerational and collective traumas.

Presenting more specifically the program itself along the healing journey we will work around 3 foundational pillars with the intention to face with kindness and compassion any vibrational aspect of the selves that needs integration and restoration to harmony.

The Pillars

1. The Cognitive

This pillar will allow us to initially retrieve memories in a cognitive way by talking to parts of our family, by starting to actively look at the lives of our ancestors or maybe the first days of our life, or the state of our families while in the womb of our mum. This active search will be an initial trigger of our subconscious mind where the past dwells but also an entry point to spheres of our beings that demand our presence.

2. The Intuitive

Through rituals we will start to scratch the surface of our present situation and circumstances to awaken our ability to sense, feel and therefore to promote a greater sense of connection with parts of our genealogical tree that are fully healed and wise, in order to clean the stigmas of ancestral intergenerational trauma. Through this process we will also reconnect with parts of ourselves that are simply a manifestation of coping mechanisms stemming from early childhood. Above all, the intention of this pillar is to allow whatever is repressed and now asks our presence to be surfaced without attachment but with care.

3. The Somatic Emotional

This pillar represents the breath work and body work, including the use of touch, sounds, scents and other specific techniques and practices that have the ability to let the body and the nervous system discharge the emotional vibration that characterise our cellular memories. Through this pillar we dive into the unconscious, in the most primitive, raw emotional layer of our wounds that is not accessible through words but that simply belong to the body and its language.

The Journey

Unit 1 – The Mother Lineage

During the first 2 circles of this unit we will work on retrieving information and knowledge about people present along that lineage using the genosociogram, which will give us the opportunity to graphically reconstruct, to see and feel, and ultimately to reconnect with our genealogical tree. This will give us the important opportunity to start understanding family patterns, repeated intergenerational traumas and therefore to let go of the weights we might unconsciously carry on our shoulders as a meaning of loyalty to our family.

Through the implementation of rituals we will have the opportunity to tap into our ability to feel and intuitively reconnect with that part of our lineage that is wise and completely healed, to receive messages, guidance and insights but also to embody a sense of support, protection and grounding that comes from the sacred roots of our existence.

In the final part we will work through somatic practices on healing and clearing the body, which represent the unconscious part of our being and that always carry the energy of repressed emotions and memories. This will be the actual ultimate healing and restoration to harmony.

Unit 2 – The Father Lineage

This chapter will see us work in the same way of the previous unit, however we will focus on the parts of our being that reject our Father lineage.

Unit 3 – Inner Child (0 to 3 years)

This chapter will see us retrieve memories and information about the first 3 years of our life, focusing especially on birth, as this passage is the very first achievement we accomplish in our life as human beings. The physical memory (the memories stored in our body) about how we came to life can shape many parts of ourselves and influence our sense of self-esteem and self-worth and also our defense mechanisms. Do you know about your birth? Do you know how were the first months of life? The state of your family? How was family going during the period of pregnancy? All these things can inherently influence our being and therefore shape our views, perspectives, decisions and behaviours. All of it can be accessed through a consistent, caring and cautious work on our physical emotional energetic body through the use of rituals, body practices but also an active search within our family.

Our attachment behaviours, our sense of boundaries, our sense of space and safety are all deeply influenced by this very tender, innocent first part of our life. We will explore all of this by focusing on consciously retrieving memories and knowledge but also more profoundly by getting involved into sensorial practices and journeys able to access unconscious layers of those memories. Ultimately by engaging into body work and breath work practices we will be able to access repressed emotions store in our physical body and nervous system.

Unit 4 – Inner Child (3 to 6 years)

If during 0 to 3 years old we start to develop the first coping mechanisms, during 3 to 6 is where these patterns start to get consolidated. The structure of this unit will be the same of the previous one, just with the focus on this different stage of our life to see, feel and transform all the unwitnessed parts of ourselves that shape our present relationships.

Online Contents

For this program you will be provided with online contents that will offer daily routines and also knowledge that will help you to integrate the important work we will do in presence. Contents will be available on your personal online page on a monthly basis in parallel with the steps that we take in our fortnightly men's circles. Below are the contents you will dive into:

Unit 1 Online Contents: Mother lineage

- *Psycho-genealogy and guidance to build your genealogical tree*
- *The Mother Archetype: Universal mother, biologic mother and masculine initiation*
- *Energetic breathing practices and 1st chakra purification practice*

Unit 2 Online Contents: Father lineage

- *The Father Archetype and rites of passage from boyhood to manhood*
- *Drum journey*
- *Energetic breathing practices and 2nd chakra purification practice*

Unit 3 Online Contents: Inner child 0 to 3yo

- *The Innocent and the Orphan*
- *Inner child, star child and wounded child*
- *Sound Healing recording*
- *Energetic breathing practice and 3rd chakra purification practice*

Unit 4 Online Contents: Inner child 3 to 6yo

- *The Lover and the Seeker*
- *Soul and Self retrieval*
- *Energetic breathing practices and 4th chakra purification practice*

When & Where

The circle is open to a maximum of 12 men who are willing to seriously commit to this journey of self-healing through all its duration. There is no possibility to join the container once the course has started.

These are the dates of the gatherings which will happen on a fortnightly basis on Saturday early morning from 6:30am in Paddington.

Intro & Opening Circle - Sat 14th January

Unit 1 - Mother Lineage - Sat 28th January / Sat 11th February / Sat 4th March

Unit 2 - Father Lineage - Sat 11th March / Sat 25th March / Sat 8th April

Unit 3 - Inner Child (0 to 3 years) - Sat 22nd April / Sat 6th May / Sat 20th May

Unit 4 - Inner Child (0 to 6 years) - Sat 3rd June / Sat 17th June / Sat 1st July

Closing Ceremony - Sat 15th July

Investment, Terms & Conditions

Course value: \$1350

- ***Early Bird price until 4th December: \$1150 in one single payment.***
(Please note: 50% of total course value is non-refundable for cancellations on or before 24th December, with the entire amount being non-refundable for cancellations after 24th December)
- ***Single payment option after 4th December: \$1350***
(50% of total course value is non-refundable for cancellations on or before 24th December, with the entire amount being non-refundable for cancellations after 24th December)
- ***2 payments plan option:***
\$675 prior beginning of the course (no refundable)
\$675 within 30 days the start of the course (no refundable)
- ***6 monthly payments of \$166 plus initial deposit of \$350***
(deposit is non-refundable along with an agreement to a minimum of 4 payments in the case of cancellations)

Special terms and conditions, cancellation policies and also payment plans can be negotiated for those who are honestly facing financial hardships.

I hope to have you among us and to share sacred space with you. For info feel free to reach out at 0402259644 or to book your initial free call through my website marcotesi.com

With warmth and gratitude

Marco

About me

Marco Tesi is a facilitator of healing by helping people to integrate body sensations, emotional feelings, repressed memories and repeated unconscious patterns in the wholeness of their spiritual and physical being. From a young age he witnessed high levels of sensitivity and empathy, the same that now he is able to welcome and integrate to provide genuine support for others.

In 2011 he obtained a master's degree in "Adapted and Preventive Motor Activities". Over time his curiosity led him to explore and work in the field of psychosomatics, so deepening the existing communication between body, emotions, psyche, breath and traumatic memories.

Marco has vast experience working in the field of healing arts and is qualified in integrative breathing techniques, somatic healing therapies and adaptive embodiment practices for treating post traumatic stress disorder in a multidisciplinary approach. He is also qualified in psychogenealogy and in the use of the genosociogram as a tool to bring healing within family's dynamics and in a deeper way in respect to our blood ancestral lineage. He is certified in integral vibrational sound healing as also energy psychic healing with hands or at distance.

Marco has been living in Australia now for 7 years, the Land that since then welcomed him and opened an intimate healing ground which to this day allows him to remember that We All belong to Source and Earth, so to honour Life in all its expressions.

I hope to have you among us in this new journey and to share sacred space with you.

For info feel free to reach out at 0402 259 644 or to book your initial free call through my website marcotesi.com

*With warmth and gratitude,
Marco*

