# Workbook 5: The Masculine Journey

## From Performance to Presence: Becoming You

**For men ready to stop pretending and start living**

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## Welcome Brother

### You’re Not Alone

**If you’re here, you’ve felt it:**

The exhaustion of performing.

The weight of “having it together.”

The loneliness of never being seen.

The rage that has no place.

The grief that has no name.

**You’re tired of:** - Pretending you’re fine - Being strong for everyone else - Fixing and solving - Hiding your heart - Never being enough - The endless striving

**You’re longing for:** - Truth - Presence - Being seen - Real connection - Purpose that matters - Permission to feel - Freedom to be yourself

**This workbook is for you.**

### What This Journey Offers

**Not another:** - Performance standard - Self-improvement program - “Alpha male” bullshit - Way to be a “better man”

**But rather:** - Permission to be human - Tools to feel fully - Practices for presence - Brotherhood and witnessing - Reclaiming healthy masculine - Discovering who you actually are

### How to Use This Guide

**Solo:** - Work through month by month - Journal deeply and honestly - Find accountability partner - Seek men’s circle when ready

**With circle or mentor:** - Use as preparation and integration - Bring insights to group - Practice exercises between meetings - Witness and be witnessed

**However you use it:** - Be brutally honest - Don’t perform the work - Feel everything - Ask for help when needed - Go at your own pace

## The Masks We Wear

### The Performance

**From the time you were a boy:**

You learned: - “Don’t cry” - “Be strong” - “Man up” - “Suck it up” - “Be tough” - “Winners don’t quit” - “Feelings are for girls”

**You learned to hide:** - Fear - Sadness - Tenderness - Vulnerability - Needs - Uncertainty

**You learned to perform:** - Strength (even when weak) - Confidence (even when terrified) - Independence (even when lonely) - Control (even when chaos inside) - Success (even when empty)

**And it worked.**

Until it didn’t.

### The Masks

**Check which masks you wear:**

**The Provider:** - [ ] Worth is measured by success - [ ] Can’t rest or relax - [ ] Value comes from doing/achieving - [ ] Exhausted but can’t stop - [ ] Family’s needs before yours always

**The Protector:** - [ ] Must keep everyone safe - [ ] Can’t show weakness - [ ] Hypervigilant and controlling - [ ] Suppress own needs to care for others - [ ] Anger when protection fails

**The Stoic:** - [ ] Feelings are weakness - [ ] Never cry - [ ] Never ask for help - [ ] Handle everything alone - [ ] Numb or disconnected

**The Performer:** - [ ] Must be successful - [ ] Compete constantly - [ ] Never enough - [ ] Compare to other men - [ ] Afraid of being exposed as fraud

**The Nice Guy:** - [ ] People-please to avoid conflict - [ ] Suppress anger and needs - [ ] Resentful underneath - [ ] Indirect and passive - [ ] Afraid of masculine power

**The Rebel:** - [ ] Refuse all expectations - [ ] Anger at authority - [ ] Self-sabotage - [ ] Afraid of responsibility - [ ] “I don’t need anyone”

**Which masks do you wear?**

**Journal:**

My primary masks are...  
  
I learned these from...  
  
These masks protect me from...  
  
The cost of wearing them is...  
  
Who I am underneath is...

### The Cost

**What these masks cost you:**

**Connection:** - No one sees the real you - Intimacy is impossible - Loneliness even in relationships - Performing for everyone

**Aliveness:** - Numb or disconnected - No access to full feeling - Half-alive - Exhausted from performing

**Purpose:** - Doing what’s expected (not what’s true) - Lost sense of self - Empty success - Meaningless striving

**Health:** - Stress and tension - Addiction to cope - Illness from suppression - Burnout

**Relationships:** - Partners can’t reach you - Children don’t know you - Friends at surface level - Isolated

### Permission to Take Off the Mask

**You don’t have to perform anymore.**

**Not here.**

**Not in this work.**

**You can:** - Be weak - Be uncertain - Be scared - Be sad - Be tender - Be lost - Be human

**This is the beginning.**

## The Father Wound

### What Your Father Couldn’t Give

**Most men carry a father wound.**

**Not because father was evil.**

**But because:** - He didn’t have what you needed - He was wounded himself - He learned to mask too - He did what he was taught - Culture didn’t support him being present

**Common father wounds:**

**The Absent Father:** - Physically gone (divorce, death, work) - Emotionally unavailable - Present but not there - Never really saw you

**Impact:** “I don’t know who I am.” “I have no map for being a man.” “I’m lost.”

**The Critical Father:** - Nothing was ever good enough - Constant judgment - Compared you to others - Withheld approval

**Impact:** “I’m never enough.” “I must achieve to be worthy.” “I can’t rest.”

**The Weak Father:** - Passive or victimized - Couldn’t protect - Dominated by mother - You had to be stronger than him

**Impact:** “I can’t trust masculine power.” “I have to do it alone.” “I can’t be weak.”

**The Raging Father:** - Anger and violence - Unpredictable - Scary - Hurt you or others

**Impact:** “Anger is dangerous.” “I suppress all rage.” “I’m terrified of my own power.”

**The Competitive Father:** - Had to beat you - Couldn’t let you win - Jealous of your youth/success - Made you small

**Impact:** “I can’t be powerful.” “Success feels dangerous.” “I sabotage myself.”

### What You Needed and Didn’t Get

**All boys need:** - To be seen (not just achievements, but essence) - To be blessed (approved of, celebrated) - To be initiated (guided into manhood) - To be witnessed in emotion - To be shown healthy masculine - To be allowed to be human

**What you got instead:** - Criticism or indifference - Conditional approval - No guidance - Shame for feeling - Toxic or weak masculine - Pressure to perform

**Reflection:**

What I needed from my father was...  
  
What I got instead was...  
  
What I've been seeking to fill that hole is...  
  
What I actually need now is...

### Healing the Father Wound

**You don’t need your father to change.**

**You need to:** - Grieve what you didn’t get - See him as a wounded son (not just father) - Release him from needing to be different - Reclaim your own masculine - Seek blessing from other men - Become the father to yourself

**Practice: Releasing Father**

Sit quietly.

Visualize your father in front of you.

See him not as father, but as a boy who became a man who became your father.

See his wounds.

See his limits.

See that he gave what he could.

Say:

"Papa,  
  
I see you.  
I see you tried.  
I see you gave what you could.  
I see you were limited by your own wounds.  
  
I needed more from you.  
And you couldn't give it.  
That's the truth.  
  
I release you from needing to be more.  
I release myself from waiting for your blessing.  
  
You are my father.  
I am your son.  
That's enough.  
  
I take my life now.  
I find my own way.  
  
I honor you.  
And I turn toward my own path."

Breathe.

Feel the grief.

Let tears come if they want.

## Reclaiming Healthy Masculine

### What is Healthy Masculine?

**It’s not:** - Dominance - Aggression - Emotional suppression - Conquest - Independence at all costs - Never needing anyone

**It is:** - Presence - Groundedness - Capacity to feel - Directed power - Clarity - Integrity - Protectiveness (not control) - Purpose - Ability to both give and receive

### The Spectrum of Masculine

**Healthy Masculine has range:**

**Yang/Active:** - Direction - Protection - Decision - Action - Boundaries - Penetration (not just sexual—cutting through, clarifying)

**Yin/Receptive:** - Presence - Listening - Feeling - Holding space - Tenderness - Depth

**Most men are overdeveloped in yang, underdeveloped in yin.**

**Or:**

**Overdeveloped in yin (nice guy), underdeveloped in yang (no boundaries, no direction).**

**Health is the full range.**

### Where Are You?

**Rate yourself (1-10):**

**Yang Qualities:** - [ ] I have clear direction in life - [ ] I set boundaries when needed - [ ] I protect what I love - [ ] I take decisive action - [ ] I express power appropriately - [ ] I lead when called to

**Yin Qualities:** - [ ] I can feel my emotions fully - [ ] I listen deeply without fixing - [ ] I’m comfortable with tenderness - [ ] I can be present without doing - [ ] I receive help and support - [ ] I allow vulnerability

**Most underdeveloped:** Yang (direction, boundaries, power)? Or Yin (feeling, receiving, tenderness)?

**This is your edge.**

### Practices to Reclaim

**To develop Yang:** - Martial arts or strength training - Cold exposure (cold showers, ice baths) - Setting clear boundaries - Saying no - Taking decisive action - Leading in your life

**To develop Yin:** - Sitting practice (stillness) - Feeling emotions without suppressing - Receiving support from others - Letting yourself be cared for - Crying when tears come - Tenderness with self and others

**Integration:** - Both at once - Fierce presence - Tender strength - Grounded openness

## Working With Anger

### The Forbidden Emotion

**As a boy:**

You learned anger is dangerous.

Maybe: - Your father’s rage was violent - Your anger was punished - “Nice boys don’t get angry” - You hurt someone and felt shame

**So you:** - Suppress it - Turn it inward (depression) - Leak it out (passive aggression) - Explode occasionally - Numb it completely

**But anger is life force.**

**Without it:** - No boundaries - No protection of what you love - No power - No direction - Depressed and flat

### Healthy vs. Unhealthy Anger

**Unhealthy:** - Explosive and uncontrolled - Directed at people to hurt - Suppressed until erupts - Constant irritation and resentment - Shame after expressing

**Healthy:** - Felt and expressed consciously - Energy for boundary-setting - Protection of self and others - Fuel for change - Grounded and directed - No shame

### Where’s Your Anger?

**Reflection:**

“When I get angry, I usually…”

“The last time I expressed anger was…”

“I learned anger is…”

“What I do with anger is…”

“Underneath my anger is usually…” (Often: hurt, fear, grief)

### Practices for Working With Anger

**When anger arises:**

**1. Feel it physically** Don’t go to the story immediately. Where is it in your body? What’s the sensation? Hot? Tight? Explosive?

**2. Breathe into it** Don’t suppress. Don’t explode. Breathe. Let it move through you.

**3. Name it** “I feel angry.” Out loud. To yourself or someone safe.

**4. Ask what it’s protecting** “What does this anger want to protect?” Often: Something you love, a boundary violated, a value dishonored.

**5. Express consciously** Not at someone (unless necessary boundary). But physically: - Punch pillows - Chop wood - Scream in car or nature - Push against wall - Breathwork with anger focus

**6. Set boundary if needed** Once anger is felt (not reactive): “This doesn’t work for me.” “I need you to…” “This is my boundary.”

### Rage Release Practice

**Weekly practice (do alone or with men’s circle):**

**Setup:** - Safe space - Pillow to hit or mattress - No one to hurt

**Process:** 1. Stand, feel feet grounded 2. Think of what you’re angry about (or just feel rage in body) 3. Let sound come from belly 4. Hit pillow/mattress with force 5. Roar, yell, scream 6. Let body shake and move 7. Continue until it’s complete (could be 30 seconds or 10 minutes) 8. Stop. Breathe. Feel body. 9. Rest.

**After:** Journal what came up. Notice how body feels. Notice if clarity came.

**This is not violence.** **This is release.**

## Grief: The Unmapped Territory

### The Unlived Tears

**Men don’t cry.**

**That’s the message.**

**So you hold:** - Years of unshed tears - Grief for what you didn’t get - Loss that was never mourned - Heartbreak that was never expressed - Loneliness that had no witness

**The tears are still there.**

**Waiting.**

### What Men Grieve

**The losses:** - Childhood innocence - Father’s presence/blessing - Authentic self (hidden to survive) - Failed relationships - Dreams that died - Men you’ve lost - The person you had to become - Who you could have been

**And deeper:** - The pressure you’ve carried - The loneliness - The performance - The hiding - Never being seen - Never being enough

### Permission to Grieve

**You can cry.**

**Here.**

**Now.**

**Tears are not weakness.**

**They’re the water that washes away what’s dead.**

**They’re the way the heart cleans itself.**

### Grief Practice

**When grief arises:**

**1. Don’t push it away** “I don’t have time.” “It’s not that bad.” “I’m fine.”

Stop. Feel it.

**2. Give it space** Find somewhere private (car, nature, shower, alone in room).

**3. Let it move** Don’t force. Don’t perform. Just allow.

If tears come: Let them. If sounds come: Let them. If shaking comes: Let it.

**4. Breathe through it** Grief comes in waves. Breathe. Let wave pass. Another might come. That’s okay.

**5. Witness yourself** Place hand on heart. “I see you.” “It’s okay to feel this.” “You’re not alone.”

**Weekly Grief Sit (if grief is present):**

15-30 minutes alone.

Sit quietly.

Put on sad music if it helps.

Let yourself feel.

Let tears come if they want.

Don’t force. Just allow.

**This is medicine.**

## Sexuality & Power

### The Confusion

**Men receive mixed messages:**

“Be powerful… but not too powerful.” “Be sexual… but not creepy.” “Be confident… but not arrogant.” “Lead… but don’t dominate.” “Be sensitive… but not weak.”

**Result:** - Confusion about masculine power - Shame around sexuality - Either suppress or overexpress - Disconnected from healthy sexual energy - Nice guy or asshole (both wounded)

### Reclaiming Sacred Sexuality

**Healthy masculine sexuality:** - Grounded in body (not head/fantasy) - Feels alive and powerful (not shameful) - Respects others fully - Not separate from heart - Integrated with intimacy - Honoring of life force - No shame, no performance

**Unhealthy patterns:** - Porn addiction (disconnection) - Performance anxiety - Using sex to avoid intimacy - Objectification - Shame and hiding - Either suppressed or compulsive

### Working With Sexual Energy

**Practice: Sexual Energy Awareness**

**Tune in:** Where do you feel sexual energy in your body? (Genitals, yes, but also belly, chest, spine)

**Breathe into it:** Don’t suppress. Don’t act on it. Just feel it.

**Move it:** Let energy move up spine. Breathe it into heart. Let it spread through whole body.

**This is life force.**

Not just for sex. For creation, direction, aliveness.

**Reflection:**

My relationship with my sexuality is...  
  
I learned sexuality is...  
  
What shames me is...  
  
What I'm reclaiming is...  
  
Healthy sexuality for me looks like...

### Power Without Dominance

**Masculine power:** - Directed life force - Capacity to protect and create - Groundedness - Clear boundaries - Taking space - Leading when appropriate

**Dominance (wounded power):** - Control over others - Force - Making others small - Ego-driven - Needs submission to feel powerful

**Collapsed power (afraid of power):** - Nice guy - No boundaries - Always accommodating - Passive - Resentful underneath

**Practice: Standing in Power**

Stand tall.

Feet wide.

Feel ground beneath you.

Breathe deep into belly.

Feel your body taking space.

Say aloud:

“I have power. I claim my space. I don’t need to dominate. I don’t need to collapse. I stand here, grounded.”

Feel what that brings up.

## Purpose Beyond Performance

### The Empty Success

**Many men achieve and still feel empty.**

**Because:** - Success was someone else’s definition - You did what was expected (not what was true) - You climbed the ladder and it’s against wrong wall - External achievement didn’t fill internal void

**You thought:** “When I achieve X, then I’ll feel worthy.”

**But:** The goalpost kept moving. The feeling never came.

### True Purpose

**True purpose is not:** - A grand mission - Something to achieve - External recognition - What you do for money

**True purpose is:** - Living from your essence - Being fully yourself - Offering your unique gift - Aligned with your values - Serving something beyond yourself - Feeling alive

**It’s not what you do.** **It’s how you are.**

### Finding Your True North

**Questions to ask:**

What did I love before I learned I "should"?  
  
What makes me feel most alive?  
  
What would I do if I didn't need approval?  
  
What breaks my heart (what do I care deeply about)?  
  
What comes easily to me that others struggle with?  
  
What would I do if I knew I'd be supported?  
  
If I had one year to live, what would matter?

**Your answers point toward purpose.**

### Living It

**Purpose doesn’t have to be your job.**

**It can be:** - How you show up as father - The way you hold space for others - The art you create on weekends - The garden you tend - The men you mentor - The presence you bring

**Start small:** One aligned action this week.

Not quitting your job.

Just: What’s one thing that’s true for you?

Do that.

## Brotherhood & Witnessing

### You Need Other Men

**This is not a solo journey.**

**You need:** - To be witnessed by other men - To witness others - To speak truth and be heard - To feel you’re not alone - To be challenged - To be supported - Brotherhood

**Not:** - Surface friendships - Competition - Networking - Drinking buddies

**But:** - Deep truth-telling - Vulnerability - Accountability - Real connection

### What Happens in Circle

**In men’s circles or deep friendships:**

**You:** - Speak what’s true (not what’s impressive) - Feel fully - Are witnessed without judgment - Witness others - Give and receive support - Practice being seen - Challenge each other - Hold each other accountable

**The magic:** When one man goes deep, all benefit. When one breaks open, others soften. When one speaks truth, others feel permission.

### Creating Brotherhood

**If you don’t have this:**

**Find or create:** - Men’s circle (local or online) - Accountability partner - Honest friendships

**How to find:** - Search “men’s circle [your city]” - Ask for recommendations - Start your own (just you and one other man)

**How to go deep:** - Be vulnerable first - Ask real questions (“How are you, really?”) - Share your struggles - Don’t fix or advise (unless asked) - Witness without judgment - Show up consistently

**Weekly or monthly commitment.**

### The Practice of Witnessing

**When another man shares:**

**Don’t:** - Fix it - Give advice immediately - One-up with your story - Minimize it - Spiritual bypass - Change the subject

**Do:** - Listen fully - Feel with him - Reflect what you hear - Ask: “What do you need?” - Say: “I see you.” - Let silence be

**Your presence is the gift.**

## Relationship With the Feminine

### The Wound

**Many men have wounding around feminine:**

**From mother:** - Enmeshment (too close, no boundaries) - Absence (never there) - Control (dominating) - Emotional manipulation - Put you in partner role

**From partners:** - Repeated betrayal - Rejection - Criticism - Abandonment

**From culture:** - Confusing messages about women - Objectification - Nice guy conditioning - Toxic masculine conditioning

**Result:** - Fear of feminine - Anger at feminine - Need to control - People-pleasing - Can’t be yourself - Intimacy is terrifying

### Healing Relationship to Feminine

**This is not about women changing.**

**This is about your internal relationship to feminine.**

**First: Heal mother wound** (see Ancestral Healing Workbook)

**Then:**

**1. See your pattern** How do you relate to feminine? - Controlling? - People-pleasing? - Distant? - Resentful? - Pursuing validation?

**2. Feel the wound** What hurts underneath the pattern?

**3. Take responsibility** Your pattern is yours to heal (not her job).

**4. Practice presence** In relationship: Stay grounded in yourself while connecting.

### Grounded Masculine Presence

**In relationship with feminine:**

**Stay:** - In your body (not head) - Grounded - Centered in yourself (not lost in her) - Present - Clear in boundaries - Open in heart

**This creates:** - Polarity (attractive tension) - Safety (she can relax) - Depth (real intimacy) - Trust - Aliveness

**Practice:**

When with partner: 1. Feel your feet 2. Breathe into belly 3. Feel your body 4. Stay here while connecting with her 5. Listen from presence (not fixing) 6. Speak truth (not what she wants to hear)

**You don’t have to fix her.** **You don’t have to lose yourself.** **Stay grounded. Stay open.**

## Presence Practices for Men

### Daily Grounding

**Morning (5-10 min):**

1. Cold shower (or cold water on face)
2. Breathwork (30 deep breaths)
3. Body awareness (feel body from inside)
4. Intention for day

### Physical Practices

**Movement:** - Martial arts - Weightlifting - Running - Chopping wood - Any practice that grounds in body

**Cold exposure:** - Cold showers - Ice baths - Ocean swims - Wakes up nervous system - Builds resilience

**Breathwork:** - Wim Hof method - Holotropic breathwork - 30 deep breaths daily - Releases stuck energy

### Emotional Practices

**Feel everything:** - Anger: Release practice weekly - Grief: Allow tears - Joy: Let it be big - Fear: Feel it, don’t avoid it

**Voice:** - Tone or hum daily - Speak truth (even if voice shakes) - Roar when anger comes

### Presence Practice

**Sitting (10-20 min daily):**

Sit. Feel body. Watch thoughts. Return to body. Just be.

**No technique.** **No goal.** **Just presence.**

### Weekly Practice

**Solo time (2 hours):** - Nature - Journaling - Longer sitting - Movement - Integration

**Men’s circle or accountability call**

### Monthly Commitment

**Check-in:** - Review month - Where did I perform? - Where was I present? - What’s asking for attention? - What needs to shift?

## Monthly Integration Journey

### Month 1: Removing the Mask

**Focus:** - Identifying your masks - Practicing honesty - Feeling what’s underneath

**Daily:** - One moment of authenticity - Journal: “Today I performed by…”

**Weekly:** - Share something real with someone

**By month’s end:** - Clearer on your patterns - Beginning to drop performance

### Month 2: The Father Wound

**Focus:** - Seeing the wound - Grieving what you didn’t get - Releasing father

**Daily:** - Father wound reflection

**Weekly:** - Grief practice

**By month’s end:** - Released father from needing to be more - Grieved losses - Seeking blessing from other men

### Month 3: Anger & Power

**Focus:** - Feeling anger - Releasing suppressed rage - Reclaiming power

**Daily:** - Notice anger - Physical practice (movement, cold)

**Weekly:** - Rage release practice

**By month’s end:** - More access to anger - Can express without destroying - Feeling more power in body

### Month 4: Grief & Heart

**Focus:** - Allowing grief - Opening heart - Crying

**Daily:** - Heart-opening practice - Allow tears if they come

**Weekly:** - Grief sit

**By month’s end:** - More access to sadness - Heart more open - Tears less scary

### Month 5: Purpose & Direction

**Focus:** - True north discovery - Aligned action - Living from essence

**Daily:** - One aligned action

**Weekly:** - Purpose reflection

**By month’s end:** - Clearer on true purpose - Taking aligned steps - Less performing for approval

### Month 6: Brotherhood & Integration

**Focus:** - Connecting with men - Witnessing and being witnessed - Making practice sustainable

**Daily:** - Continue practices that work

**Weekly:** - Connect with men - Accountability

**By month’s end:** - Brotherhood established - Sustainable practice - Committed to the path

## Rites of Passage

### Why Men Need Initiation

**In traditional cultures:**

Boys were initiated into manhood through rites of passage.

**These included:** - Separation from mother/childhood - Ordeal or challenge - Death of boy-self - Blessing from elder men - Return as man

**Modern men miss this.**

**Result:** - Peter Pan syndrome - Unclear identity - Never feel like “real man” - Endless adolescence

### Creating Your Own Initiation

**Elements:**

**1. Separation:** Leave normal life (solo retreat, vision quest, pilgrimage)

**2. Ordeal:** Face challenge (physical, emotional, spiritual) - Multi-day fast - Solo time in nature - Confronting fear - Sitting with discomfort

**3. Death:** Release boy-self Grieve what must be left behind Symbolic death

**4. Blessing:** Receive from men Speak it yourself if needed “I am a man.”

**5. Return:** Come back to life Embody new identity Serve community

### Simple Rites You Can Do

**Solo weekend retreat:** - 2-3 days alone in nature - Minimal food (fasting or simple meals) - No phone/distractions - Sitting, walking, journaling - Confront what arises - Return with clarity

**Challenge:** - Run a marathon - Climb a mountain - Cold plunge 30 days - Something that pushes edge

**Men’s blessing:** - Gather men - Speak your intention - Receive their witnessing and blessing

## Building Your Practice

### Sustainable Daily Practice

**Morning (15 min):** - Cold exposure (2 min) - Breathwork (5 min) - Body awareness (3 min) - Intention (1 min) - Movement (5 min)

**Evening (10 min):** - Review day - Journal (5 min) - Gratitude (2 min) - Release (3 min)

**Weekly:** - Emotional release practice (anger or grief) - Men’s circle or connection - Solo time (2 hours)

**Monthly:** - Integration check-in - Assessment - Adjust practice

### Non-Negotiables

**Choose 3-5 practices you commit to daily:**

Examples: - [ ] Cold shower - [ ] Breathwork - [ ] Sitting practice - [ ] Physical movement - [ ] Journaling - [ ] One moment of truth-telling

**Write your commitment:**

My daily practice:  
  
Morning:  
[Your practice]  
  
Evening:  
[Your practice]  
  
Weekly:  
[Your practice]  
  
I commit to this for [timeframe].  
  
Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Resources for the Path

### Books

**Essential:** - *Iron John* by Robert Bly - *King, Warrior, Magician, Lover* by Robert Moore - *The Way of the Superior Man* by David Deida - *No More Mr. Nice Guy* by Robert Glover

**Depth:** - *The Body Keeps the Score* by Bessel van der Kolk - *The Myth of Normal* by Gabor Maté - *The Wild Edge of Sorrow* by Francis Weller - *The Hero with a Thousand Faces* by Joseph Campbell

### Teachers & Facilitators

* Aubrey Marcus (men’s work, brotherhood)
* Aubrey de Grey (conscious masculinity)
* John Wineland (embodied masculine)
* David Deida (sexual polarity)

### Communities

* Mankind Project (men’s circles)
* Local men’s groups
* Retreats and workshops
* Online men’s communities

### Practices & Modalities

* Breathwork (Wim Hof, holotropic)
* Martial arts
* Somatic experiencing
* Men’s circles
* Vision quests

## Final Words

### Brother

**You’ve made it this far.**

**That matters.**

**Most men never look.**

**Most men stay in the mask until they die.**

**You’re willing to see.**

**You’re willing to feel.**

**You’re willing to become.**

### The Path is Long

**This is not:** - A quick fix - A weekend workshop that changes everything - A destination you arrive at

**This is:** - Lifelong practice - Daily choosing presence over performance - Continual deepening - Brotherhood on the path

### You Are Enough

**All the performing was to prove you’re enough.**

**But you already are.**

**You don’t need:** - More achievement - More approval - More success - More fixing

**You just need:** - To be here - To feel fully - To live truly - To show up

**That’s it.**

**That’s everything.**

### Keep Walking

**Some days you’ll feel strong.**

**Some days you’ll feel broken.**

**Both are the path.**

**Just keep:** - Feeling - Being honest - Showing up - Asking for help - Connecting with brothers - Living your truth

**You’re not alone, brother.**

**We’re all walking this path.**

**Together.**

## About This Workbook

This guide was created to support men in the journey from performance to presence.

**Use it:** - Solo with accountability - With men’s circle - Alongside mentorship - As lifelong companion

**Remember:** - Don’t perform this work - Feel everything - Ask for help - Connect with other men - Go at your own pace

**This path is sacred.**

**Thank you for walking it.**

**This workbook is part of the Astral Refined Offerings 2025 course materials.**

For men’s circles, mentorship, or brotherhood support: [astralamat@gmail.com](mailto:astralamat@gmail.com)

**May you drop the mask.** **May you feel fully.** **May you live truly.**

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*End of Workbook 5*