



Man on Purpose – Session 2 Transcript

“Mapping Your Life as a Man”

[0:00:00]

Chris: Hello, hello, men. Chris Kyle here. It's so great to have you. Session 2 Man on Purpose Course. And for those of you in the US, election night. Wow. Can you believe it, an 18-month journey finally coming to an end? But also here, of course, as always, with our Program Manager, Michael Russer. Hello, Michael.

Michael: How are you doing, Chris? I have to say I'm feeling charged certainly because of the course but a lot going on today. It's the culmination, as you said, of about 18 months of stress.

Chris: Yes, stress, of intensity and craziness. I just want to acknowledge all of you for being here tonight. And I know for many of you this night you may be watching the news and wondering what's going on but, of course, not much is going to happen over this next hour and a half politically. So let's just bring our attention fully here, all of us, to this powerful container and this cool course that we're in called Man on Purpose. So it's great to have you all here tonight.

So what I'd like to do and start with -- we didn't do this in our first session because we had a lot to cover in terms of building the container. But every week when we start I'd like to take you through a very brief presencing exercise. I call it the four levels presencing exercise. And it just takes a few minutes. And it's really intended to ground all of us, including myself as I share this with you, to ground ourselves and bring ourselves fully present to this moment and to our time together here.

Why we call it four levels is to get ourselves present physically, mentally, emotionally and even with our intention for this time together. So it's an intentionality, and that's part of the four levels presencing.

So we'll start with the physical, always a good place to start. So I invite you to get yourself comfortable. If you're in a chair, ground yourself, put your feet on the ground. If you're in the car, certainly don't close your eyes but just feel into your body sitting in

the seat of the car or wherever you are -- if you're standing or walking. Just bring your awareness to your body right now. And use your breath to deepen your awareness of your body by breathing deep into your chest and down into your belly so that you can actually feel your belly expanding out.

Take a few deep breaths. Really bring that fullness of your breath to this moment. Just notice body. You could even do like a body scan with me. Just notice your feet, if they're on the ground, notice them on the ground and bring your awareness up through your legs and into your belly. Bring your awareness to your chest, to your neck, your arms.

Bring your awareness to the top of your head so that you can actually feel energy in your feet on the floor and you can feel a pulse and an energy at the crown of your head. Scan and bring your awareness anywhere in between. I'd like you to close your eyes as well to just bring more awareness internally. Feel free to do that.

So we welcome our physical body here right now to this present moment, that I am here in a body sitting or standing or walking, whatever you're doing, to just notice that you're here right now in your body. That's level 1.

Level 2, we move to the mental side, to the mind. So bring your awareness now as you're continuing to breathe and you're reconnecting with your body fully in this moment. Notice the thoughts that are in your mind right now. I'm speaking so you're hearing my voice but you may have other thoughts roaming around. And just notice them, nothing to do with them. There's no right or wrong about those thoughts in this moment, that they are just thoughts here with us.

Whatever it may be about, something that's just happened over the last hours of the day, today, something you're thinking about tonight or tomorrow. Maybe for many of you, especially in the US, you're experiencing lots of thoughts around the election here in the United States. Wherever you are in the world you're probably thinking about the election with such an international media focused on this election.

[0:05:01]

Just notice the mental machinations, the thoughts that are rolling through. You then welcome them, to change them but also allow them to settle a little bit right now where you're aware of the thought and you're now aware of my voice. And you can bring yourself more present. And that there's nothing I can do about what happened five hours ago and there's nothing I can do about tomorrow morning. And I'm here. I'm here with Chris and Michael and all these men from around the world. And I'm here for me. I'm here for me as well as for a broader community that is around me for my purpose. That's level 2. It's just settling in and getting more present in your mental state.

Level 3, we go back underneath the mind and into the subtle body of our emotions, our emotional landscape, our feeling. But just notice in this moment what you're

feeling, emotions you have. Are you feeling joy? Are you feeling sadness, anger, fear, a little shame? Those are the five primaries.

So where might you be right now? What might be most prominent you this? For me right now there's sadness and fear. Underneath right now I'm feeling that. And so just, once again, be aware that those feelings are here. None of those feelings, whatever you're feeling, is either right or wrong. And to welcome them, welcome the feeling. Welcome fear. Welcome sadness. Let it go. There's no need to attach to them or figure it out or figure out why you're sad or figure out why you're feeling joy. Just be here with them. What you've done with your body and your mind, just notice as they settle in we have a little less juice in you and your body.

Now the final level is setting an intention. So in this moment just set your intention for this next hour and a half together. What's your intention? It's simple like I'm here to listen and learn or open myself to new possibilities, whatever it may be for you. But just take a few seconds to set an intention and let it come up in you organically.

And if you have your notepad and pen near you, you'd certainly write that intention down to see how that unfolded over this hour and a half, if that intention came true for you, you stayed true to it.

So that's our four levels presencing exercise. We'll be doing that each week. And I invite you to do that yourself whenever you're feeling stretched or stressed or ungrounded or your life is in churn right now. Many of you have shared that on me on the discussion forum. You can always use this. It takes literally just three to four minutes to really ground you at all of those levels, your body, your mental arena, the emotional arena, and then setting an intention in the moment for what you want or what you'd like to see happen.

So there you go. Tonight, we are diving into Session 2: Listening for the Call. So it's really important to give you that little exercise because part of listening to the call is learning how to quiet down enough to hear it, to take away the distractions enough to hear the call, what I like to call that sweet, soft voice inside. Sometimes the call is hard to hear if we're so distracting or so loud in other parts of our lives, if you will. So we are going to dive into this idea of listening for the call in session 2.

So I'm going to do a quick review of week 1 very quick just to kind of reground us as to what's been happening over this first week of the course. We're going to get you talking to each other pretty quickly here and do a breakout group sharing some learnings from last week. If you're new and you haven't really dived into the work, it's fine. The questions will be general enough that you can still engage even if you haven't done all the practice for this last week.

And then we're going to go into the teaching content of listening for the call after that and then do some work with some of you, men, as volunteers on this call. We'll have more time for Q&A today as well as in our first call. So I hope to have a good 20 to 30 minutes of Q&A time at the end.

[0:10:05]

And I wanted to remind you, I mentioned it last week, but if you are able to stay on longer than the hour and a half and you're wanting to connect with other men live, we will be making a breakout available at the end where you can stay for almost as long as you want with other men. No expectation. This is all just total bonus. The session is an hour and a half but if you'd like to stay on longer, there may be other men that would like that as well. And you connect in your own way in whatever topic you want to bring up.

So we've got a full slate. This is awesome. Tonight we have a little over 30 men live on the call. I'm really excited to see on a night like tonight to have you all here. So thank you.

So quick review of last week. Last week was mapping your life as a man. Before I do that, I want to give what I called the four quick keys to getting the most out of the course. I just want to review that with you.

Number one is really to do the practices and complete the reflection questions. In a way I feel that's the most important part of the course. I know you'll listen to me, you'll listen to recordings but really just do those practices, do the exercises. And also see if you can do them within the week that they're due to stay up with the course, to stay on track. It can be easy to get behind in an online course but I really encourage you to discipline yourself to set some time aside each week to do the practices and the reflection questions.

I also encourage you to engage with other men. That's looking beautifully. I've seen amazing shares on the discussion forum, some nice responses back from other men. On the course website you'll see a blue bar at the bottom. It's our chat bar. It's our instant messaging and chat bar. You'll see other men that are online live that are in the site. And you can just ping them have a conversation with somebody or friend somebody inside the site, reach out to maybe somebody you had in a dyad partner. So I really encourage you to continue to engage with other men in all the different ways that we do.

The third piece to get the most out of the course is to be open to risk. This is a big one for today and over the next couple of sessions. And that is that we tend to get -- I know for myself -- tend to get sort of in rhythms and structures in my life that keep me kind of bound to a certain way of being and thinking. And for us to really explore fully this idea of purpose and your purpose and what is it and how do I access and all that, is that you'll need to take some risks, some emotional risks, mental risks, doing things differently, being open to different ideas. And so that's something that is certainly part of the hero's journey. And part of the adventure is that there is usually some risk taking.

And then the final piece is really to notice the nuggets of insights that come to you and to really stay with them, write them down, journal them, because there will be nuggets

that come up. And these nuggets will come up in odd moments, in the shower, in a dream, some insight will happen in a quiet solo time that we invite you into, maybe it's journaling, something comes up, just allowing your pen across the page when some really interesting thoughts or ideas came up.

And the flip side of that is noticing the points of resistance. So there's insights and nuggets, gold that's coming up and then there's also resistance. And to be open to all of it rather than making one better than the other like resistance is bad, getting the nuggets and the insights is good. It's all good. It's all part of your learning journey. So that's just my little tips for continuing to get the most out of the course.

And so we talked last week about mapping your life as a man. And I've read most of your sharings in the forum. Wow. Pip, beautiful, powerful sharings. Thank you, men. Keep it up. This is totally busting my idea of men don't really engage this way or like to write or write a lot. They just write two lines and that's it. You guys are awesome and obviously very willing and passionate men to share what's going on in your lives. So keep doing that.

And what I'm noticing is this idea of looking at the full terrain of your life is bringing up a lot. You're seeing areas where you're really not satisfied or areas of your life that are really not working, other areas where you're feeling called into but you're not doing much with that. Some of it is just showing you your own sense of malaise or I'm just not on it or I'm distracting myself constantly.

[0:15:16]

So that's the point of this first exercise is you begin to see your life as it is in as many different arenas as possible. We just created seven to make it simple. But it's really taking a look at that unvarnished, truthful look at your life. And out of that the hope is that there are some insights both on where I sabotage myself, where I distract, but also where I might be filling the pull. And that's where we're going to dive in, the part of that pull as the call.

So it's really interesting to take a look at what I would say this is really in quotes but what are the lows that you find and what are the highs that you find, what are the resistance points and what are the passions emerging. So really part of that duality is just seeing the light and dark of everything and being able to then navigate your life where you're really clear "Hey, I am in a sabotaging pattern here in my life and I need to address that," that might be part of your call.

This whole mapping process is really what prepares us for being able to listen for the call. I'll get into a moment sharing more about what I mean by the call or how I define the call, how I hold that to get you guys into that conversation about the call that's arising.

But there are really four key things about this mapping process that's really preparing us for the call. And one of them is that it's beginning to penetrate the self-deceptions

and illusions that we create in our life, getting us beyond our own individual con games where we've got our PR rep or our marketing rep inside of us that's having us constantly look good out there or make sure everything is okay or do damage control.

We hide from our own foibles, our own dark places. And the first place to start is to start looking at the full terrain of our life and not hide from anything, to not pull away from anything, to put sugarcoat it. So we begin to penetrate these illusions that we hold of ourselves or pretending that something is not there or keeping our head in the sand.

Number two is that what mapping does is it gets you in the place of what is so in your life at all levels to be able to see it and to be with it. See it and be with it. So we're just calling the truth out so that it's now about bringing presence to it rather than finding all these strategies and ways to avoid it or distract from it.

I believe this stills the waters, this calms the waters for you in a way that can allow new things to emerge meaning you brought it all up. It's kind of like dredging it all up and des nothing more to talk about. Maybe in a relationship where there was some lie given from you or your partner. You unravel the tip of the iceberg but then when you really unravel it all there was a lot more to it. So this is about letting that all come up, all the waters churn up, and then they can really be still without anything else being hidden or churning underneath the waters.

And the next is that it gets you into the now what. This is key. So we've done this exercise. And it really doesn't mean anything other than it gets you deeply honest with yourself. But now there's a place to say, "I've got some insight here. Now what?" Rather than oh, shit, the question now becomes now what.

For those of you that took that survey and really found it to be maybe really sad or depressing -- I'm not sure how you might be holding it but you may be in some kind of sense shame or frustration or sadness, whatever it is -- when we dredge all that up, it kind of goes with the territory. Oh, man, look at all this. But instead of oh, shit, have it be okay, now what. What begins to open you to the deeper listening for the call?

If we didn't do this now as I start talking about the call or as I start talking about "Hey, let's just jump into purpose," you would have all these stories and all these patterns in your life that were unexplored, not looked at. They would be immediately sabotaging you as we start to have the deeper conversation about purpose. So the key thing to make sure that you're able to settle yourself and to be honest with yourself enough that you can actually begin to really heal what's calling you forward now. That's the pointer towards your purpose.

[0:20:24]

And the last is it's practice. This is practice truth telling to yourself and all the men that are here with us in the course. So it's truth telling. And so that's really why we did the

mapping of your life. By reading a lot of your comments, it's been really valuable for many of you to really have that deeper unvarnished look at all areas of your life.

So what we're going to do now is I'm going to go ahead and move you shortly here into breakouts. And we're going to have about five minutes total. We'll put you into dyads. I've got a couple of simple questions for you. We'll go there in a minute.

Jot this down if you have a pen and piece of paper. You'll share with your partner when you look at your map, this map that you did and all the journaling you did, what most surprised you in doing the mapping exercise, surprised you or what is the biggest thing you got, you learned. So whether it's surprised or learned, what's the biggest thing you learned or the biggest surprise from this exercise?

And then what did you notice that is calling you forth now? What did you notice that is calling you forth now? That can be anything. Don't worry about it and just let it come out if you like. I'm just noticing that I really need to address this relationship issue. I'm real feeling called to spend more time cleaning this part up of my life or I'm feeling this hidden passion that's now emerging more. And I'm feeling like I want to pursue that more.

So don't overcomplicate it. This is not your purpose conversation now. It's more what do you notice has energy for you that's calling you forth. And then we'll do some share outs.

I think Michael's having some internet connection problem. So just give me a moment. I'm going to put you guys all in groups or into dyads. It looks like we have an even number. Excellent. Sorry. I'm kind of stalling for time as you guys know. There we go. I got you into breakouts. Wonderful.

I'll say that one more time. You'll just introduce your partner. If you've decided to pull up the social webinar page, the link in your email, then you will likely see your partner in there but certainly introduce yourself and make sure you got the right person. Introduce yourself. And you'll have about two and a half minutes each. And I'll come in the middle and just say, "Hey, switch partners, switch partners." And again, the two questions; what most surprised you or what's your biggest learning from doing the mapping exercise and then what do you notice right now that's calling you forth, whatever that may be?

So we're going to go ahead and do that now. I'm going to unmute you. And just go ahead and say hi to your partner and then dive right in.

All right, men. Thank you. Thank you. I'm sure I might've cut some of you off in mid-speak but no way to know where you guys were all at. It's wonderful to hear some of the shares that you were sharing with each other. We have time for two men to just share what you shared. You shared what the questions were, what you got most out of it and then what might be calling you forth.

So if you would like to share why don't you press 1 on your phone keypad? Just press 1 on your keypad and I'll come and give you the mike live. I would love to hear from two of you. Great. A couple of you came in. Go ahead and do that. Awesome. Hey, Keith. Welcome.

Keith: Thanks. Well, the first question, what surprised me most when I was mapping was that I still have fears that have stood in my way of putting myself out there in the world in many ways if you look at the map itself and ways of expression in relationships. It surprised me that I still have fear. And so when I got honest about it I looked at that.

And what called me forth, by the way, was to look at those things that I wanted more of and make a plan and to prioritize my day to make sure that those most important things actually got addressed. And the other stuff I was able to let just go away.

[0:25:14]

Chris: That's great, Keith. I really appreciate it. That is a great example of a calling of saying, "Hey, I'm already noticing some things that I fear more important than these other things or decisions or choices or ways of being." And you're going to make an active plan to give those more space, to put those into priority. That's great. I really love it. Great. Thank you, Keith.

Keith: Pleasure.

Chris: And let's go to Luis. Hello, Luis.

Luis: Hello. By the way, I was Keith's partner so this is a big coincidence for both of us raising our hand.

Chris: Go ahead.

Luis: I guess I had an idea of the fact that I want to change some things in my life but I wasn't very clear about them. So putting them in this fashion, writing things down about my feelings and my thoughts and fears and wants and all of that helped me clarify all that. I actually just see it. It's like wow. I need to do a lot more than what I thought I would need to do.

What it immediately did, it called me to start acting to get those numbers, those ratings that I gave myself from one to ten, closer to ten and far away from the one. So I was surprised of my own initiatives, if you like.

Chris: Yes, thank you. So kind of what called forth was action, initiative, energy to make some change, to start addressing the areas of your life that you want to address. That's great.

Luis: Exactly.

Chris: Yes, exactly, Luis. And that's really a perfect example of how we take a survey of our life and we start to see what's maybe most important to others, what's really calling me now to say, "I want to look at that or I need to address this or this is not working so I need to put energy to that." Sometimes it's not just the what's working, Luis, it's actually saying, "Look, if I don't really handle this and I've really been avoiding this, then there's no way I can put the energy toward my purpose until I handle this." And that's really as important as all of the positives like, "Hey, I'm going to put all this energy toward my purpose and my purpose project." Great share. Thank you.

Great. Thank you. Thank you, men. Those are good shares out. And I hope it was valuable for you men to hear a little bit from each other, from your partner about what's going on. I'm excited to just see you guys continue to unfold this on the discussion forum and wherever else you choose to share it.

So that grounds us now to move into the teaching portion of the call tonight for this learning to listen to the call or listening for the call. So I'm going to give you some sort of high level context to you first about what I mean by listening for the call. And then we're going to dive into some of the nuance components to this because it is kind of a tricky thing to access. It's actually hard to access with our logical mind, our left brain. But we're going to do our best to open that space to have kind of a holistic experience to listening for the call.

So I'm going to start with the definition. So here's how I define the call. The call is simply energy and information that wants to move you from the current condition in your life to some new place. So it's just energy in your body, information that comes from your body, from your mind, from your intuition. So it's energy and information that wants to move you from one place -- it would be where you are right now -- to some new place. It's calling you forth.

So literally, it could be anything but you feel the pull and the draw to say, "I'm going to invest my time and energy here." And if you were to up the call, if you were to up the energy of the call, then it might be that it's really calling you toward the thing that you most need to address or deal with in your life. And some of that might be about moving toward this idea of you fully claiming your purpose but it also may be looking at the things that are in your way of doing that. So the call can be anyway that's addressing you looking to move to some new place in your life.

[0:30:06]

And as we unfold this over the next several weeks, what's great is it's preparatory work. This call, feeling into it, listening to it, writing about it sets us up for that really deeper purpose dive toward the end of the course.

So here are a couple of important points about listening for the call. One of the things that's important to share is how you can open the space to listen here and experience and then begin to respond to the call. So you're doing that through mapping your life. You can also do that through creating that solo practice, that quiet practice, that

mindful meditation practice. And when we get to the end of the call tonight I'll be sharing practice portion of the call about really inviting you into having a deeper meditation or mindfulness practice throughout these seven weeks. If you already do, great. If you don't, then I'll encourage you to do that. But that's a way for you to quiet yourself enough during the course to really hear the call and begin to respond to it.

The other thing that we're going to explore in the process work tonight is that there is actually information or knowledge in the call. So it might seem kind of obvious but there's something calling me but there's also maybe a deeper message or maybe even a deeper knowledge than just what the surface is saying that's important to help move you and give you the momentum toward your purpose. So there's a message in the call.

And then the question that will be posing -- and I'll be diving more into this in a moment -- is how do we access the message in the call. What's the way to do that? It's like an inquiry. It's an inquiry process inside for you, part of your own self-discovery or self-realization process of what is underneath, what's the message in this call.

And I want to be really clear here that the call right now, at this stage in the course, the call is not the purpose, it's not your purpose itself. Some would use the word calling as the same word for purpose, if you will. We're using the idea of the call in the hero's journey context. You're being drawn into doing something or changing actions, mixing things up, taking on something new, taking a risk because there is something calling you to do something or be aware of something right now. It's not your purpose itself but it can begin to inform you or point you toward your purpose especially if there's some passionate direction that the call is inviting you into now.

The Passion Test Session will also unfold a little bit more of the call in the guise of passions, feeling these passions that I haven't been really looking at or addressing in my life. And now it's calling me forward.

And then the last piece of the context that we'll dive into mostly in the session 3 and session 4 is that there will be likely resistance to the call especially if it's something that's addressing some part of your life that's difficult or challenging or frustrating or stepping into something that's exciting and passionate but there's a risk to it, scary. And so there will be resistance. And we know it from the story, from The Hero's Journey story, every human story, there is something exciting and juicy calling you forth right now. And we tend to resist things that are unknown and create change and are scary.

The metaphor here that we can use -- I'd like you to kind of visualize this for the call - is that it's like the dashboard in our cars, dashboard that has the lights, the signal, the speedometer, it has other little icons, it tells us what's happening, it might even have the cruise control. It's giving us feedback all the time about how we're doing in day to day life of driving our car around just like you map the territory of your life. We're seeing the signals and it's telling us what's going on, low tire pressure or whatever.

These are all little clues for us. Some men are always looking forward from the dashboard out and they're looking forward in their lives. And then some tend to look more in the rearview mirror, constantly scanning the rearview mirror. And so the call is like some new signal from your dashboard that's saying, "Check this out. Notice this." It's like that flashing light that's now bringing your attention to something that you need to get really present to and pay attention to or something could happen in your car that you would not like to have happened.

[0:35:19]

So it's that. Let the call be that signal for you to wake up and address something in your life. And notice that you're tending to look constantly in your rearview mirror, behind you, so that it's really hard to even see forward or if you're constantly looking forward, that you're not able to stay present in the car.

So interesting little metaphor. I don't know if that landed for you or not but that's a way that I kind of hold it. I don't kind of overemphasize the call to try to make it something bigger than it is.

So let's get a little bit more into the defining of the call and then how we're going to work with it. How do we actually experience or hear the call? So the best way to hold the call as this energy and information that's giving you some new possibilities, some new direction, think of it also as a part of this learning and growing adventure that you're on. This is the call that is actually pulling you toward something important in your life or some new chapter of your life or some new direction. So it's the pull.

And what I found is that there are two key access points of the call that's pulling us to some direction in our life right now. Check in with yourself now as I say these two. See where you maybe tend to land for the access points of the call. One is through our suffering, through pain or through breakdown.

So people will say the wake up call was that I'm getting a divorce or I've had a car accident or I broke my leg or I lost my job. Those are all challenging situations in our lives but they're also -- most of you have probably experienced this in your own life -- they're also possibilities for a breakthrough or for something to bring awareness to us in a new way that we say, "Oh, that's not going to work that way. I'm going to make a new choice going this way." So this idea of breakdown, pain, suffering, challenges are those "wake up calls" that move us into a new direction, a direction that we really want, that's more inspiring for us.

So that's one access of the call that I hear all the time. And it's pretty common for people particularly men that are just cranking away in their life and all of a sudden some incident or some situation happens in their life and that becomes the call into something new.

And then the other side -- you can imagine the flip side of the pain and the breakdown -- is through the longing for something more or something deeper. So it's from the

longing. Gosh. I really feel this pull. I really want to spend more time in doing this. This really gets me excited and I just feel so alive and so present when I'm doing this thing or when I'm being this or when I'm sitting on my medication cushion, whatever it is. There's a longing, and that's a pull. That's a pull and a draw. That's the call.

So those are access points through the suffering and the breakdown or through the longing for something deeper and richer. Here's the thing. Both of these two access points, both lead to your higher calling, to your purpose. They can create greater meaning in your life. I try not to pathologize either way. I try not to be too much into the sort of sabotaging of the longing like, "Oh, gosh. I know but I can't really have that because I've got all these other things" or in the suffering, to be too much of a victim, "Oh, poor me. I can't even get out of this." So both of those have their own kind of pitfalls but also they are pointers for you to be awake to say there's another way, there's another choice here.

And so the call in and of itself as you experience it now and over this coming week as you sit with it, as you journal about it, it's going to be a powerful force. The more deeply you listen, the more quiet you allow yourself to get, if it's going to help you to evolve your life in a way that is naturally unfolding rather than somehow scripted by our culture or expected by others of you, of what your family expects of you, your partner expects of you, your parents expect of you, whatever, is that you begin to quiet down enough to say, "There is my own unfolding that's happening here."

[0:40:04]

And every man, every person, really, is called into this mystery at some point in their life, the mystery of I don't know exactly where this call is leading me but I am going to follow it. So that is you. Put yourself as the hero in this journey that you started on with me and all these men. This call is drawing you into unknown territory, into the mystery that you're not quite sure even where it's going to lead. And go for it. Take the risk. This is what keeps you moving deeper into the adventure.

And over the last three years of running this course, the men in the course that really embraced just what was happening right now and diving into the questions of it and being into the curiosity of it, moving into that mystery gave them incredible insight. They were able to let go of stuff, of patterns that were old, that they realize were keeping them small or in a certain box.

Of course there are many calls. Don't get me wrong. Here we are, seven weeks course in November. There is some call that had you sign up for this course and had you here. There are many calls throughout our lives, at different stages, the calls louder of what we need to draw our attention or step into. And a lot of times the fear or other resistance comes up and we don't head the call. But right now you're at a specific time in your life where there's a specific call.

Let me say this. There may be a couple of calls right now. It doesn't have to be one singular thing. There may be two or three. But what I want you to feel into is the one

that has the most energy or the most use. And these calls will change throughout your life as we grow and evolve as human beings. Things change. Even our time of life has a different kind of call for us, stages of life.

People have asked me this -- it came up in our first year of offering the course. We weren't really that clear because people have asked this question. Chris, I hear that. I hear everything you're saying. But what is the source of this call, the mysterious source of the call that shows up in my life? I'm not going to spend too much time on this but there's a lot of varied opinions and perspectives and I've got mine and you may have yours. I'll just share some of the possibilities that people talk about.

It's a higher part of you. You could call that universe, cosmos, spirit, nature, soul, trusted source, even using the word God. It could be just that there is some of you that are integral thinkers. It's the unfolding of the evolution of our lives, the creative impulse of the universe that continues to pull us into evolving ourselves into greater creativity. So however you shape it and hold it, you'll know it's for you.

But the call is not just you and your mind and your ego, that there is something that play that's hard to describe, the great mystery. Where is this coming from? Why am I getting this information? And it's your job to go through the process of exploring it and see if it's really true for you, if it really lands for you or is it some little subpart of your ego that's at play and it's a false call.

So this mysterious call, wherever it comes from, whatever its source is, it is calling you into unknown territory, beyond the known territory of your life. And in the end it doesn't really matter so much, the source of the call, men. It's really rather that you're listening to the messages coming to you.

And I know many of you that are in the ManKind Project and iGroups and all that, I'm sure you're developing more and more skills to really investigate internally. We look a lot at our negative beliefs and our shadows but we can also look at what are the messages arising that I need to listen to or explore more or journal about, whatever it is, sit with, meditate on.

So there's lot of ways. I'm going to go through these pretty quickly here because I don't want to put too much sort of intellectualism to this but I definitely want to give context for this because the call is really organic in you and naturally coming up in you. I would say it's definitely from the body, from intuition. It's generally not a logical left brain kind of thing. So here are some of the ways to hear to experience the call that you can actually consciously do or it's just a part of our lives.

[0:45:00]

One is a major event in your life. It's your wake up call. I've already mentioned that, that the call from something serious, a death in the family, lost job, a divorce, breakup of the family, any number of things, those become a wake up call of how am I living my life because it's not working now in this way or this way or this way.

The next is really coming out of the mapping of your life but this is a conscious noticing of what is actually occurring in your life at a deeper level than the surface of your mind and of your life. And so all that is generally slowing down, getting quiet, being alone, doing practices that help you consciously notice the deeper current in you.

Also another way that we hear often that I'd really like you to make sure over these next seven week is that you're keeping tabs on your dreams. Because you've stepped into this container, you've made a big choice to support yourself in this way, I bet you that your dreams are going to have some interesting insights or information for you to explore and look at. It's very Jungian in that approach but very powerful. Whether you're a believer in Jungian psychology, it's like really taking a look at your dreams and see what messages are there.

There's also watching the signs around you. People talk about the synchronicities of life for those little things of what's happening in your daily life or things that occur in threes or somebody's mentioned something and then somebody else mentions the same thing. Notice those signs, the pointers in daily life that go, "Ah, got it."

And all of these I'm saying, even the conscious noticing, looking at your dreams, watching the signs, it's really just about your being very aware and very present right now in this course to say, "Everything has information for me right now." And then the interpretation is just kind of running through the filter. This is all guiding me to some transition in my life toward my greater sense of purpose.

It can definitely come from the internal or contemplative process. So as I said, alone time, quiet meditation, yoga, walks in the woods, whatever. So that's pretty clear. That's a way of quieting, settling the mind down.

Come from your trust source, your higher self. So people will actually pray if the way you approach it is to actually pray for it or pose a question to your trusted source or your higher self or your nonphysical beings that are your teachers, supporters. You can get information that way by just putting it out in prayer and seeing what comes back. Some people will also journal that way. They'll actually journal.

The next is the traumas and wounds. For this course, I don't really recommend doing a lot of sort of wound exploration and traumas but it can be something that starts the call. You start to look at how was I deeply wounded or what were the traumas of my life. And out of that wounding is definitely a possible thread towards the giving of your gift and your purpose.

Many of you men have probably heard this phrase but in our deepest wound lay our greatest gift. And I believe that. I believe that that's a possible path, a way for people to say, "Okay. I've had this happen in my life. I've healed it to a certain degree. And I want to help other people heal it or work with it," very common.

This is a little bit like the wake up call but also when you hit rock bottom. Some of you right now may be feeling like you really had a low point. This is a place to investigate that and then see what's new and what can arise out of that for you right now.

The positive side is it can absolutely come from your passions in life and even unrequited passions, things that you loved to do at one time in your life or feeling a call for the last bunch of years and you've really not done anything with it. This is part of that longing that I spoke to. And in the call it can be heard from within that longing or from passions that you really want to give more of your life force to.

I would say that one of the things for me -- just to give you an example of the call at a specific time in my life -- was one of those wake up call times where I was getting a divorce and was selling my business that was tanking. And that was sort of these external circumstances that had me really feel into "I know I need to do something differently or claim something different in my life."

[0:50:04]

And that's actually during that time when my father invited me into doing the New Warrior Training Adventure, the ManKind Project's training program, initiation program. And I did. I stepped into it. I could feel the call of that. I could notice that I was needing something different. Maybe more sort of realness, authenticity, sense of breakthrough in my life.

And I remember he shared his experience with me almost a year and a half or so. And then when it came to this really challenging time in my life, this wake up call time, there it was, there was a sign. And I had another sign from somebody else, not my dad but somebody else that had mentioned it and I started to see the signs and put it together to say, "Okay. I need this experience or I need to shape things up." And it changed my life. It absolutely changed my life.

I got deeply honest with myself. I found a brotherhood of men. I got into a men's circle and started doing my deeper work. And then my purpose started to emerge out of that. Fast forward almost 18 years now. Here I am working with men but also bringing my purpose forward through helping men more deeply embody their purpose. So that was a period of time where I was really hearing the call and then heading the call.

So those are the ways that we access this. So just to kind of give a quick summary, the way I hold this idea of accessing the message of the call is that you can look at what you feel like is calling you forward right now in your life. That way was the question in the reflection question. Then I can look at what access point am I coming to this call. Is that through suffering, pain, struggle or is it coming more from a longing and possibility or unrequited passion?

And then we're going to explore what's the message in the call. So if I look at those two pieces, then I can look underneath and say, "What is it saying to me? What is this actually saying?" So there's some words and I'm kind of hearing this thing of "Oh, yes.

I should do this." What's underneath? Let's go deeper with that. And then we're able to kind of say, "Okay. Now I start to see what this is asking of me," and then I can make some choices.

And so what I'd like to do is do a process with a volunteer, with one of you men. We're going to take five minutes or so to do work with one of you. And then we're going to go into talking about our practice and then open the space for questions.

So if you'd like to go through a bit of a process with me where I'm guiding you through this idea of accessing the message of your call, just hit 1 on your phone keypad. And let's see if we have some bold men go through this with me. If you want to do that, go ahead and hit 1 on your phone keypad and we'll go through this process. Great. All right. I'm going to go with somebody new here. Hey, Mark. How are you?

Mark: Hi. I'm doing good.

Chris: Great. Thank you for being a willing volunteer. I do want to say about seven or eight of you men also raised your hands. So thank you. I can't get with you all but hopefully this will serve you. But it's great to be working with you, Mark.

Mark: Thank you.

Chris: Are you ready? I'm going to guide you through a process, Mark. It's really to just see if I can help you unfold a little bit more of the deeper message in your call. So I'm going to ask you a series of questions and then we're going to explore this more deeply.

Mark: Okay. Absolutely.

Chris: Are you ready?

Mark: Yes, I'm ready.

Chris: Okay, great. Of course there's no right or wrong. If you don't know, that's fine to any of these questions. The first question really comes from our homework assignment. What did you write down as what is calling you forward right now in your life, Mark?

Mark: Okay. So what I have written down is journey of self-realization rather than discovery of going out and creating a life I want through deep inner work and external efforts and a way of serving others better wholeheartedly through coming out on the other side of that journey.

Chris: Beautiful. So it's really a calling to say, "I'm going to do the work and I'm going to commit to this next step in my life," and to support people on their journeys as you go through yours. Is that right?

Mark: Yes. I think I'm ready to take that next step and commitment.

Chris: Yes. And you spoke about self-realization for self-discovery. So it's really fully embodying, being more self-realized to give your gift and just into a journey of self-discovery, of kind of looking for something outside of yourself, correct?

[0:55:17]

Mark: Yes.

Chris: Beautiful. So I love the pull. The words are good but what I feel behind it is something that is calling you forth, Mark. Beautiful. I can feel your commitment in it. The next question is -- and this is just for you to kind of organize it in your mind -- which access point are you coming to this call from? Remember, the two is from suffering, challenge pain or from longing and required passion and desire. So which access point is it?

Mark: Well, it's a little bit of a mix. It's coming from primarily end of a relationship. That was the biggest part of it but there's also career transition, trying to become grounded in a career. There's definitely more than one entry point.

Chris: You said one is certainly the kind of struggle and challenge and pain of ending a relationship, and that's kind of what it's born out of. Okay, great. You're right. It's not a one or the other exclusively when I say these two access points. It could have the elements of both. And for you, I think the element of the other side is that there is a longing, it sounds like, for you to go deeper and to serve more with your self-realized gifts. I can feel the longing in that.

Mark: Yes, I'd say that's accurate.

Chris: Great. So you've just read a beautiful piece to me. If you were to just pause for a moment after I ask this question and just allow yourself to see what comes up organically or naturally to this question which is what's the message in the call that you just said. What do you think it's saying to you?

Mark: I'm sorry. Can you explain a little how what you're asking is different from what I read?

Chris: Yes. We kind of have our first instinct. We write down the call. We can feel into it. I'm wondering if you're able to get underneath it a little bit to say, "Why is this coming up now? What is this saying about what I want or need in my life? What's the deeper message in the call?" There's no right or wrong answer here. And there might be enough in what you wrote. But I'd like to hear you just maybe pause, close your eyes, check in in a moment and just see what comes up like, "Oh, here's a little bit of a deeper current."

Mark: I think what that is grounded in is basically feeling a sense of floating and wanting to be grounded. I'm only 25 years old. A year since graduating college you sort of expect adulthood to happen but it hasn't really happened that way. So I'm basically at the point where I want to put my foot down. I want to make those adult choices. I want to. I want to get into this skin and make things happen in an adult way.

Chris: Beautiful, Mark. As you say that, I feel the resonance that that is the deeper piece of what you shared and in a way very simple. I'm going to reflect back to you that the deeper message is that I need to have more grounding in my life right now. Whatever is going to help me put that stake in the ground of what I'm committed to for myself and to help change the world, I need to make more adult choices.

[1:00:03]

Just call those sort of more of the sacred masculine, the mature masculine in you. You're 25 and considered an adult but you may have some growing up to do in your own mind and body to say, "Ah, I see how I'm just floating here. I'm doing the teenager thing still. How do I ground myself into these more powerful choices that I want for myself?"

Mark: There's something about that that appeal to me right now.

Chris: Yes. Just to get under it for right now, that feels like the deeper calling for you. The other stuff is beautiful. It was very flowery and made sense. But this now, do you feel it, Mark, landing a little deeper in your being as you say this piece?

Mark: Yes, absolutely.

Chris: Yes. So this is the call. This is now about the choices. So I ask you this question. It was a very simple question. So what you just shared there, are you willing to jump fully into the adventure or the unknown of what this call may be asking of you or requiring of you?

Mark: I think that I am.

Chris: Good. Now, ask it again. You said I think that I am. So just check in with yourself. Do you think you are or do you have a sense of real commitment to it? Are you willing to jump into the unknown? It doesn't mean you have to solve anything. It's just are you willing to really jump in and explore this and see what it wants of you?

Mark: Yes, I'm committed to this process.

Chris: Yes, good. So the first one was a little tentative, a little part of the old you, the floater you, a little of the younger you, Mark. And as you check in with yourself, new choice, I'm committed, I am committed. So just notice that. Notice that for yourself as you continue to unfold the work in the course. Notice where you go back and forth between kind of that older you, the younger you, that wants to float, doesn't want to put the stake in the ground or make a commitment. And then that other part of you that's right here really willing to make that commitment and put your stake in the ground. Just notice that tension over the next few weeks.

Mark: I was really blown away by the poem last week. That resonated with me a lot.

Chris: Great. You make a commitment and then all kinds of things, providence, comes in and all kinds of things show up in your life. The last one is are you noticing any resistance to this call? You've just shared the grounding, adult choices, the stake. Are you noticing any resistance in your body or your being or your mind around it?

Mark: Yes. I've traveled a lot in the past couple of years. And there's a part of me that feels like I need to keep doing that. But there's the tension of when do I get to make these adult choices, these grounded choices.

Chris: Yes. It doesn't mean that you stop traveling or exploring the world. It just means that you feel an old pull. Hillman and others talked about puer aeternus, the Peter Pan syndrome. Peter Pan never grows up and just plays and flies around and goes to Burning Man. At some level it's not deeply fulfilling and yet it's playful and cool. I think what I'm hearing you say is the resistance is the old pull of the old life that has some kind of sexiness or appeal or you still want to travel the world. Not like you won't ever again but right now the call is to ground, to focus.

Mark: Yes, the call is purpose and it feels like this is more important right now.

Chris: Good, perfect. Thank you, Mark. That was the flow of questions. I really appreciate you volunteering. And I hope this little process is helpful for you.

Mark: Thank you. It really has been.

Chris: Great. Thanks, Mark. I appreciate it. All right, men. You can certainly go through that process on your own. Maybe you did as I was guiding Mark through it. When you get the recording you can always come back to this part of the recording and go through that process for yourself. And I encourage you to do that because what I really want you take a look at now is what is the message that's maybe underneath what you stated or what you've written on a piece of paper.

[1:05:06]

See if you can get a little more drop into that knowing place in you, that wise place, that intuitive place, to find out what's really underneath it. And it maybe just a matter of nuance but what you'll find is it's probably simpler than what you wrote. You had two paragraphs and you really get in. It's really like grounding, making adult choices and really putting a stake in the ground for my purpose. That's pretty simple and pretty clear.

So I'm going to catch us up on the Neo story and also share out quickly the practice and the reflection questions. You guys know those will be on the website in the course material there. So I don't need to spend too much time there because I do want to make sure we have enough time for Q&A and I'm noticing the time here as well.

So let's come back to Neo in The Matrix. And we met Neo last time in his everyday ordinary life in his little apartment and working for some software company, some multinational company. Well, we move forward in time. As I mentioned briefly last time, his computer started talking to him. Things on the screen like wake up, Neo. He wakes up. It says the Matrix has you. And then it says knock-knock. Two seconds before the knock comes on the screen it says follow the white rabbit.

And so what Neo does is he gets up. He's kind of freaked out about his computer. And then the woman turns and there's the white rabbit. Here's the key thing. He's tired. He's exhausted. He doesn't want to go out. He wants to hang in, just do his search for Morpheus on his computer. They even asked him to come out and he says, "No, man. I got work in the morning. I can't do it," typical response. "I got work. I have to get up early. I can't do it."

But then the white rabbit shows up. He has a choice in that moment. He says, "Okay. Yes, I'm coming with you" because he's willing to trust that something interesting is happening that he doesn't understand and there's some call that he's following here, something that's in him that he knows he needs to explore even though he doesn't know what it means at all.

And so he follows him goes to the club. And that's where he meets Trinity. And that's the first real shift now from his ordinary day life to having this pull. What is the Matrix, that's the question that's driving him. Who is this Morpheus? And now he's starting to get some answers because he's going out into the world on an adventure following the thread, following the cookie crumbs, if you will, to see where that's going to take him.

And then he leaves the club and all that. He's trying to figure out what to do about Trinity. He wakes up. He's late. He goes back to the office and he's chewed up by his boss. And then -- get this -- the FedEx guy comes. He opens the FedEx and there's a flip phone. He flips it open and there's Morpheus saying, "Hey, I don't have time to explain this but if you follow my instructions I'll get you out of there because they're coming to get you."

So he's now fully in the adventure. He's met Trinity. He's gone back to work. But it's now over. And so once again, he trusts. He takes scary action. He doesn't even know this guy Morpheus but somehow he trusts that this isn't some evil terrorist dude but somebody that he can listen to, a wise voice. And he knows that Morpheus is some connection to the Matrix and what is the Matrix.

And so he does. He goes out. He goes out onto the ledge of the building. And Morpheus was trying to get him to the roof. Here's an interesting point and here's where we'll lead the story. He's on the adventure. He's heeding the call. He's wanting to find out for himself what is the Matrix. And then he gets into a very difficult situation, very scary. Thirty floors up looking down. And guess what he says to himself. I can't do this. He actually says that in the movie. I can't do this. I just can't. I'm afraid of heights. He's phone drops. And he goes back in. And then the police take him. They're actually the agents. Remember, these are Agent Smith.

And so there was a point now where he came up against his resistance. He came directly up against his fear and he backed away. He didn't follow through. He didn't take the risk. But it's fine. That's kind of resisting the call. And so he was heeding the call and then coming up against resisting the call which is where we're actually going to go in session 3.

That's the Neo story. It totally is reflecting where this journey is. I just think it's fascinating. If you haven't watched The Matrix in years, go ahead and rent it this week or over the next seven or eight days. Rent the first movie, The Matrix. Rewatch it and watch it with this lens of what you've already been hearing me share over the last couple of weeks. And see if that gives you some new insights about your own journey. So I encourage you to watch The Matrix.

[1:10:17]

Okay. Quick overview of what we're asking of you this coming week. You've done the mapping of your life as a man. So the practice this week is really taking a look at the call. So what is calling you forth? Just like we worked with Mark and what you might've journal around.

So we have a six-question process for uncovering the message in your call. It's pretty much the questions that I used with Mark. I combined one of the questions so I think I really had five questions with Mark but we have six questions here. And then answer them honestly. Go through the process yourself just as I did with Mark. So carve out 20 minutes of time, of solo, alone time to reflect on your answers in those questions and really observe what's coming up for you as you look at what might be the deeper message in what you wrote as the call.

Remember, the call could've been something simple so that's why I want you to get underneath. If it was like, "Hey, I'm just really feeling called to really investigate my purpose more fully," okay, got it. But what might be the reasoning? What's underneath of that, the pull of that, the tug? And that's what I'd like you to do for yourself.

Also I want to ask you as a practice starting now, week 2, all the way through week 7 and hopefully for the rest of your life, is I would like you to start a mindfulness practice every day. And I just really mean alone and quiet, no phones, no distraction, no TV, no laptops, nothing. And really allow yourself for at least ten minutes -- that's the minimum -- ten minutes a day. Most of you may already have a practice, I get that. For those of you who don't, please commit ten minutes a day so that you can just be with yourself, maybe reflect on some of these questions that are brought up, and just quiet your mind in a way that you can experience what's coming up for you. So it's not always a barrage of all the distractions that we have, the distraction vortex in our lives.

So those are the practices. That'll be on the website as well. The reflection questions are really two-fold. They'll also be on the website. The two questions are what are you noticing as the possible deeper message in your call. So that's kind of coming from

your practice. Investigate it more deeply, sit with it, journal on it. And then what do you notice gets in the way of you hearing and responding to your call? That was the last question I asked Mark. So you'll start to get the sense of the deeper current of the call and then what gets in the way.

What you'll notice is that you may be tending to skip the resistance to the call like, "Hey, I've got the call here," and maybe you kind of spend two minutes, nothing comes up. I really encourage you to use another quiet time to just see "Okay, there is this call emerging. I see the deeper current of it. What might be the resistance coming up? Maybe I can't even see it or it's not quite clear for me." But notice how you may want to bolt ahead or skip the uncomfortable part to kind of just get to the good stuff. But in many cases, that's not where the good information, the really important knowledge, the wisdom that can be had. Knowing where you get blocked and where you get stopped is as important as the thing that you're moving toward. And that's what we want to work on. We want to work on both. So that's your practice reflection question.

So let's do this. I'm going to go right into the Q&A and then we'll wrap with the poem and wrap with just a few logistics. Those that want to stay on and go into a free form breakout group, just plan to stay on. We'll allow everybody else to go.

So let's open the lines to questions. I would love questions to be focused on the content over the first week. You're on process. If it's technical questions and stuff, please just take that offline. Send us an email. Send us the question through the question box. Let's really stay focus on questions around your process, what's going on or if you want any clarity from me of things that I shared or taught.

So let's do that now. If you have a question or a comment about your process, you want to share something, that's fine too. Go ahead and push 1 on your phone keypad now so we can see you up on the screen -- 1 on your keypad. So I'm just doing a little refresh on my screen. I don't see anything yet. I might be able to go into a couple more pieces here while you guys are mulling on questions.

[1:15:03]

Again, if you want to ask a question or want clarification or even want to share something to get feedback from me, hit 1 on your phone keypad. I don't see anybody. It's like crickets out there.

All right. Let me do this. Let me sit with the guys. I'm going to go ahead and read the poem that I was going to read at the very end but I'm going to read it now. And if something comes up or you feel there's something you want to ask, great. And if not, we'll probably just do a few logistics and sign off for evening. So at any time go ahead and press 1 and we'll see what we got there.

All right. So I am going to read our poem for this week that I love. I absolutely love this poem. It's called The Call by Oriah Mountain Dreamer. Some of you might know that poet. And now my screen is totally flickering but here we go. So the poem The Call.

I have heard it all my life,
A voice calling a name I recognized as my own.

Sometimes it comes as a soft-bellied whisper.
Sometimes it holds an edge of urgency.

But always it says: Wake up my love. You are walking asleep.
There's no safety in that.

There is no where to go. What you are looking for is right here.
Open the fist clenched in wanting and see what you already hold in your hand.

There is no waiting for something to happen.
No point in the future to get to.
All you have ever longed for is here in this moment, right now.

So that's the poem The Call by Oriah Mountain Dreamer which you'll find on the website as well. I love that. I love it but it always says wake up, my love. You are walking asleep. There is no safety in that.

Are you live with me, Michael? I'm having a little problem with my Maestro screen. Can you say something to make sure I'm still here? Michael. Hello. Okay. Bill, can you hear me?

Bill: Yes, I can hear you.

Chris: Okay, great. Sorry. I can't hear Michael.

Bill: I was just giving you that feedback.

Chris: Yes. Great. Thank you. And do you have anything you'd like to share, Bill, while I got you on the line?

Bill: I don't know if you intentionally blended points five and six. But to ask the question, very high stakes question, are you 100% committed, that's a challenging question because honestly, my answer now is no. And that begs the next question which is what's the resistance to being 100% committed. So that's just an observation that it's an intimidating question to ask about 100% commitment.

Chris: Great point though. You noticed I didn't actually ask that of Mark. I had my note slightly differently here. But I will say to you that what I notice as a way of ferreting out resistance is when I look at something I really want or feel like it's calling me that I say, "That's what I want. I want to be more grounded in my life. I want to put a stake in the ground around my purpose," if I ask myself that question, am I fully committed to that, am I 100% committed to that, I don't need to know the answer, I need to know how to get there but am I committed to that, if I say that for myself as 100% commitment, it

ferrets out where the deepest resistance is. If I give myself an out, Bill, and say, "Yes, I feel pretty committed to that," I will not ferret out the deeper resistance to it.

Bill: That makes sense.

Chris: Yes. And it's a hard question to ask. Look, a lot of things in our lives are the nuance of life. Absolutely. To kind of do this all or nothing, 100% or 0% is not necessarily how life is. But ask yourself that question to see what might percolate up in your body like, "Oh, shit. If I really did commit to that 100% I would have to do this or this or this."

[1:20:00]

And it's something that actually my wife is facing right now. "If I'm really committed to my purpose" -- she wants to teach mindfulness incorporations -- she's saying, "I really have to face that I got to leave this job that's a very good, amazing, cushy, well-paid job." That scares her. If she wasn't at that 100% level then it lets her stay longer and longer and maybe something that's not serving her.

Bill: Well, that's why I signed up for the course.

Chris: That's great. That's good. Thank you, Bill. Thank you for coming online and dancing with me a little bit so I could hear one of you guys. Perfect. All right. Hey, Carrie. I see you there.

Carrie: Hey, Chris.

Chris: Hey, how's it's going? Do you have a question or want to share a comment or what do you have?

Carrie: You tapped into exactly what I've been dealing with the whole hour and a half. You've talked about your wife's call. I'm dealing with exactly the same call in the same way. It's like you got to be kidding me. Wow. I did this two years ago with you and didn't finish because I got stuck and got stuck for a good reason. I worked at a lot of my own bugs and demons in two years but I'm back. This is fantastic. I'm already off to a great start, seeing the difference in a couple of years in my life.

Chris: Great, Carrie. That's the beauty of it, isn't it? We go through cycles of our work to open the next space up. I'm so glad you're here again. We have a whole bunch of grads that are here too, Carrie, that are you going back again.

Carrie: Cool. Yes. I talked with one in my dyad. It was awesome. I'm struggling with what is the deeper message. I know what my shadow mission says. My shadow mission says I am disconnected and I am alone. That's what's generating the fear, in my case, the fear of rejection and the loss of security, the loss of money and pursuing my next business interest. I'm struggling with what questions I could ask for what is the deeper message.

Chris: Yes. It's good. We don't have to do it now because I want to get you to also be in a place where you can settle yourself, quiet in and really listen more deeply. Go back to make sure whatever you wrote you go and read that and reread that a couple of times and then sit with it. For men, I encourage actually doing this out in nature or in your backyard or on a bench rather than being on the meditation cushion.

Allow yourself to settle in and sit with it as you read for a minute or so. And see what percolates up like Mark, just stopping him for a moment. You know the answer. And then instead of trying to press at it now, give yourself a little space, come back to it and see what comes up.

What it is is it may not be a pointer toward the purpose thing. It may be that that's the energy that I need to cultivate, that's the thing I need to explore more that's going to help me break through my own pattern, inner fears or whatever to do this. And that's what I'd like you to do is really be with yourself with it a little bit and let the intuition percolate and let it come up.

Carrie: Got it. It's not easy but it certainly will be something I can do because I have established the mindfulness practice in the last couple of years since the course. Of course you got me started on that. Thank you.

Chris: Good. Thank you, Carrie. I look forward to continue to connect with you in the course. And thank you for stepping up to share.

Carrie: Right on, Chris. Thank you.

Chris: Thank you, Carrie. Okay, men. We're at the end of our time here. So I'm just going to share a couple of brief logistics and then see who wants to stay on to go into some ad hoc breakouts. So I definitely want to remind you to complete practice for session 1. So if you haven't completed that, please do that. These first couple of weeks really build powerfully on themselves. So just stay focused and really on track in the first two to three weeks particularly. That'll make weeks 4, 5 and 6 really much easier.

[1:25:06]

So finish practice from session 1 and then start your practice around call for session 2. And then don't forget to post your reflections questions toward the end of this coming week.

Please read the email that you'll be getting tomorrow. We'll have some new information about our just added bonus, the Purpose Assessment Tool that Brandon Peele created. He was the co-teacher on Man on Purpose last year with me and a good friend. So be on the lookout for that email. It'll come to you tomorrow morning sometime. And then of course all the materials will be up on the site throughout the day tomorrow. And actually the Purpose Assessment Tool will be ready by the end of the day tomorrow, first thing on Thursday. We have a video for you on that, kind of a training video too as well.