

Men's Work and Warrior Monk

"Warrior Monk has opened the door to the next 10 years of my spiritual and shadow work. For a secular person, I appreciated the non-dogmatic teachings which focused on the wisdom of diverse cultures and traditions. An integrated spiritual approach, without anything supernatural and blended with grounded deep process work to move past old stories and wounds. The magic comes from Dan and the master facilitators, whose wisdom and humor supports the transformation. These friendships and accountability circles have been hugely impactful to maintaining my goals; an ongoing gift of this great program. I highly recommended this training."

Tim Norman, New York

"Warrior Monk held up a highly polished mirror to the beliefs keeping me from the full expressions of my power. I recommend it without reservation to anyone ready to take a giant step."

Gregg Levoy Author of Callings: Finding and Following an Authentic Life

"Like the NWTA, I consider the Warrior Monk retreat to be one of the most comprehensively, holistically healing experiences of my life. Grappling with the difficult concept of "reality" and merging that focus with profound exercises to move and release emotional, psychological, and spiritual energy, within the context of great self-compassion and the practice of mindfulness: what a brilliant creation this is! Add wise teachings from multiple traditions, and wise Teachers, and the path of personal mission, and the door truly opens to a sustained experience of my life much more awakened. Warrior Monk has allowed me to move forward from my Hero's Journey work, and to deepen my understanding of my shadows and gifts. And WM gave me brilliantly created tools to grapple with the doubts and limiting beliefs of my own making and to step through them into a whole new world. "

Michel Leger New Mexico

"I experienced a joyful place and felt moved by the reverence of the sense of sacred."

Rich Tosi, Co-Founder ManKind Project

"Being a psychotherapist as well as an individual on my own path to wholeness, I've come to greatly appreciate this practical and effective integral approach to spirituality, shadow-work and personal growth. There are many places learn about integral work, theoretically, but Warrior Monk is where the integral rubber really meets the road!"

Harry Pepper

"For me it was a natural next step from the New Warrior Training Adventure - leading me into a deeper awareness of my authentic self - the essence that shines through the Golden Child."

Michael Cecil

"Warrior Monk provided me with an "away-from-the-world" experience I had never known before. It put me in touch with the sacred. I became aware how much of my life I had been sleep-walking, and have been living more consciously ever since."

Richard Wiener

"Stepping back from my professional work, and am stepping into my next chapter . . . I needed to review again where I am headed in my life, and [to renew] my pledge to lead an intentional life rooted in my own authentic spiritual nature. I attended the Warrior Monk retreat open to a new direction for myself and a renewal of old values.

The program and the peace of the land of Whidbey Institute provided a great space to examine unintentional patterns and to focus on questions about my next direction. Dan and his fellow teachers led me through a series of portals that provided different perspectives on service in the world. No definitive answers, but honorable teaching on how to hold the questions in my life, breathing new inspiration and direction into an aging soul."

Doug Kelly, Washington

"This training is an intense self-focus experience with a spiritual motif that crosses all denominations and beliefs in a thoughtful and soulful way."

Ralph Caraffa

"I found my spiritual center and learned techniques for finding my way back when I become lost. I learned I create my own reality and more specifically, I create the barriers that separate me from others and from God. We all made magic!"

Shawn Cummings

"Stepping back from my professional work, and am stepping into my next chapter . . . I needed to review again where I am headed in my life, and [to renew] my pledge to lead an intentional life rooted in my own authentic spiritual nature. I attended the Warrior Monk retreat open to a new direction for myself and a renewal of old values.

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"The Warrior Monk staff did a great job at seamlessly integrating powerful tools in a transparent way to move into sacred and safe space, easily build relationships between participants in fun ways, and then deepen the sense of a special community. Safety was generated even for very young participants, as well as octogenarians.

Dan and his staff embody many years of experience, but more than that they are passionately committed to being authentic and continuing working on themselves thus providing role models for people to follow. The methods they use are well grounded in traditional lineages, applied so that those practiced can engage whole heartedly, while at the same time gently leaving good openings for beginners. Even those that did not expect a particularly intense experience seemed surprised at the depths they reached, myself included.

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