



Man on Purpose – Session 5 Transcript

“Tapping a New Source of Power to Fuel Your Purpose”

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Chris: Hello, men. I'm so excited to be with you all here tonight, November 29th in North America. It is November 30th for those of you in Australia. I'm so happy to be here with you. Of course I'm here with our Program Manager, Michael Russer. Hello, Michael.

Michael: Hi, Chris. Geez. It's hard to believe this is number five. There's only two more sessions after this one. I've been very privileged to see just massive shifts for some of these men. It is an awesome honor to be part of that. So thank you for including me.

Chris: Thank you, Michael. I agree. I've really been seeing some incredible sharings on the discussion forum and just hearing men share in the call last week and Oceano going through the reframe process. It's great to have you diving in full on. And for those of you that aren't, that feels a little behind or haven't caught up, that's okay too. We have every form and fashion and style have taken an online course is certainly -- anyway you choose to take it that works for you works for you. And over the years we've had men that didn't even get started until week 6 but then went through it on their own and had a great experience.

So wherever you are, if you feel a little behind, that's okay. You can either get yourself caught up which I highly encourage, just put some time and energy to getting caught up. But also no need to beat yourself up or shame yourself if you are behind because you've access to the course and the materials and all that for many months after the end of the course. So it's always there for you.

All right. A good bunch of you men are still rolling in now. So we're going to just dive in and do a quick presencing practice. Most of you I think have heard it before. If you haven't, this will then be your first experience of the four levels of presencing

practice. And so if you are in a space where you can ground your feet on the ground, then relax your body, allow your eyes to close. If you are driving or something where you need your eyes open, that's fine but just bring your awareness through what I'm guiding you through.

And so in the four levels presencing we start with our physical body and the space around us. So just as you ground into your body, as you bring your breath a little more deeper into your belly, let it come all the way down so you expand your belly. You can feel that even your back is coming out, your lungs are expanding, your belly is coming forward, using your breath to get into your physical body, bringing yourself back from wherever you may have wandered off to in your mind or something that's weeks away or something about last night, just bring yourself physically here. And so welcome your body, welcome the physical space around you. And that is our first level in our bodies.

And then we move to the second level of bringing ourselves fully present. And that's the mental, mind, all those thoughts going through our mind. And so just notice right now, just notice the thoughts that are in your mind right now. Maybe something's got your attention from a little bit earlier before getting on the call, maybe from yesterday or maybe it's thoughts about what's happening after the call later tonight or wherever you are in the world later this morning or in the afternoon. Just welcome those thoughts. That's the key. There's nothing inherently good or bad about your thoughts but they are thoughts. And some of those thoughts may be keeping you from being fully present here right now. So welcome them.

And as you welcome them notice that as you get present to your thoughts, you're present to your body, you're in your body right now in physical space, you're present to your thoughts, you're listening to my voice, and you're now more present almost automatically by bringing your awareness to whatever thoughts may be there and welcoming them. Okay, great. They're here and I'm here with Chris and all these other men, Chris and Michael and the rest of the crew.

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So we move to the third level. The third level is emotional or your feelings. So what are you feeling right now? What emotions are present right now for you? Again, the simple, basic primarily colors of emotions are sadness, anger, fear, joy, shame, guilt, variation of those. Each of those has many gradations and variations. So just notice what's maybe most primary feeling for you right now. I'm noticing for me there is both joy and sadness, a little bit of fear too. So I'm just noticing that and bringing them here in this space. I'm noticing those and feeling them a little bit in my body as well, in my chest and my belly. And I welcome them, welcome the joy, welcome the sadness and welcome that little bit of fear that I can notice as well.

And now we're here in our physical bodies. We brought our thoughts, our mind more present. We've taken a look at the subtle body or the emotional body and seeing what's happening in that feeling state. And then we move to the fourth level which is

the level of intention. This is different than the mental, certainly different than the physical or emotional. It's really about setting an intention for this moment for you, for this time that we have together.

So what is the intention you want to set for yourself for right now and for the next hour and a half or it could be for the next days or for the rest of this week? Let your intention be simple and let it come. You're hearing my voice now but let yourself pause with it. You don't have to rush to find it. Just see what emerges. An intention may be as simple as I'm here present to open toward more of myself to my purpose or I'm here to be with my resistance, to allow that as a pointer toward what is true for me or I'm simply present and aware, I'm here to learn. Whatever it is for you, set that intention now.

Again, if you have your notebook you can write the intention down so each week you can see the progression of your intentions, what you set for yourself and what may have happened as a result of that intention.

So there you have it. There you have our four levels presencing. I totally recommend that you use this especially when you're feeling stressed out, discombobulated, frazzled or almost out of your body. There's too much energy rushing. I highly recommend you go through this very quickly in your mind and in your own way to get yourself fully present. So it's not just present with your body or just present with your thoughts. It's present at all levels.

And then whenever you have something that's up or challenging for you or you're facing resistance in this course you can go through that quickly and also then set an intention that might relate to what you're dealing with at any moment. That's why the intention is so powerful because that helps us create a new thought pattern. So I really encourage you to do that.

So what we've got today for you men is Session 5: Tapping a New Source of Power to Fuel Your Purpose. This week is awesome because this is the shift. This is the shift where we move from the inner gain of working toward our purpose, from the inner gain more toward the outer gain. And we've really consciously made the intention to focus more on the inner terrain and the inner gain and where we may face resistance before we work on the outer gain because I think it's important to have that order where we get more sense of what's the inner terrain that's operating before starting to set in motion the outer things or the actions of the plans or the purpose statement because we'll be much more able to deal with any resistance that comes up over these next three weeks as we do more of the direct purpose work.

So I'm so excited to dive in with you all around this. And it shifts the energy a bit from the downward work that's gut work and maybe into the dark, the basement or you could call it the attic of your inner bullies. And so confronting that can be challenging. It can be hard. It can feel bad, depressing, difficult.

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And so now we're going to begin to shift that energy to say, "Okay. That's there. We have tools to work with that." Now, how do we begin to live into the new possibilities that are emerging, my call that I'm feeling is pointing me in some direction? And now I begin to look at "Okay. I'm going to start digging into purpose." And we're going to talk more about that today.

So I'd like to do a quick poll first. I want to get a sense of where you all are coming out of Session 4. Session 3 and 4 we're really looking at resistance and then how we transform the resistance with the reframe process. There are going to be two questions here. The very first one is a simple yes/no. And 1 on your keypad is yes, 2 is no.

And have you done at least one of the reframe processes? Either doing it yourself or had somebody support you through it by asking you the questions? Taken an inner bully, looked back at some place where a message was imprinted in your life and then work through the questions. If you have done the reframe process press 1. If you have not yet done it press 2. And that's totally fine, just being accountable and responsible. I'm sure you have time this week to do that. 1 if you have done the reframe and then 2 if you have not.

And I did click the broadcast poll results. So if you are on the computer interface you should be able to see the poll results. I would like a few more of you to answer hopefully on your phones. Again, hit 1, yes, if you've done it, 2, no. And let's see if we can get most of the folks here.

Great. Of those with the hands up, we have -- and this is only of the hands going up just so you know -- 48% of you have done it and 25% have not. Great. Thank you, men, for going through the reframe process, experiencing that. For those of you who haven't yet done it, I highly recommend it even if you're feeling a little bit behind where you didn't necessarily complete the practice in Session 2 or 3. Just slide right into 4. Listen to the recording if you haven't. Take the practice document and use this week to go through that. So just commit to that.

You can always go back a little bit and pick up 2 and 3. But you really want to make sure that you're clear on the top three inner bullies that are really working you. And then taking at least one of those and then working the reframe process so you can begin to see how that starts to rewire your brain, rewire your system from the defaults of the inner bully to now more aware of it and then new possibility. Thank you for that. So I'm going to put the hands down.

This is going to be what we call a Likert scale question, 1 through 5. So we're going to use all 5 in the Maestro where you can use 1, 2, 3, 4, 5. And this is going to be a Likert scale where 1 is the lowest and 5 is the highest or strongest. And so this question is what level of resistance are you experiencing in the course right now especially coming out of Session 3 and 4, really looking at your resistance or bullies? And so 1 would be not that much resistance. I feel pretty good and pretty excited and

did the process and I have a sense of these bullies, these inner critics in me. So I'm not experiencing a lot of resistance. I'm doing the work but not getting resistance. And then 5 would be feeling quite a bit of resistance like some new stuff is coming up, feeling very challenged. And then obviously 2, 3 and 4 are just gradations of that.

So go ahead and do that now, your level of resistance. 1 being low, 5 being very high as it relates to diving into the bullies to the resistance that you're facing, particularly around obviously your purpose and your call and all of that. So go ahead and do that now, again, just on your phone keypad. You don't have to hit # or *. Just the number itself and 1, 2, 3, 4, 5. Okay, good. Thank you. Great.

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So you should be able to see the broadcast results. If not, I'll read them out to you. 25% of you are at 2, 28% at 3 and 21% at 4. So no 1s and no 5s. And that's good. I'm really glad to hear there's no 5s where it's almost taking you down. But quite a few bounced at 2 or 3, like a traditional bell curve here. 2 and 4 are a little bit lower than 3 and 3 is the highest number. So right in the middle. They see some resistance but "Hey, it's not taken me down."

So thank you for that. That really helps me, men, just do this polling to see who's done the processes and then also to see where you are on this resistance scale. So thank you. We'll have some time today. So for those of you that are at 4, please, by all means, use some time when I open the mikes for any comments or shares. And when we get to the Q&A feel free to speak up like, "Hey, here's the resistance that I'm facing." Let's see if we can work with that a bit.

All right. Wonderful. So I'm going to do a little bit of a review of where we are in the course right now, talk a little bit about the context of the session today, and then we're going to do a breakout. So I do want to get you speaking to each other especially as you shared there's some resistance up. That's actually what we're going to have you talk about, a little bit about one of the bullies and then what's possible for you on the other side of that. And then we'll dive into really this idea of a new authentic power that's potentially arising in you.

And whatever level your power is at, how can you elevate that to the next level to bring towards your purpose? So that's why we're saying there may be a new unleashed power or clarity or a sense of commitment energy that moves you more fully towards your purpose, that adds fuel to your purpose. So that's why we want to tap into that. And everybody is where they're at in terms of their expression of their power. And so wherever you are my hope is that as we move through this session today and into next week that there's more authentic grounded power arising in you.

And so I'm just going to do a quick summary or where we've been, where we're at right today and then a little bit of where we're going. I just want to ground this. You all know and have heard from the recordings or live with me that we're on a hero's journey together into our purpose individually and also collectively in this course. And

so in that hero's journey that we use as a meta story or a meta narrative for the course we started in week 1 taking a deep look, an honest, unvarnished hard look at our ordinary life, where we are right now in our life. And then we mapped that. We did some work to look at the different areas of our lives -- the life wheel, if you will -- to really look at what's working and not working or what has really energy for us or doesn't have any energy for us in different areas of our lives.

And that helped to open the space of "Okay. I've investigated the known territory of my life." And now what comes up is "Okay. Now what?" And out of that investigation as we worked into Session 2 is you and us collectively began to really listen for the call, to listen more deeply to our heart's desire, to what is being called forth in us. This is not our purpose. This is not the definition of our purpose. This is that simple calling that says, "Hey, come over here. You need to take a look at this or this is the direction that you're heading in."

And sometimes it's hard to hear that voice or hear that call, and many of you expressed that. And sometimes it's so simple it's staring us right in the face. It's like right up against us like "Oh, I really need to pay attention to this relationship that I have that's ending. And I've been avoiding it and I've been really hiding from really getting real with it and honest with myself and with my partner," and that that may be the thing that needs to be unpacked so that you have more energy and more power toward your purpose, meaning that there's some clarity in that for you that can inform your purpose.

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So that's why the call could be anything that's really up for you, that's most important. And hopefully it's something that has some passion and some juice for you that's pulling you. It doesn't have to be fixing something but it can be anything that says, "Okay. This is what the up for me now. This is what's calling me right now in my life."

And then we look at part of our inner gain work and part of the hero's journey has been we've got to look at how we resist the call. How do we resist the call? And we have thousands of ways to do that. And what we've done here in the course is organize that these inner bullies, organize the resistance around inner bully archetypes that we could point to and say, "Oh, that's **[0:20:56] [Indiscernible]**, the Good Boy, Put Down Pete" or anyone that you created for yourself because we do have resistance as we look to do things differently in our life, to confront some things that we haven't confronted or start listening to that deeper voice inside, that intuitive voice, that knowing wise voice in us that there's going to be a lot of resistance coming up.

Our mind is going to say all kinds of things. It's going to say **[0:21:28] [Indiscernible]** and that doesn't make sense and what is this call and you've got too many responsibilities and don't even think about that or that's stupid, you're stupid, whatever it is. And that resistance gives us lots of information **[0:21:42] [Indiscernible]**, important information about how we operate, each of us,

individually. And so as we moved through our own hero's journey we're actually descending toward an ordeal, if you will, our own inner demons, in some ways the deepest, darkest parts of ourselves that we're meeting. And it's important that we meet them because they are just figments of our brain. They're imaginary things that still roll around that we've made up, stories that we've made up about ourselves.

And so in the Session 4 last week we looked at transforming that resistance into new possibilities. How do we do that? We meet it. We meet the resistance. We meet the inner bullies. We look them square in the eye and then we go through a process of making a new choice of rewiring our brain to say, "I see you. I hear you. I got it." And then through some very specific steps and very specific words that we use helps us to say, "Okay. I made up all the meaning around these things that happen in my life. And I'm 100% in control of all of those meanings that I've created. And I can make a new choice at any time."

So as we move into the session this week we make that shift moving toward the new possibility. And that's really important now. If you're doing the work coming out of Session 3 and into 4, you do the reframe process, you're going to get some new insights for yourself and a taste of true new possibilities no matter where you are on your journey. And then you begin to step toward the deeper discovery of your purpose and ultimately declaring it.

That's where we're heading in 6 and 7 is "I got it. I created my own reality. I'm 100% responsible for all of these meanings that I make up about my life that hold me back, that sabotage me. And I can make a new choice." And when I have that capacity in hand then as I start to frame in my purpose -- as I do the investigative work which we're going to talk about a bit today and dive in 6 and 7 -- now I'm much more prepared to really own it, get it and not sabotage it, not fuck it up.

So right now as we head into the content for today we're clearing the space from Session 4 and into the day, we're clearing this space for your purpose to emerge more easily, more clarity, and then less encumbered or less hindered by all of those negative messages, the negative limiting beliefs.

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And so this is prep work. We're now in that space of prepping you to open fully to your purpose. And the key thing as we head into the final session of the course is that ultimately as we talk about this being the outer gain, this is now beginning to look at bringing these new possibilities, your passion and eventually your declared purpose is to bring it into action in the world. So even if the purpose that you got clear on isn't written perfectly or you don't feel 100% aligned with how you're describing it but you know it enough to put it into action in some in the world, that's what we're going to be ending the course with is getting in action with it.

And so today we're going to talk about this new arising power that will fill your purpose, that will open you more fully and provide you the energy and the power of clarity to really claim your purpose.

So right now I want to congratulate all of you for making it essentially through that ordeal, that harder part of the hero's journey where you're having to look at the hard stuff and find some new capacity. So congratulations for getting to this point. You've moved through the darkness, if you will, and now you're stepping more fully into the light. And for many of you, you may be experiencing a real wind as you go through the reframe process as you realize that these messages, these inner bullies don't have the same power that they once over you.

So we're going to step into the possibilities, your possibilities and moving more towards your purpose. And in a moment we're going to go into breakout but I wanted to just share my own personal story with you particularly around this shift, the shift from the inner bullies' working me toward some new possibility. And this is almost ten years ago where I had joined a company called RightNow Consulting doing training and consulting work mostly in the real estate industry.

And I'd had my own business, an eco adventure travel company, and had that experience. And then sold that and then wandered around, took some time off and traveled the world. And then came back and really struggled to try to rebuild a business or something that I was passionate about or really to be clear in my purpose. And so I started realizing, "Look, I can't really figure this out right now and finances and getting tighter and tighter and tighter." So I joined a company.

It was good. It was a good experience for me but I could tell it wasn't the fullest expression of my gifts or a sense of my purpose unfolding but it was the right transition at the right time. And so as I look to leave the company the bully that was really up for me as I was experiencing not really wanting to be there, feeling like I was coming at the end of my time after about three years, almost four years, Put Down Pete was really up for me. And it was really more like "I'm not really entrepreneur," and this would be Put Down Pete's voice. "You're not good at really building a business on your own. You always need partners. You can't make it work. You really didn't make the other business work really, really well. It sort of did okay. Look, you're going to just create the same mediocre thing."

How can you make really good money doing what you love? That's ridiculous. You work as hard and you're just going to have to plow through it. If it's something that you love then you're probably not going to make much money from it. So doing what you love equals not as much money or not a lot of money or being poor. And the message that I got from Put Down Pete was you couldn't be a good person, spiritual, doing what you love and make money at the same time. You couldn't do that at the same time. Work is work.

And so I really worked with that bully over a good year or so. I had a business partner when I left RightNow Consulting. I was still in that limiting belief. I saw that I

was really attached to being a good performer for other people's vision or mission. You know what I mean? Chris Kyle can be a good like high hype level producer as in consultant or senior manager on the team or the guy out there selling the business, whatever it is, just put me on it and I'll do it but it was always in service of somebody's else's vision or somebody else's mission, not necessarily my own.

And I could see that I was afraid to put that same level of drive, that same energy that I could put into being a good performer into my own vision or my own ideas.

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And so when I worked with that inner bully and got really clear of what that message was and brought it to the light and had conversations with it and really just let it slide right through, it had way less energy. The new possibility that showed up was I could create anything I want and to really stay focused on what really moves me, fills me, gives me passion, what brings excitement to me.

And so I did. I worked with the inner bully and shifted, got clearer on how I wanted to serve. I realized I really wanted to directly impact people's lives rather than in a business where I may be was doing the work of the business but not necessarily directly impacting people. And so I created a coaching and consulting practice working with entrepreneurs and with startups in helping them be more successful. And it was funny I had been that doubter that "Oh, I'm not an entrepreneur," and yet I had two businesses of my own before I even got to this point.

So it's really just to show you that as you move through this process of really looking at the messages, the bullies that still operate in you is to really work with them in a way that then opens up the space for what you really want. And part of the next three weeks is getting clearer on what you really want and what you're here to bring and give. And that's what I went through too, that process of looking at how can I up my purpose and what would jazz me. And that was that work coming out of the inner bully work.

So that story is just to tee up a little bit for you guys the breakout session. And so we're going to do that now. We're going to put you in pairs. And so I've got basically two questions but it's one main question. So when you get into your breakout you're going to have roughly three minutes each, probably two and a half. I'll come on and tell you when to switch and then have you guys end.

What is possible for you or your life when your bullies are not running you? For those of you that did the reframe process it would be when you got to the very end what did you experience as a new possibility for you. And remember, it's not just the thing that you're doing. The new possibility could be "I'm at full choice for my life. I can, at any moment, bring choice to do whatever I choose" or it could be something like "I feel there's a new level of power and commitment" or it could be something more practical like "I feel like the new possibility is I can create this business that I've been somewhat limping around with."

So the question again that you'll answer and share with your partner is what is possible for you or your life when your bullies are not running you. And think and imagine big. Maybe there's something new coming up right now. It doesn't have to be what you did over the last couple of days or last week but what's here for you now. Imagine that all the bullies you named are no longer running you, meaning the messages that they hold are all not running you, that you don't believe them like "Ha." And then what's possible for your life if that's true?

There's no need to get this right. This is a perfection free-zone so just let flow and just share with your partner. Again, the best way to be in this is if you're listening to other men, just let him go and until the time is up so he can get it all out. So try not to interject too many questions unless there's some clarifying question you want to ask. If you feel complete and you want to switch sooner or go back and forth, that's fine too.

All right. I think we're good. We have one group of three. So you men will need to manage your time. And so go ahead and introduce yourself. And we'll get the clock started here. And here you go. Enjoy.

All right, men. I'm sure I cut somebody off there. It sounds like you guys had really great conversations. And so I appreciate that. What I'd like to do is just hear really from maybe one or two men. I want to move on. We've got a lot to cover tonight and only have another 20-30 minutes before we go into Q&A.

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So if you'd like to share what you just shared in your dyad press 1 on your phone keypad or some comment that you want to share or something that you got. I love to hear from a man that just got it like "God, if these weren't running me here's what's possible for my life." So if any of you like to share just hit 1 on your keypad. We'll if we can take one or two shares.

I don't see anything coming. Are you men bashful by week 5? There we go. Thank you, man. All right. Hey, Ken. How are you?

Ken: Good. Thank you.

Chris: So what do you got, Ken? What do you want to share?

Ken: First is I came up with two inner bullies that seem to be running my life, Sad Sam and Frustrated Frank. With their absence, that deep sadness and that ongoing frustration, without it I would have much more fluidity in communicating my vision, my purpose from a place of power. And from there, raising the requisite capital and building the teams. And out of the co-creativity, living a vibrant and purposeful life.

Chris: Great. Thank you, Ken. I heard one thing very variable. If they're not there there's a different set of choices and a different energy coming into those things of articulating your purpose more clearly, of raising the money you need. So I really hear a bit of a shift. It may even be a subtle shift but an important one.

Ken: A very, very important one. Thank you.

Chris: Thanks. Great. Gary. Hello, Gary.

Gary: Hey, Chris. I got some more clarity. Arrogant AI was one that's been up for me, just a strong image of my dad, not so coachable. I guess I decided it keeps me distant and sort of safe, nobody can tell me what to do. I've tried to make friends with that. If I didn't have that running me so much I think I'd feel freer to take in what I don't want to hear. I don't know. I guess the image I had was that I could convince myself that I could be safe even if I was getting by with a little bit less, that I could still be okay, that things would work out. It's hard for me to believe that things would work out if I'm not just pushing and worrying and just running that critic all the time.

Chris: That's a great insight, Gary. Really important. I resonate with you in that. My Arrogant AI is the driver in mind the controller too. You could call it Controller Conrad or whatever. I'm so with you that when I recognize that arrogance then I'm not really learning, I'm not open and most importantly, I'm not really listening deeply, Gary.

And you hit the nail in the head. There's something about you coming into relationship with Arrogant AI to integrate that and to really allow him to step aside so you can be more trusting, more open and maybe even a little bit more receptive to feedback and to things that you could put into play that move you in the direction you want. And I know my Arrogant AI a lot of times would not let me hear what I need to hear like "I don't need that. I don't need that information. I don't want to listen to those people." So make friends with it.

There is always some valuable reason for these inner bullies in our lives. They kept us safe or secure or whatever. There may be a confidence that you don't want to let go of Arrogant AI.

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It's like being in a relationship with Arrogant AI in a new ways which says, "I'm going to be open, willing to listen, learn, grow, be humble but I need your confidence Arrogant AI. I need that boldness." And so that's that conversation of the parts of ourselves, the pieces of our personality that we can start to have new choices around the messaging. That's great, Gary. And thanks for sharing.

All right. So thank you, men. Thanks, Gary, and thanks, Ken, for sharing. I'm going to spend a little bit of time very briefly just setting the stage about this idea of a new type of power arising or a new authentic power rising. The switch we're going to

make tonight is start talking directly about purpose, coming out of this inner gain work into the conversation of purpose.

But before we do that I want to be really clear that what we're talking about here as we move through the resistance, as we see the patterning, as we see the messaging, that there's a release of energy that we could relate to, a sense of power or movement in a direction that we want, whatever that is. And so what I'm going to suggest to you is that there is a way of talking about power. And I'm going to give you a definition of it that's not serving up the definition of power but it's one that I've come up with my co-founder of the course, George Daranyi.

This new definition of power is something like this, the power is sharing my experience vulnerably and courageously and then acting from my truth and my inner wisdom. Say that again. The power is simply this authentic power, conscious man with this authentic power, is sharing my experience vulnerably and courageously while acting from my truth and my inner wisdom. So it's not power over. It's not about position. It's not about "I can do X" or all of that. That's old school power. We're evolving into new ways of being as men and as women.

And so this new power, as you can imagine, as many of you already get and know, is an inside out power. It's not an outside in. It's not a positional thing. It's not about some way of having domain or dominion over. That can certainly be the position you have, that could be the role you play but it is not the pointer, it's not the definition of your power. And in a way the most empowering beings are those that say, "I have nothing to hide. I am fully transparent in my life and who I am and who I live in the world" whether that's Gandhi or that was even Christ or Mohammed or whoever, Buddha, there was just full transparency. There isn't the sense of got the secrets in the stories and all that.

So sharing our experience vulnerably and courageously is part of generating more and more authentic power. And then part of revealing more of yourself to allow more energy and power and clarity to arise is willingness to go into the dark places of those stories, those events in your life and the stories that you make up about yourself. You've got to go in and look at those, investigate those. That's that inside journey. What's the truth behind each of the bullies? What's the pain that's there? What have you made up around that?

Sharing your own experience even begins with you and starting to look at your own experience more vulnerably and courageously and then being able to share that more out into the world. So power is you writing your own story. Power is you putting your past into the past, keeping it in the past. Power is your stand as a possibility for what you want, for what you're passionate about, what you want to serve, that you choose your action and your meaning. And that's all from the inside out of what you want to bring forth into the world through your experience.

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And there are other ways to gain power. So as we look forward from this session and into the week 6 and 7 of the course one way to get power or as Jean Houston likes to say, the capacities to bring forth your higher self, one of them is completing a difficult thing that's right in front of you, completing the hard thing. I know for myself, when I complete something that I'm committed to that's challenging, that there's a struggle, there are things that stretch me, stuff I don't know, it gives me power because I did it, went through it, experienced the challenge, the trials and the tribulations and I came out the other side with a sense of strengthened capacity. I could handle that. I got it. I learned about some new challenges that may hold me back that or that were in the field that I want to focus on. And I had to overcome these outer or inner challenges.

And so that's one thing. The stuff that we do that we take on instead of saying, "That's too hard. I'm not going to do it or there are too many challenges. I'm not going to do that," that is definitely an inner bully that you'd have to explore if it's something that you want to do, if you're excited about it, if it brings you some sense of juice, possibility.

And so the other way to gain power is also through trials, through testing yourself, initiations, quests. So anything that pushes you into the unknown territory -- and we've been talking about forcing you to access new parts of yourself and look for new pathways through that unknown territory. And so in a way you joining the course is sort of a trial or a quest into your purpose but it could be other things in your life. It could be other initiatory experiences you take on or quests that you take on to learn more about yourself or even something that you go off and into nature to test yourself for a week in nature and then what's revealed there when you're completely unplugged and off the grid.

So this is still all aspects in a way of going through your own hero's journey, completing the hard stuff, finding new capacities, going on a quest. And so this is about you adding to your power. You men all have capacities and power, absolutely. You show up in magnificent ways in your life and in some other areas maybe not so. But this is about elevating your gain and elevating the access to capacities and power that you didn't have before because that's what's going to be called forth when you really get committed to your purpose and that you declare it and you want to live it because that's where the rubber's going to meet the road and where you can get sabotaged by these old patterns.

And the final thing that I'll offer you here is that you will need to access this new power, a new arising power in you for your purpose. It's not only the discovery of your purpose but also as we talked about, as you look to bring it into action in the world in the way that you want.

And so let's revisit briefly the story of Neo in The Matrix, our other meta story throughout this course. And I'm just going to take you back there a little bit to see where he is along the journey that we're on. I'm telling the story as a parallel to where we are in the course. And if you remember when we last left the story of Neo -

- and that's what Brandon shared last week -- he had taken the red pill, woke up in the real world. He wakes up in the Nebuchadnezzar, the ship. Morpheus even says, "Welcome to the real world." That's the narrative over the top. As he wakes up he says, "Why do my eyes hurt?" And Morpheus says, "Well, because you've never used them."

And so there's this amazing sense of disorientation and confusion and all these things coming up now as he transition from this default world, from the world of the Matrix which is just, again, all the stories that we tell ourselves all wrapped up into one massive program to create this reality that's not really real -- it's a default reality - into what we could call deeper reality or true reality.

[0:50:16]

And so now Neo begins to get his strength back and he now jumps into the training and has all these training modules, jujitsu and kung fu. So he's soaking it up. He's got incredible natural capacity but has never really tested it. So he's going through all these programs. And of course Morpheus wants to test him early on. And they get in the dojo and go through that whole amazing jujitsu, kung fu, martial arts scene which is so powerful. And he's teaching him. The rules that you knew in the Matrix, they don't really apply here. Some of them are fundamental but others you can break.

So he had to relearn who he was as a man, relearn his capacities mentally, physically, even spiritually. And he was willing to do the work. That's the key thing. We don't see Neo just sitting back and going, "Man, I miss the Matrix and the food taste terrible." No. He's invested. He realizes there's something for him to get here. He's also getting this message that he hasn't quite believed yet that he's the one, whatever that fucking means. And that's how he looks at it. Man, that's a mind fuck. So he's willing to do the work though. He's willing to say, "I'll do the training. I'll do what's asked of me. I trust Morpheus. And this is what he's asking of me." He's a good student.

Where we are in the course is he starting to now gain huge new capacities, the way he thinks, the way he moves back in the Matrix, the way he is outside of the Matrix, what he's learning about the people that have been freed from the Matrix. He's learning a lot and he's also seeing how he can make choices in his own mind that impact how he is in the Matrix. He can actually control the Matrix.

And so he's still not clear on his purpose. He still doesn't believe he's the one to overthrow and crash the machines so that humanity can thrive again but he's doing the work. He's chopping wood and carrying water to see what's going to happen next. How can I serve here? And he's still getting that there is something in him that says, "Well, there is something about me being the one. I need to know that." And he realizes during this time as you guys are getting with each other in the course and with people that are around you is that there are allies. He's finding more allies. The other people in the ship and Morpheus and Trinity and Switch and Apoc, they're helping him. They're allies for him as he goes on his purpose journey.

I'm not telling the whole story yet. We're a little halfway through the movie but he's starting to feel the possibility that he could be the one as Morpheus believes that he has the capacity to be the one to change everything. So that's what I want you to sit with. It's as simple as saying, "Are you the one?" Be the one for whatever you want to create in your life or you what you feel like you're here to bring. So that's the question to sit with from The Matrix as we head into the rest of our time here and as we go into Session 6 and 7.

So what I'm going to do is give you an introduction in this session to purpose, to how we hold purpose, the three core elements of purpose. And then we're going to talk a bit about the practice for this week and then open it for Q&A.

So I'm very aware that there lots of different ways that people teach purpose, different books, different teachers and facilitators and coaches who do purpose-oriented work. And everybody has a variation and a model. We all have our own way of talking about it. One of the people that I really, really respect in this space is Tim Kelly who wrote a book called True Purpose. And Tim Kelly is a friend and a mentor.

His book goes into much more esoteric directions and ways of looking at purpose and really tapping into your inner guides and all that. And I think it's beautiful. And what I've done is really taken my own journey, my own experiences from Tim and from a few other sources to create -- I guess I would call it the first step purpose process.

[0:55:19]

It doesn't mean you can't go deeper. And when you hear Jonathan Gaston talk about purpose you'll hear him talk about the three worlds of purpose and then his octagon model around purpose. It's beautiful, it's elegant but it also can be very complex.

So I'm going to dive into the definition, how I hold purpose and then what we call the three elements of purpose. So the definition that George Daranyi and I created when we built the course four years ago is this, purpose is the act of giving my authentic self -- that being my true essence -- along with my gifts and talents to the world in service to something bigger than myself. The act of giving my authentic self -- that being my true essence -- along with my gifts and talents to the world in service to something bigger than myself.

There are lots of other definitions out there I'm sure and maybe you've ran across them in various books. But for me it really speaks to when I tap into this deep authenticity, who I am as a man, along with the gifts that I believe are natural for me, that I love and that I built some talents, some skills over time, that there's a desire to give that to be in service with that, my essence and my gifts and my talents to something that's bigger than just myself.

And that's an important part for me around purpose. There is still some active giving of who we are. If it's being it, that's fine but if we're being it in a group of people and we're being very grounded and present in a way we're giving our purpose to that group of people. Some would say that meditating eight hours a day for the planet, for all beings on it is a part of purpose. In that context, yes, there's some service to something greater than self. But just being in our own world, doing our own thing that only impacts us, reading a great book -- and I really enjoy reading so I'm going to read this book -- if that's considered purpose by some because I'm a writer but I haven't put anything down on page, I just keeping reading and I refuse to write, then that's really not a giving out into the world of your gifts and talents and your essence. And I just make that distinction because it feels like it needs to have some meaning of the world even if it's just one person or many.

My purpose is also something that moves me to inspire action that has a positive and powerful impact in others and/or on the environment, on the world. And that draws me. It's that thing that pulls me into inspired action that I can bring this forward and feel really empowered and excited by it. And by definition your purpose is bigger than you, bigger than your ego, bigger than your plans, your thoughts, that it's bigger than you and it continues to teach you as you look to bring it out into the world.

So one of the things that's really important about purpose that I know in my own life for me is that it's never ending. The purpose that I create or define is not about what it is that I'm doing per se. It's not like doingness. It's more of a combination of my essence, my gifts and my mission or my lined actions.

I believe that purpose is a holistic way of being in the world. It's about my beingness. It's about embodying it, that there's a doingness to it. And then there's an actual choices around actions that I take from that place of being, from that place of embodying it and how I choose things to put out into the world.

And so the three elements of purpose are essence, gifts and mission or what I also like to call aligned actions. So the essence is your beingness. The gifts are your embodying of your purpose but you could also call that the doing part, if you will. And then the mission is those aligned actions where you're doing is out into the world.

[1:00:17]

So the definition of essence is the qualities or characteristics that you express and exude naturally and effortlessly. The question here is what might others say of you when you walk into a room of people and begin interacting. What's the quality of your presence as you interact with other people? What are the characteristics of you that are natural and effortless for you? That's what you'll be exploring as we begin to look putting together your purpose, exploring the components of it. You're going to be exploring your essence. How do you distill that?

We're such multifaceted creatures. There could be thousands of qualities. But can we distill it down into "Oh, that really is the essence of John or Bob or Dave or Ed"?

That'll be our focus for the practice this week. The next element is your gifts. This is the embodiment of that special being that you are, of your essence, and embodying it as an offering into the world.

And when I say gifts it's gifts and talents. Gifts feel like the natural capacities or ways of being that when you're interacting with others it just feel natural and effortless to you. Maybe it's the qualities that you're born with. And your talents may be things that you've learned, skills that you've learned over time, things that you have studied or ways of offering yourself that you had to learn or explore or master. Gifts and talents -- even though we use the gift it's really both of those.

What's most important here are the things you do that brings you most alive, that you're really passionate about. So you may have lots of talents and you have lots of things that you've learned, lots of talents throughout your life. When we talk about the gifts that you have you really want to look at what is juicy and alive for you. What are you most passionate about that is essentially "My gift is this. My gift is doing X"? And it's not simply your strength or talents. It's not just the strengths you have. It's really the essential passionate offerings underneath that layer of "Okay. Here's what I've learned in my life. Here's what I got out of school."

And so one of the things that is important to be with right now is that you are in a space that I hope is an open space for allowing something brand new to show up. And that brand new is what is my essence as I see it and hold it right now in my life at this moment. What are the gifts or the key talents that are most present right now for me that I'm most alive with? Whether I'm giving them fully or not, what is the gifts that I want to give even if it's not fully expressed?

And then the last piece is what we call mission or aligned actions that serve others. And this is your doingness. The gifts are really your embodiment of who you are. And then this is really taking it from that into the actual doing or actions out in the world. So the definition here is that the flow of essence and gifts into aligned action and practice. This is where your passions and your creativity are activated.

Your purpose has impact and is measurable through your aligned actions. This is where you get feedback. You get feedback from the world out there. If you're just being in your essence and your gifts just for yourself and not really interacting with the world with them, there's very little to learn or get or shift or alter or grow from until you begin to bring that out into the world.

[1:05:04]

So think about this. Purpose is really about the movement or the flow of your essence, your gifts and talents that are put into action in the world in a way that you choose, that feels right to you, that feels passionate to you, that feels alive for you. And the key thing here is to be careful -- the whole idea of purpose and moving your purpose, these three essences and your gifts and then your aligned actions -- not keep it as a heady place, like a left brain, "I'm going to figure this out. I'm going to get

it. I'm going to do it. I'm going to write it." Some of that may be true and important but there's also a whole sense of trusting intuition, trusting what your body is saying, trusting and being in co-creation with other people that might inform you, that might actually surprise you.

So there's more than just being in mental construct of your purpose. A lot of the work that we'll be doing is getting your mind clear but we also want to make sure that you're also tapping into the wisdom of your heart and the wisdom of your body, what that soft voice inside is saying that you can listen to that doesn't get drowned out by all those mental stories that you tell yourself.

And your purpose can have impact. It can be measurable. I'm going to say something maybe a little bit challenging here for you. If you're not in action with your purpose into the world in some form or fashion then it's really not purpose. It's really more than some other thing that you're doing that I wouldn't call purpose. It's where your gifts and talents, your essence meets the world. And if you're not in action with it and giving it, really giving it, then your purpose and your purpose statement is just a nice idea and just nice stuff on the paper, just flowery words saying, "Here's my purpose statement. And if I don't do anything with it, if I don't move myself to some kind of inspired action then I'm cheating myself, I'm just going through the motion."

And so that's just a little bit of inspiration for you and intro to what we'll be diving in more deeply next week as we go more into the subtleties of essence, gifts, missions. So we're going to spend more time with that. Your practice this week will help with the first step as well.

So now let's talk quickly about the practice and your reflection questions and then we're going to open it up for Q&A. I really want to hear from some of you men and any of you that are sitting in some resistance. We can try to work through that together on the line.

So one big reminder for you as we said in week 1 or mentioned it briefly in week 2, I really want you men to have some mindfulness practice, some quiet, meditative, solo time at least ten minutes every day. Many of you may already have that practice, you're already doing that. But if you're not, really see if you can discipline yourself over the next 14 days plus. Have that practice of getting quiet, being still with yourself and see what comes up.

And usually after that, that's the time to journal. If you want to use journaling time as your mindfulness practice, fine. It tends to engage the mind a little bit too much. But if you're using that as free form writing, stream of consciousness writing, certainly that can be a part of a mindful practice, a solo practice. Really commit to that because I believe that there is information. As you're going through this experience there's information possibly coming up that you're missing because of the busyness of the work and the course and in your life and you're not giving yourself that space to really check in to see what's there.

And in a way it's tapping whatever you call your trusted source. That's what Tim Kelly calls it in his work in True Purpose, tapping more of that voice, that intuition, that knowingness, the wisdom, call it your trust source so that things bubble up that you get to look at and work with and maybe move on. So I encourage you to do that because that's going to be really helpful as you go into the practice for this week which is called your essence practice, taking a look at your essence. So you'll see it. It'll be in the sheets and the instructions will be on the website.

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And the key thing here for you is to investigate yourself but also get feedback from people in your life. So the practice is to send an email or you could do it in person, verbally, to at least five, if not, more but at least five people that know you well. So that can be partners, close friends, maybe other family members. And see if you bring those five or more from different areas of your life. Again, a male friend, a partner, a sibling. Try to get some diverse perspective rather than just -- you men are in iGroups or something -- just from all the men in your iGroup, your men's group.

And so here's what we're going to ask. This will be in the instructions. You're going to ask them this question in your email. It's very simple. Two things. I'm taking this great purpose course and I'd like your help and support. What qualities or characteristics do you in me that I express naturally and without effort and which positively impacts others? And then just encourage them to describe this in single words or very short phrases, just the essence of it, so just the essence of you. We're not going to talk about your gifts yet so don't add that in like "What gifts or talents you see in me?" Just "What is the essence that you see in me?"

You noticed I didn't use the word essence but if you want to say that, it's like saying, "Hey, what is my natural essence that you see? How would you describe that?" it's going to be really powerful. It's really exciting for you to get the feedback in the last three years of the course. We're really blown away by the feedback they got. It was really powerful for them. So I encourage you to do it. It's easy to just send an email to each of those people or do it live. Even if it's a partner or somebody that you live with, it's best to do it by email so they can sit with it and think about it and then write you back so you have a written record rather than just a verbal conversation. So I'd prefer that.

You get to do that first and then you get to sit with "Does that resonate with you?" And you absolutely can add to it yourself, meaning it's your own belief. But I would wait to do that after you receive the feedback from other people. And then the reflection questions will be on the site there. What is your essence and what are your gifts? So we're going to have you do a little bit of your gifts work here too, take an early stab at that. What are the qualities, characteristics that you express and exude naturally and effortlessly? And what would your life be like if you fully lived from your essence and your gifts? Those are the two reflection questions that you'll get to toward the end of this week or early next week.

As you look at all of the things that you believe you're good or have talents, start listing all those. And you may even want to do a brainstorming process around your gifts where you just start listing the things that you do well, the talents that you have, the skills that you have. And then start to see if there are some themes that tie them together so that you can drop underneath the talents and the skills that you got to really point to your gift.

Some of the talents I have is I listen well, I process a lot of information, I synthesize things really well, I'm a quick thinker. I have the capacity to listen deeply and to see what might be going on for somebody or for an organization or an individual. There's a quality when I get really present with all of those skills or talents and I really drop in and really listen deeply inside myself as I'm also listening to other. I can see what might be there in the space that would help that person, ask the right question or whatever that would move them to some greater awareness for themselves. It's the natural facilitator in me that can take people more deeply.

But facilitation feels like a skill. You get what I'm saying? I'm a good facilitator. I'm a good teacher. What's underneath that? How might I bring all those pieces together? So I've given a quality of my gift.

[1:15:12]

One of my gifts that relates to that is that I nurture and inspire all journeys of self-discovery. I'll share with you next week my purpose statement. I don't want to give it to you right now. I don't want you guys thinking in a mode or model yet but I will share it. But just so you know, I feel like there's this natural feminine and masculine quality of nurturing and inspiring people as they go on their growth path. It's part of a deeper exploration of my gift than just being a good facilitator or a good teacher or a good content creator or whatever.

So that's what you'll explore. You'll explore your essence and your gifts. And then we'll be diving much more into mission and moving into action with creating your purpose statement and all that. We're going to dive into that.

All right. Let's open the lines here. If you guys have any questions, anything you want to share at all or any resistances coming up you want to talk about, just press 1 on your phone keypad. And we'll create this as an open space for questions, comments, whatever you might have. Do that now if you have something you want to share. I'm going to end with a really powerful poem too and then give you an option to stay in breakout groups. So if you want to go further with each other we're going to make that space at the end of the call.

All right. So go ahead and do that now. I'm going to go to David. Hello, David.

David: Hello there.

Chris: Hey.

David: I just wondered if you could comment on the difference between my mission from my warrior weekend and purpose. I understand mission is being used in my purpose **[1:17:15] [Indiscernible]** purpose, pondering it.

Chris: Thank you, David. Great question. George Daranyi and I for the first two years of the course were deep in that question, explored it ourselves and talked to a lot of men in MKP. And what we felt and where we landed with it is that to us it feels like this idea of purpose is a higher order than mission. It doesn't mean our mission isn't important. It doesn't mean that we're putting our vision into action in the world, but that we hold purposes much deeper with the sense of who I am at my being, what are the natural gifts that I have to bring, and then what is the mission that I bring out in the world.

Even your warrior mission is basically the aligned action. It points a little bit to the vision. Vision plus action equals mission. But I would say that I create an empowered and loving world by nurturing and inspiring all journeys of self-discovery. So it's still that aligned action. So we hold that the mission that men have in MKP falls squarely inside purpose but fall into that third element that we call mission. Does that make sense, David?

David: Yes.

Chris: And what I find so important in this work for myself too is that the being part, the essence and the embodying part, those are pieces that aren't really taught in MKP in that mission model. We're not really looking at what is the essence that I have here to bring that even as I show up in that essence and I show up embodying my gifts that that's more than enough. If I'm bringing those out into the world it's more than enough and that I don't have to actually be looking constantly through the lens of only what is my mission, what are those actions, how do I put those into play.

David: My warrior mission from my new warrior weekend which I've never changed is sort of driven in part by my wounding. And in thinking about purpose it sounds like it's best for me to sort of set that set that mission aside and not use that, not just that plug into the third element of purpose here but look at mission coming forth in a different way.

Chris: Thank you, David. I would encourage that just to see it fresh. They're not mutually exclusive in any way. There's a certain way that we teach it in the ManKind Project. And I would love if you just move that aside and see what this aligned action that comes out of your exploration of your essence, your gifts and then "Okay. What are the aligned actions that are really current with me right now? How do I define that my mission is to bring this and this and this and this into the world or to do this and this and this?"

[1:20:30]

David: Thank you.

Chris: Thank you. Good question. Oceano. Hello, Oceano.

Oceano: Hey. Good evening.

Chris: Hey.

Oceano: It looks like a simple question, but I notice here's where my resistance starts coming up in distinguishing essence **[1:20:54] [Indiscernible]** you're speaking it, yet I could already feel **[1:21:01] [Indiscernible]** I don't know **[1:21:04] [Indiscernible]** going into the **[1:21:06] [Indiscernible]** I don't know **[1:21:09] [Indiscernible]**. So I wanted to get advice on how to shine a light **[1:21:14] [Indiscernible]** to try to slow me down so that I can name those **[1:21:21] [Indiscernible]** and then move on **[1:21:23] [Indiscernible]**.

Chris: Are you saying name some hidden bullies? Is that you mean?

Oceano: No. I see this as bully move that I'm putting on myself **[1:21:33] [Indiscernible]** I don't know to the question. I don't know **[1:21:38] [Indiscernible]** yes, I kind of know and not really answering for myself and bypassing it, doing the exercise in a way that's superficial. Here's where I see my **[1:21:49] [Indiscernible]**.

Chris: That's a great point, Oceano. Let me just respond to that because I think what you're bringing up clearly is this trusting our journey, trusting what's unfolding. Sometimes it can be like "Gosh, I should have a sense of this already" or it's the voice that's saying, "Gosh, you don't know" -- is that a bully voice or is that some part of being in your higher wisdom? It just says, "Hey, at this moment I don't really know."

I think you really need to sort inside of you to be open to not knowing right now but also be careful that there isn't a bully that's like a Put Down Pete. "You'll never figure it out. You'll never get this. That won't make sense to you." It's very different than "Gosh, I don't really have a sense of that right now. I don't know." And I think you got to check in with yourself if that's coming from the wise voice in you or does it sound like an old patterning voice of the bully?

Oceano: **[1:23:00] [Crosstalk]**

Chris: And the bully would be much stronger, I think, in terms of "You're not going to get this or forget it" versus "I don't really know right now and that's okay." How does that land for you, Oceano?

Oceano: I'm very clear that it's an old pattern voice because it'll come out softly **[1:23:27] [Indiscernible]**. So I'm thinking **[1:23:30] [Indiscernible]** there are pieces of my actions that I want to discover but I'm not sure what they are. But overall I think I'm dismissing pieces that are there that I do know and blinding my own self through them.

Chris: That is bullies at play. Absolutely. Here's the thing about the journey I'm asking you guys to go on for your essence. I'm asking you to go out to the people that know you without you even asking yourself that question. Get the feedback from the universe, so to speak. See what distills back and then see what comes up for you. And that's what the practice is going to be very intentionally so that right now you don't say, "You know what. I'm going to hold any sense of my knowingness around to see what others say about me." And there's power in that.

And then you can come back to you and really sit with and get quiet and journal about "Okay. What is my essence and what are some pieces that I disowned? What do my bullies want to say about it? What do I want to reown or reclaim back?" So that would be after you get the feedback from other people.

Oceano: Thank you **[1:24:47] [Indiscernible]**.

Chris: Thanks, Oceano. Wonderful. So any other questions? I think those were the only two so far. I know we're right at the top of the hour. Any burning questions? Otherwise I'm going to go ahead and move to our poem. And then for those of you that want to stay on and be in an open share circle like we've done every week, we'll put you into a breakout and you guys can continue and talk about the course or what's coming up for you.

[1:25:23]

So let me finish with a poem. I love this poem. This is actually written by the co-founder of the Man on Purpose Course, George Daranyi. We co-taught the course for the first couple of years. And he wrote a poem called Swordfight which we both agreed felt so perfect for this session. And we'll end with this and let you go into the night. Swordfight by George Daranyi.

I have spent my whole life sharpening a sword
and left it clenched unused in my teeth.
Oh, I have fought many wars with another dull but shiny blade.
I shall do that no more, no more.

Subtle up my steed, rouse the sleepy nights,
fill the canteens and the saddle bags.
There is much to do, much to do.

We are off into the mist to a place well beyond the morning sun
where questions are only answered with more questions
and where men usually want to run.

Shan't sleep there for night will give us no more rest.
Shan't weep there for grief will give us no more comfort.
We shan't fight there for war will give us no more peace.
Shan't die there either for death will give us no more life.

Onward, onward.

Swordfight by George Daranyi. The poem is up on the website if you want to download it. And thank you so much, men, for being here. I'm happy to have you men -- whoever wants to stay on -- to go into a final breakout. So if you want to go into breakout press 1 on your phone keypad. Otherwise really focus on getting caught up, men, through Session 4. And this week is a pretty light practice because you're putting it other people. So I encourage to get going with that. Pull the practice document up and send a very simple email to those you want to send it to and start getting feedback on your essence and then taking a look at your gifts.

Be well. Have a great week. Feel free to email us with any question. And let's see if anybody wants to go into breakout group. Press 1 on your phone keypad. Otherwise we will be signing off shortly here.