

2023

IGNITE INTENSIVE WEEKEND

YOUR OFFICIAL GUIDE

YOU IN PURSUIT OF YOU

www.TherapyWorksAustin.org/Mens_Intensive.html

DO YOU KNOW YOU

WELCOME TO THE RIGOROUS PURSUIT...

Gentleman, welcome to the IGNITE Intensive, a journey for a life time. As we have already stated and you may well begin to feel, this will be no ordinary event. It is an invitation to your rigorous pursuit of you. Something has been stirring in your heart for some time and now you are preparing to turn inward and discern its call.

We expect that this journey will have radical implications on your very core. The Architect has stamped His unique plans on your heart. You have been knitted together with intentionality and given

an irrevocable purpose with gifts and talent to match.

"The two most important days in your life are the day you are born and the day you find out why."

-Mark Twain

During this journey you will be guided through a well-worn hero's path traveled by many before you. It is a deceptively simple track guided by assignments methodically moving you from desire to deliberate action springing forth from your undeniable identity and mission.

The environment will set the stage for you to listen carefully to your heart, familiarize yourself with your core and envision your life fully alive because of who you were always designed to be. You have come too far to turn around...we invite you to boldly step in.

Though your path is your own, you will not be alone. A few other brothers have decided to join you in giving chase to their hearts, stepping into the arena, no longer a spectator or passenger, but willing to give dauntless pursuit to understanding the call from within. This band of brothers will travel with you, sharing, supporting, encouraging and lending their strength as they expect the same from you. Many men have forged bonds transcending the intensive and continue to journey shoulder-to-shoulder, iron-sharpening and spurring one another on to good works. This is one way to increase the impact and accountability of your work on the journey.





"The credit belongs to the man who is actually in the arena..."
 -Theodore Roosevelt



The Ropes to Guide the Way

Expect To Encounter the Architect of Your Soul:

God is someone we discover along the way of our life, but he has been keenly interested in you long before the day you were born. He has always had a unique plan for you and unfailing desire to see it carried out. IGNITE will afford you time and personal space for a rich encounter where His voice can be heard and clarified, where your life experiences (good, bad and ugly) can be translated into wisdom for the journey.

Dare to Dream:

How would you live if you had no fear? You've likely experienced at least fleeting thoughts of authentic greatness in service to others. But, perhaps you have rationalized them away as you dutifully carry out the other responsibilities and expecta-

tions that 'life' has handed you. During this time, consider going beyond previous 'window shopping' experiences and daring greatly at the possibilities the Architect wants to reveal. Your will and desire lead the way as there are indeed still endless possibilities to come.

Expect To Catch Hell:

You may know exactly what I am talking about when I say, "It is a miracle that you are here." Looking back it may appear as if it has been someone's grand design to take you out! Many of us carry wounds and scars that we don't let others see from these experiences. A nice life of internal mediocrity is no better. As you step toward this time, expect there to be resistance. You were down for the count...1...2...3..., but now you're getting back into the arena! Keep your focus and your pace as this new activity draws the attention

of your enemies within and without. Do not give in as the pressures from home, work, physical health, internal shame, self-doubt and other quarters try to strip you of this chance to inhale the igniting force awaiting your soul! Keep steady and your gaze fixed. Reach out for encouragement before, during and after the intensive. Dead men don't draw attention from the enemy, you will!

Go Full Bore:

Go head-first at every opportunity with expectancy. Courage will be rewarded by insight and clarity. Personality types aside, make sure you 'get yours' and encourage others to do the same! Do not be denied and leave everything on the field. We will create a 100% safe and 100% courageous environment, expecting to push your comfort level to the point of soul ignition, fully engaged and maximizing.

Intensive Logistics



**"I will take
the Ring,
though I do
not know
the way."
— J.R.R.
Tolkien**

Location:

The location will be revealed as the cohort is fully established and will be within a 2 hour drive of Austin. We encourage you to carpool as parking space may be limited and the ride can facilitate rapport building for the journey ahead.

Arrival Time/Departure:

Important! You must arrive between 6:30 and 6:40pm. Eat dinner before you come. We will step you through a time of releasing the outside world as we enter into our time and space together. When you arrive, you will be given instructions by a facilitator to be still and observe essential silence as we begin the journey. Even now and as you drive to the location begin to notice what is in your heart that might be distracting and start giving yourself permission to let it go for the weekend. Think about what you need and begin to ask your heart to open up. We will conclude approximately noon on the last day.

Fieldwork:

You are here to work. Please observe all instructions to complete assignments in a timely manner. These assignments will be essential to producing your results as well as keep you synchronized with your band of brothers. You will find IGNITE to be an ideally balanced blend of focused time together, independent work and unstructured interaction with your fellow travelers.

Things to Bring:

Comfortable clothes, a journal, pens, Bible, this guide, water bottle, hiking shoes, running shoes (optional), flashlight, swim trunks, towel, toiletries, earplugs (there will be snoring), MP3 player (optional for free time), the signed Release Waiver and your Vision Board (Desire Map) and other pre-work. Additionally, one all white t-shirt is needed.

What NOT to Bring:

Electronic devices or computers, video games, firearms or other weapons, alcohol, illegal drugs, anything else that might distract or endanger you or others. If in doubt, ask.

Cell Phones:

The use of cell phones will be limited to free time which takes place during several hours of a given day. It is strongly encouraged that all electronic device use ends by 11pm, except what may be organized by the facilitators. Emergency calls can be made to 512-470-3243 during the weekend.

Sleeping Arrangements:

Bed assignments will be made by the intensive staff. Specific roommate requests will be considered, but cannot be guaranteed. Prepare to be flexible. Think summer camp style arrangements and you won't be disappointed.

Meals:

All meals, snacks and drinks will be provided as part of your registration. If you have special dietary needs (gluten free, vegan, etc.), please contact a facilitator to let us know what they are. We will do our best to accommodate you.

Meal Prep Teams:

As part of your weekend experience, you will be assigned to a meal preparation team. Your team will be responsible to prepare one or more meals for the entire group during the weekend, and clean up afterwards. (All the food will be provided, and preparation will be simple.)

Weather:

The venue is great for spending quality time outside and some of the structured experiences will be held outdoors in the evening. Please check the weather forecast before you leave home and pack accordingly.

Cancellations:

Please contact us immediately.

Peter@TherapyWorksATX.com, 512-470-3243. Cancellations made prior to three weeks before the intensive will be refunded in full, minus a \$100 admin fee. Registration costs for cancellations made within three weeks of the retreat cannot be refunded and will be credited toward a future intensive experience.