



Man on Purpose – Session 6 Transcript “Fully Claiming Your Purpose and Living It”

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Chris: Well, hello, hello, men. Chris Kyle here. It's so great to have you all here for Session 6 of the Man on Purpose Course: Fully Claiming Your Purpose and Living It. So exciting. I can't believe we're here at Session 6. There's just tonight's session and then next week is the final session of the course. And it has been amazing just to see what you men are sharing on the website and sharing in the mentor calls. And it's just been really, really wonderful. And I know many of you are all different places in the course in terms of the work and all that but you're here and you're doing it. So I congratulate you and acknowledge you for being here tonight live and continuing to dive into your purpose journey.

So I'm also excited to announce that tonight we actually don't have Michael Russer with us tonight, our Program Manager. You've heard from him briefly in all the calls. He's traveling right now. But as you saw in the email I've sent out, we have tonight one of our expert guest faculties that's going to be co-teaching with me tonight, and that is Jonathan Gustin. And so I'm really happy to have Jonathan here.

If you've seen the email, Jonathan is a purpose guide, psychotherapist, he's a meditation teacher, integral mentor and private practice in the Bay Area here in California. And Jonathan is also the founder and lead teacher of the Purpose Guides Institute, Integral Awakening Center and the Green Sangha. And he also teaches in his own adjunct faculty at JFK University. And it's just my honor and privilege to have you here, Jonathan, tonight. So welcome. Welcome to the Man on Purpose Course.

Jonathan: Thanks, Chris. I really appreciate you having me here. And it's just great to be with your gang and to support you all to find and embody your life's purpose.

Chris: Okay. Thank you, Jonathan. And just for all of you men to know, Jonathan does a lot of teaching around purpose not only through the Purpose Guides Institute but also other shorter programs around purpose. So it's going to be great to hear his wisdom tonight.

So as we do every week before we dive in, we're going to do a quick presencing, the four levels presencing practice. And let's just see. I'm going to move through it pretty quickly. And why I'm doing this quickly is actually to model how if there's anything that's coming up in your life where you're feeling ungrounded, you're able to just do this practice very quickly to get your full self, all aspects of yourself fully present to the moment. Here we go, four levels.

So as you know, it starts with the physical level. So if you can, just ground your feet, put your feet on the ground and maybe sit up in your chair, in the couch or in your car, wherever you are. If you can, go ahead and close your eyes just to help you tap in a little bit more deeply. And begin deepening your breath, taking a big deep breath and then laying that flow all the way to your belly. So you can feel your belly expanding out. Bring your awareness and your noticing to your body and your physical space. You're here in this body. You may choose to do a very quick scan from your feet all the way up through your midriff and your chest and up your head or the other way.

And just notice and feel all parts of your body. You're in this amazing body. Allow yourself to get fully present to your body. I'm here, I'm here in this physical form. Bring your awareness and just welcome. Welcome, body. Welcome, my physical presence. Bring that energy of welcoming. It's here right now. You're in your body in this moment right now. Keep your breath deep as we go through the next level. So I'm talking so my breath is not quite as deep but continue to allow yourself to breathe deeply. Let your belly fill with air and all the way out as we move to the second level.

And that's the level of the mind, the thoughts that roll around in our heads. Notice in this moment what thoughts are there right now. What thoughts have you captured right in this moment? You just arrived to the call. And it may be something that you're thinking about from just even a few minutes ago or an hour ago or earlier today. It could be thoughts to the future, to tonight or plans or tomorrow or any other thought right now. And just invite those in. Ah, here's my thought. And bring your awareness to this moment that you're having these thoughts.

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And invite them in. Allow them to be here. As you do that, as you allow and welcome those thoughts in you'll probably notice that you're really right here more present with my voice as I'm speaking and your mind is following my words. And that's good. You're here. You're listening to me and more present in this moment to yourself.

So as you continue to just have that soft and expansive breathing we'll move to the next level. And that's the level of the emotions, your feelings, the emotional body. We consider this sort of part of the subtle body. It's the more energy and the flow of feelings and emotions. And so just notice what emotions are coming up in your body or feelings even if it's just sensation. Maybe there isn't particular definer word for it but you're feeling something. And may be joy, it may be sadness, fear, anxiety. Whatever that is, there's no reason to push it away or look away from it. Just invite that feeling or those

if there's a couple there. Just invite them in right now here. Welcomes, sadness or welcome, joy. There you are.

As you settle into your body and as your mind settles, your thoughts settle, just notice that emotional body or subtle body is waves of energy so that even these emotions that might be here with you now are just like waves in the ocean and they'll just pass through. At least for this moment you're more present even if there's an underlying emotional context of gratitude or joy or fear. But in this moment you're here present.

The final level is the level of intention. So take a moment now to set your intention for our time together here in the course, intention for this next hour and a half or the rest of the day. It might relate to something about your purpose. Here we are arriving in Session 6 as we now much more fully investigate your purpose, the creation of your purpose statement. Give that intention. My intention is to -- hear that in your mind. You can just quickly write that in your journal or on the paper that you're keeping notes. That will help you. That will help and guide you through this call and potentially even through this week in the course.

So thank you, men. We are here. That always helps me too. I feel more present. I'm here with all of you and we have a great group tonight. I see a lot of the names that have been here over all the weeks and a few new names showing up tonight. So thank you again for being here.

I'd like to share with you first a quote, a Howard Thurman quote. And then I'm going to share with you a something from a participant last year in the Man on Purpose Course. And then we're going to dive into our main content for today which is really looking more deeply at the three elements of purpose and crafting your purpose statement, doing that investigation work. So that's really going to be the bulk of our time. And Jonathan is going to be doing some teaching as well and will also be sharing the Q&A space.

I love this Howard Thurman quote. Many of you might even know it by just saying the name Howard Thurman but it goes like this. And it's a perfect set up for our work today and in the next week as well. Don't ask what the world needs. Ask what makes you come alive and go do it because what the world needs is people who have come alive. I'll say that one more time. It's a short quote. Don't ask what the world needs. Ask what makes you come alive and go do it. What the world needs is people who come alive.

So that's what I believe with many of you that have been going through this experience looking at the hero's journey you've been on and looking at the inner believes that may keep you stuck or sabotage you and your purpose. You've been earlier on exploring your call. A lot of this in the journey we've been on together is to just find that pathway to what most brings you alive in a way your purpose. And being clear on your purpose and feeling it in your body and your bones and then going out and doing something with it.

Bringing that as service out into the world is certainly, in my own experience, what really helps bring me alive, that I feel the juice of life and aliveness and a passion and enthusiasm in my body and my being. And that's my hope for you men. I know we've been through a bit of the ordeal to look at the darker places that keep us separate from our purpose, that keep us disconnected. And now it's time to really step much more fully into the light of claiming your purpose and then fully living it. And that's really where we end next week, is how to put it into practice and into play in the world.

And so I want to share something from last year's course, and some men who were on the call, I think even tonight were in the course last year, and we had a participant named Alastair who's from Australia. And Alastair joined the course knowing that he had an illness basically, a life-threatening illness that he knew he had very little time to live and he knew that. And he wasn't sure how long and all that but he was going to suck the marrow out of life. And he wrote this to the whole community and certainly encouraged us to share it wherever we want it. And this is what Alastair wrote last year in the Man on Purpose Course.

Take whatever action is necessary to engage life to the fullest. Have the courage to engage her -- I love that, calling life her -- to have the courage to engage her in the ecstatic dance of co-creation she is calling you to take. Take action now. Do not delay because when you finally realize that death has come to greet you it may well be too late. You and I are in exactly the same position, my brothers. You and I have exactly the same life expectancy. And that is a mystery to us all. None of you know how long you'll live. The difference is that I've been gifted with the stark awareness that I may not have as long as I thought.

Powerful words from a man in the course last year. It's kind of reflective of the Howard Thurman quote, wanting to just bring some sort of sense of passion and aliveness tonight as we engage in the work, as you share with each other when we go into breakout. So this is a conscious moving of the energy knowing that we have the tools to deal with our shadows and those inner bullies and now moving the energy back to that call and to the passion and to the possibility, that juicy possibility that we talked about as you go through that ordeal and those messages and reframe them. There are new possibilities showing up.

And so just a quick review before going into the breakout session and the share metaphor with you. Over the last few weeks, week 4 and 5 and now as we arrive to week 6, the journey has been about going deeper into where do I take myself out. What are the messages, the beliefs, the structures, the way of being that keep me locked in, takeout, and that as I look to explore my purpose, that it would take me down, that I'm not good enough for that, I don't deserve it, I shouldn't, I can't or nobody else knows me like I know myself and so why bother?

So here's the thing. You're learning, and many of you already notice in your own work, in your men circles or in therapies, you're beginning to truly transform your patterns by bringing awareness to the old belief structures, to those inner bullies, to inner critic so

that you can continue to transform those darker places into possibility and new power. It's so important on the purpose journey to have those tools and to continue to do that because as you get deeper on the path of living your purpose those old energies, those old belief structures come up and sometimes way stronger as you're actually living your purpose rather than just looking at it through a course.

So you've got a chance to have more freedom from these bullies or to embrace them in a way that they lose their power and you turn them into allies. That's really the work over the last week. And I'll say it again. These bullies actually have a capacity and a way to be allies as you flip them, as you transform them from the negative energy that they bring into some positive, powerful energy for your next steps, for possibility.

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Like Arrogant AI going from all those arrogant messages like I don't need help and I can do it on my own and screw you, to now there's a sense of level of confidence like I can do this, like really integrating Arrogant AI as natural and effortless confidence.

So that's really the juice here as you go into this next journey in the next two weeks. You're now prepared to meet some of those other bullies as you work on your purpose itself. And you're now starting to get an intimacy from this last week, more of an intimacy with your essence as you get feedback from outside of you, as you think about it and work with it inside of you and starting to already look at your gifts, gifts that you have to bring here.

So the analogy or the metaphor I want to use is a climbing metaphor of climbing a peak. To certain degree that's been a bit of what our hero's journey has been about. We've been climbing this peak. We're at the top of the peak essentially, your a-ha moment looking out over the vista and really realizing that I'm clear on my purpose and it feels amazing and I'm ready to go with it. And we're still moving our way.

And so as we move up in altitude you're able in the early phases to see as you're heading up the mountain and you're seeing your life as a man below you, that kind of full known terrain. And then as you move up a little bit higher you have kind of more view to see and experience the call, what's really calling you. And as we function even at a higher level and greater altitude you're able to really start to see with new perspective all the pitfalls below you or even around you. Those are the bullies and the crevasses and the scree slopes that you could slide on. Those are all the danger points that you've been able to see or even see what you've navigated through.

And then as you move up you use your reframe process to navigate all those bullies and challenges. And as you get even higher up the peak you're now able to see down even more, greater vista, that you've had this capacity, the power inherent in you to complete the journey, to keep making your way up to the peak. And that peak for this experience is your purpose and embracing it fully.

And as you move toward that peak, as we get closer to the summit, now you're beginning to investigate those last important pieces to make that final summit, those final hundreds of yards or thousand yards, whatever that is. The climbers always say it's kind of the tough part but you can feel the power and the pull of how close it is. And that is looking at your essence, your gifts and your aligned actions in the world, your mission, and putting that altogether into your purpose.

So I'm just inspired by you men being here and the work you're doing. I've already had two mentor calls with two of the men in the course. And so that's always fun for me. And I always have some of the mentoring sessions that I do myself. And they've been great. I had them actually both today and got a lot from it.

So in the spirit of that too, let's go into a breakout session. I love getting you folks connected to each other right off the bat. So again, like we always do, we're going to do dyads. You're going to have about three minutes each. And the question for today which is relating to our work is what have you discovered in exploring your essence. Again, what did others say about you when you put an email out or ask them? And what have you come up with yourself?

If you haven't done the practice from last week, that's fine. Just dive into that question in this moment. How would you describe your essence? When you walk into a room full of people that know you well enough how might, as they turn to you and as you naturally flow into that room, how might you describe how you show up in that space? And if you've already been doing the practice then you'll have some good information back from the various people that you sent the email to from the practice this week.

So what have you discovered about your essence? And, really, what I'm asking of share is what are some of the words that describe your essence. So is it patience, calm, passionate, deeply curious or it is persevering, compassionate, loving? So all those. Just share with each other. And then if you're kind of complete with that and you have some work you've done around your gifts, just sort of brainstorming around that, the gifts that you have to bring which is kind of your embodiment of your essence out into the world, then feel free to share that because you have three minutes each.

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So we're going to go now and put you into dyads. I actually have to do that myself because normally Michael does that for us. So I'm going to go and push that now and just to make sure you all are in breakout groups. Okay, great. All right. Three of you are in a breakout of three. So Keith, Mark and Williams, you're in a breakout of three. So just manage your time. Sorry. We have an odd number here. Oh, sorry. Somebody, I think, just dropped off. So let me put one of you in another group here. Okay. Here we go.

All right. Perfect. So I'll say it one more time and then I'm going to unmute you. So again, the question that you're answering -- and one person just share, the other one

just listen, hold space -- is what have you discovered in exploring your essence. So I am going to unmute you now and we are going to start.

All righty. I'm sure at some point I may have cut somebody off but that's just how it is. So I hope you had a good dyad, men. And we are now going to do a couple. I'd love a couple share outs. We do this every week. And it's so great to hear from you men on what your process is and what you're going through and learning.

So if you'd like to share, just hit 1 on your phone keypad. Hit 1 on your phone keypad. And we'd love to hear you share what you learned or what you discovered around your essence. And I kind of moved through some of the rooms so I heard some great stuff. Great. If you want to share, hit 1 on your keypad. And we're going to go to Keith. Hey, Keith.

Keith: Hey, Chris.

Chris: How are you doing?

Keith: I'm good. How are you doing?

Chris: Great. I'm doing fabulous. It's great to hear your voice. What did you come up with?

Keith: As I shared with Bill -- I'm not going to share with everybody else -- it was a very scary thing to reach out to the people I've reached out to **[0:22:31] [Indiscernible]**. So what I discovered exploring it was I was able to open up some good channels to folks that would not normally have such a question asked of them. And then when they answered, it really felt like they opened up more of a love center as opposed to a corporate touch.

So that was scary. It was really scary because it might have put at risk relationships. And I was okay with taking that risk. So I explored taking that risk. What I learned was very consistent with what I know about myself. So there were no surprises which in itself was comforting. But it was a very nice thing to hear the things that I know about myself and was very consistent of how I see myself.

Chris: And what are a couple of those, Keith? Just share a few of the words or the descriptors of your essence.

Keith: Bold, inventor, own the room, the ability to use language and get people to do things, a person who can execute through visionary profit, a person that see the future and man of my word all the time, put customers' and clients' needs above my own personal to truly be in service, be equally curious. I thought that was a good one. Those are kind of the things that came back. I got about nine or ten people to reply.

Chris: Great. Well, thank you for sharing that, Keith, and really powerful. The person that I was mentoring today had the similar experience of feeling vulnerable and raw to put it out, to ask for it. So I'm sure other men had a similar experience to you. And I know

how that can be vulnerable and how sweet that you got that experience even though a lot of the feedback you got on your essence really aligned with you but you also were able to feel that heart connection with the people that **[0:24:42] [Indiscernible]**.

Keith: That was good.

Chris: Yes, that's great. Beautiful, Keith. And then one of the things too as we go and we'll talk about it as we dive deeper into the purpose statement and that process is also for you to then take all that too and start distill it so that there is kind of a very distilled, a few words that actually speak volumes. So that's probably what will be your next step, for many men too, going through your own process of distilling it down. And I'll share some examples later as well. Thanks for sharing, Keith.

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Keith: My pleasure. Thank you for letting me share.

Chris: You're welcome. And let's go to Paul. Hello, Paul.

Paul: Hi. Can you hear me?

Chris: I sure can.

Paul: Okay. I just wanted to share that in terms of my essence I've been trying to work on myself over the past 12-18 months to make myself, my person, more of what I choose. I'm going through a new emphasis in my life to really try to connect with people, whoever I meet, whether it be the cabdriver or the doorman or someone waiting in the waiting room. I go for that interpersonal connection. It was nice on the call just now. I connected with Gary up in Pennsylvania. And we've exchanged phone numbers. And we'll be talking in the future offline about this material.

Chris: Great, Paul. Paul, what are a couple of -- either you've created them for yourself or other people gave you feedback -- what are a couple of words or phrases of your essence?

Paul: I haven't gotten into that. I didn't have a chance to get that done yet.

Chris: Oh, okay. Good. Hopefully this week --

Paul: The point is I'm trying to change my essence more to what my choice is than what I had default and generated in my past.

Chris: Great. Good insight, Paul. Yes, wonderful. And hopefully you'll get to the practice around essence this week. Guess what, you get to choose, absolutely. You get to just sit with yourself and go, "That's the essence that I'm clear on and that feels right. And that's who I am." And you just get to choose. So well done.

Paul: Thank you.

Chris: Thank you. You're welcome. All right. Great shares. Thank you, Paul. Thank you, Keith. What we're going to do now is shift our awareness and our attention to the content for Session 6 which is really about claiming your purpose, and then as we move into next week, choosing to fully live it. So a little bit of context here for you around purpose itself. So now we get to have the direct conversation of purpose. And I know some of you this year had shared and some men in the past like, "Wow. We're doing all this amazing work but we haven't really talked about purpose yet until week 5." And now here we are on week 6. So we're diving fully into it with all of the learning and the tools and the skills that you have now.

So what I'd like to start with is really the big picture of purpose. And here's how I hold it. Here are the three key things that I see around purpose. And that purpose reveals the deeper truth of you and your capacity. It's a revealing tool. As you get clearer on your purpose, as you write it down, as you know it in your body and you feel it, it reveals the deeper truth and essence of you and your capacity.

And then from this place, from this new place of sort of more truth telling yourself and others and increase capacity, it can align all aspects of your life and you know how your relationship fits in it, you know how your work fits into it, you know how your philanthropy fits into it, you know how your own work and creativity. So it can align all aspects of your life. It has that capacity to do that, a lot of clarity.

And your purpose guides you, compass for your life, your direction finder. Just to hit those words again. It's revealing, it reveals the line and it guides you. That's the beautiful thing about purpose. And you've heard people call different phrases like your true north, another word for purpose, or your true purpose, that thing that really is the guide in your life and that aligns everything in your life. So that is really the essence.

And it's true. Once there is a sense of clarity and alignment and living in purpose I find for me in my own life that it has a number of different outcomes for me.

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So when we talk about creating a purpose statement which is that way of mentally being able to recognize it, talk about it, share it verbally, it doesn't mean that the purpose statement is everything. It's just a reflection of what you've come to clarity around. The purpose statement simply starts with creating clarity for you, absolutely. Some people could say, "Yes, I kind of know my purpose. I sort of do this. And this is kind of how I show up." And you hear somebody say, "Yes, I know my purpose" but they can't articulate it very well. And this helps creating a purpose statement as the product of this next week to two weeks. It's really a great clarity tool for you.

Purpose statement also becomes a decision-making tool. So when you have that clear purpose statement that you feel good about, it also helps you make decisions of what you're going to do and what you're not going to do in your life. It helps to just kind of

take the weight from the shaft. You can then say, "I'm clearer that I need to do X, Y and Z but I can let go of or not take on or not do A, B and C."

Folks, your purpose statement too is an exercise of your will. A little bit of what Paul just shared is that as you get some clarity and you write this down you get to simply declare your purpose and try it on and put it into practice. It doesn't even have to be the final version like here's your purpose statement for the rest of your life. But as you create it and look at it you go, "Wow. That excites me." You get to simply declare that that is true, that is my purpose and I'm going to live into it. And then the last function of this purpose statement is it's a way to share your purpose with others and with the world.

So that's a little bit of context of purpose overall. And then I've asked Jonathan to dive in and do a little bit deeper sharing of the purpose components. This is what we call the three elements of purpose -- starting with the definition of purpose and then going into each of those elements of essence, gifts and mission or aligned actions. And so I'd to turn it over to you, Jonathan, and have you share your great wisdom with the men in the course here.

Jonathan: Okay. Again, it's just wonderful to be everybody here tonight. And this topic is so near and dear to my heart. I really agree with Chris that when you not only feel your purpose in your bones but are able to articulate it first and foremost to yourself then you become really an unstoppable force in the world. I discovered my purpose almost 30 years ago. And in my case it actually hasn't morphed. It stayed the same. And it is a true source of guidance wherever I go.

So the three elements of purpose are essence, gifts and mission. So I'm just going to spend about a minute or so on each of them and explain what's meant by these three. So these are three elements or three dimensions or three facets of purpose.

So the first one is essence which is really the qualities or the characteristics that you express, that you exude or transmit naturally and effortlessly. And this is the unique flavor and experience that other people have of you. So if you ask yourself, "What might others say about me when I walk into a room and begin interacting? What's sort of the quality or transmission?" So a person can just kind of walk out onto a stage **[0:34:21] [Indiscernible]** The Power of Now, Eckhart Tolle.

And before he even began to speak and do his power of now shtick, just sitting there with an audience of about 1,000 people, there was this essence, this quality that was an offering to people without him doing anything. So you can think of essence as the being quality or the more passive dimension but it's still an offering to your people. It's effortless, it's easy, it's organic and it just really comes out of you.

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Tim Kelley has an analogy. Imagine you were born with a miner's helmet, with a particular light on the front of it. And whenever you move into a room everybody notices

the light, strong or weak, mauve, violet or red, you are emanating a certain frequency or wavelength. And that's the essence. So you can say maybe that the essence of Buddha is illumination. Maybe the essence of Jesus when he would walk into a room would be love. Maybe the essence of Martin Luther King Jr. or Gandhi would be justice. Even before they do their activist work they emanate this.

So what you want to do is to get to kind of a short, single word or pit sentence that really captures your essence. And I want to invite you to be courageous with this. In some respects the essence of your purpose is one of the more difficult ones to see and to have the courage to embrace. So we can speak of an essence triad. So what are the three choicest, juiciest morsels or words that bubble up in you when you inquire into what is this essence of my purpose? So that's really important. I'll just say it again. This is like the home practice piece. What are the three words that best describe my essence? And you can use those three words -- you just want to bring them into a little pit sentence. And again, you can try it out. You can wear it and see if it sticks.

So moving to the second facet, the second element of purpose which is gifts. So this is really embodying piece. So your gift is your embodiment and your full surrender and acceptance of the special offering that you bring to the world. In the Native American traditions, they'll call this offering the giveaway. It's the thing that you find that is yours to offer and give away to your people, to the tribe. So these are the activities that you engage that bring you most alive. And it's the aliveness that is the sort of barometer for you to know that this is in fact your gift. It gives you that feeling of passion. It's just very natural to you. And this is what we call your gifts.

There are many ways of discerning this. One is simply just to actually ask yourself where and what are the times in my life where I felt most alive, most just in the groove. Another word that is sometimes used is the unique transformational process, the thing that you do in a variety of different situations that is really your gift, your embodiment of your purpose.

I just want to make a distinction within the word gifts. We can think of practical gifts versus essential gifts or practical gifts versus our poetic gifts or exoteric, meaning the outer dimension of our gifts, versus the esoteric, the inner gift. So there's a difference to be noticed here. On the one hand there are the practical, mundane, everyday strengths, talents and skills that are our gifts versus this sort of beating heart of your purpose, the image at the center of your being that you are meant to embody.

So just as an example, in my case the esoteric dimension, the gift of poetic identity that I experienced as my gift is to be a whole person midwife, to midwife people into their wholeness, to wake up, grow up and show. But the exoteric or the sort of outer layer is my strength and ability to teach and to write and to organize and to create just an organization and so forth. So again, just holding these sort of layers or flavors of the gift, the practical gift and then the deeper essential gift.

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So this is a question. What is the essential gift which is your regular, everyday strengths and talents, what is it embedded in? The everyday strengths, talents and skills are rooted in the soils of your essential gift.

So I want to move now to the third element of purpose. And that is mission. So this is really the doing dimension of purpose. So the mission is really a mechanism of connecting your essence and gifts to what you care about in the world, your vision for the world. It's the active principle that moves you into realizing your vision and serving and creating on behalf of that vision. You're a servant to that mission. So this is where your passions and creativity are really activated, brought online. So your purpose really has an impact and it's really measured through your mission.

So again, we could say that there are maybe two sort of broad flavors of mission. And one is that you can have, let's say, your everyday missions. For me I have a few different projects in the fire to train hundreds of purpose guides at the Purpose Guides Institute, to make a short film on the history of purpose, to bring purpose work into graduate schools. So these are all tasks or missions with a small m that I'm engaged in and that are the embodiment of my purpose.

But there's kind of a deeper essential mission which all of these are expressions of, all the everyday missions. Now, for me it's to transition humanity away from its default purposes of excessive attention to safety, comfort and success, and towards its true purpose of midwifing human evolution to bring more goodness, truth and beauty into the world. I noticed that that's not something I'll be able to finish in my lifetime. That's not something anyone can finish in a lifetime nor is it something that I can do alone. Some of the other things, conceivably I could do alone, do one on one work and purpose guiding and teach at graduate schools. But definitely the essential mission is really connects us to the whole web of people who are on fire and inspired by their purpose, by their mission.

But I think that maybe does it, Chris. Is there anything else you want me to touch in on?

Chris: Oh, that's beautiful. Well said and well spoken. I love your particular take on these pieces. So it's just a treat for me. I've been teaching this over the last three years and just love some of the pieces you shared. So thank you. Really powerful.

Jonathan: Welcome.

Chris: Yes. And so building off that, everyone building off Jonathan's beautiful sharing around the three elements, the three facets of purpose, we're now going to talk about how do you bring this all together into a left brain activity called creating your purpose statement. So now we get to use all of the feedback sources that you've been collecting from people that are in your community, your friends, your partner and also in your own journaling and exploration and on meditative time.

You started it a little bit by looking at essence last week, a little bit at your gifts. For this week your main focus is to create your purpose statement. And here's the thing. We're going to give you a formula and you're going to be leaving this call going off into this week. And you still have time. I encourage you not necessarily to dive right into writing tonight or tomorrow your purpose statement and trying to put all the pieces together.

[0:45:06]

I encourage you to stay with each of the elements, each of those components a little bit, really investigate them, spend the time with them, journal about them, take a walk and just sort of mull on and see what emerges for you because you'll have time to put the purpose statement together later in the week or even on this coming weekend. My encouragement is not to rush too much. What so many men love to do is that kind of task. "I'm going to do my purpose statement. I'm going to get it done and dive into it so that I can check that off my list." Enter this as sort of a process this week that's going to unfold for you.

Why do we do this? Why are we having you create a purpose statement? Well, we've shared some things up above about what that can bring you. But in its essence I believe that the power of language is that we get to create our reality through our words, through our thinking. So we get to put the statement down that distills some things for us, that points to this wonderful, magical, mysterious, wondrous thing called your purpose. And you simply get to declare it. That begins to create your reality even without you trying so hard to do this or make that happen or take this action. By just beginning to own it and declare it, you watch things that unfold that can be pretty amazing and magical in terms of how it unfolds in your life, your purpose.

So here's the purpose statement formula that you're going to work with this week. And it goes essentially like this. And I'll give you my purpose statement first and then we'll break it down. So my purpose statement is as a passionate, deeply curious and present man, I nurture and inspire growth and transformation in others by developing and teaching powerful learning programs that open hearts and minds across all cultures. So that's mine. I'll actually share Brandon's from last year too since he created one and said, "Hey, why don't you share mine too?"

Brandon Peele -- who's one of our expert faculty as well -- says, "As a man of integrity and wonder I write for, teach and coach 7.3 billion people to find their purpose, creating a just, sustainable and peaceful human presence on earth." So Brandon is all about purpose. I have other things that I'm doing around purpose but Brandon is all in when he talks about teaching, coaching, supporting and writing about helping every person on the planet find their purpose. It's beautiful, very big.

So to break that down, the formula is this -- and it'll be in your document. You can certainly go to the course materials tab right now and download it and see it. But it's basically saying something like as a -- and then name your essence -- so as a passionate, deeply curious and present man or as Brandon said, as a man of integrity

and wonder, then you say, "Then I," and that would be your essential gift. Remembering what Jonathan said, there is an essential gift that can kind of live underneath those other gifts that are sort of on the surface. It's that deeper, maybe more poetic way of expressing what your gift is.

We're going to actually ask you to create an essential gift, one thing. It could be two components to it but really try to hone in on and spend time on what is that one key transformational process that I do. What is your essential gift to give? So mine is that I nurture and inspire growth and transformation in others and myself, frankly.

For me the poetry that comes through that is that the nurturing is the feminine side of me that I want to keep aware of and inspiring the masculine part of me that comes together that I nurture and I inspire growth and transformation in others and in myself. That feels like my gift. It feels natural to me. And I can do that through teaching and coaching and writing. I have some skills and talents and other gifts in those arena but this is my essential gift. I dropped underneath all of that like, "Hey, one of my gifts is that I'm an inspiring speaker or teacher." Great, okay, good. But now what's underneath? "Oh, I want to help support and nurture growth."

[0:50:03]

So that's breaking down the middle part of the formula. So as a passionate, deeply curious and present man, that is the declaration of my essence. I nurture, inspire growth and transformation in others (and myself), that is my essential gift. And then the final piece is my mission or my aligned actions, and it's that I nurture and inspire growth and transformation in others by developing and teaching powerful learning programs that open hearts and minds across all cultures. Brandon's was by helping people find their purpose, I believe, and then I'm helping to create a just, sustainable and peaceful human presence on earth. That's his contribution, his mission. Through this, I'm going to be helping to create sustainable and peaceful earth.

So it's exciting. Even as I read it I kind of think, "Great. I've got these other ideas of learning programs and things that I want to offer through my writing." So I get fired up. The Man on Purpose Course has men from 13 different countries around the world. So that's a lot of different cultures involved. It feeds me feel like I'm having an impact across cultures in talking about something so important to me -- purpose.

So that's the purpose statement formula. You'll find that in your document. We're going to talk a little bit more about the practice a little bit later but you've got a sense of it. I also wanted to share that the person that I'm doing the mentor session with is Alex who's in the course who dialed from Australia. Shout out to you, Alex. He's on the call tonight. Some of the words that he came up with for his essences is calm, patient, persistent, aware, loving, driven. And he also had some short phrases as well.

He was really working on his gift looking at better ways of helping people to really -- helping families, really, parents and their children to really help them have deeper, more connected relationship, and that parents could learn how to really have a deep

relationship with their children to help them, really, with a much better trajectory of their lives.

So there's a gift in there of being almost -- we kind of laughed a little bit, he's probably going to be embarrassed I say this -- kind of a child whisperer. He really knows children and the development cycles of children and how they think and act and grow and develop -- and really helping parents to really deeply understand their children in ways that were unexpected. He is working on that, "Okay. How do I frame that in words as part of essential gift?"

So you're maybe in that same thing too. Be in the tension with that where you start throwing stuff out and brainstorming and getting feedback from others. And then allow something to percolate or bubble up over the course of this week. Don't rush too far and too fast into it.

So there you have it. The final part of our teaching is I'm going to do a guided visualization with you. And then we're certainly going to open the space up for questions and answers with both Jonathan and me. If you had a chance to watch the new added bonus video with Jonathan and I talking about the three worlds purpose, you can certainly ask any questions you have tonight with Jonathan here about that as well if you've had a chance to see that.

I'm going to do a little set up before we go into the guided visualization. And the intension of this guided visualization is actually to take you into another space to potentially access more information about your essence, your gifts and your mission. You have had one access point which is looking to the people around you, so those external to you like friends and family. They're giving you feedback. And we've done that several times in the course. You're also being with yourself in your mindfulness time, your meditation, your walks alone, your journaling. Those are two powerful access points; the interior that brings information and then people that love and know you that gives you information.

This final place is really more of an esoteric place. You could almost even call it a place of spirits or where you access something beyond the obvious realm of you and your thinking mind and your friends and their minds into a more esoteric space. And that is by going into a guided visualization and meeting parts of yourself. It may have wisdom that completely surprises you.

[0:55:12]

So in this journey we're going to go through what we call five access points for revealing key insights and information about your purpose. And I'm going to go through them fairly quickly because we're going to meet them in the guided visualization. And this information is also in your support document. But we've kind of come up with what we consider as almost archetypal -- this is sort of archetypal energy, five powerful ways that you can access different information than maybe you're getting so far.

The first one is through kind of the returning in your mind and your energy field to your golden boy, that pure, innocent, beautiful, unbounded, full of adventure boy that was open at one point, was open to all possibility, that was full of play and lightness and curiosity. So that's one access point, to go and meet that part of you. And it might be actually interesting and surprising what comes out that you won't necessarily know what comes out when you meet your golden boy.

Then you're also going to look through the lens of the healed wounds of your past. So meaning right now where you are as a man. There is a part of you that's a healed man, that has done some work, that has looked at sort of the challenges and problems and wounding of the past. And we're just going to assume that that healed man, that wise, healed man is in you as well. And you're going to go meet that person or that archetypal energy in you because as the saying goes, in our deepest wounds are our great gifts. And so meeting this healed man is you have the opportunity to hear what that part of you have to say.

You'll also meet in an access point a mentor, a teacher or a guide or a spiritual guide, one of those energies, somebody that you look up to or that has wisdom to share with you that you consider a mentor, teacher or guide. And it could be somebody, again, that's actually a mentor guiding your life but it also might be just some new experience of that part of you that is the wise teacher, that is the mentor.

The fourth area is through your passion. So you'll go and meet what we call the passionate and committed man that is inside of you.

Then the fifth area is through what we call the field of all possibilities. This is actually a term that I heard Deepak Chopra use in 1982, the field of all possibilities, open space. You might call this mystery universe, God, trusted source, nonphysical guides. Whatever it is for you, there is something in that mystery and the ethers of that field of all possibilities that has wisdom that comes from wherever that comes from, from all of source. This is that open spacious place that actually has the possibility for you just to hear and then declare what it is that you are and what you're committed to and what your purpose is.

So those are essentially the five access points that you're going to need here in this guided visualization. So we're going to do that now. It's probably going to take about ten minutes or so. And so if you can, if you can once again get into a comfortable place for this visualization, sitting down, feet on the floor, if you're driving or you're doing something or you're with other people or you're cooking a meal, you can absolutely just listen now and then play the recording back and do that in a quiet place where you can really soak this in. But if you can, just take this in right now as a way of you now accessing a different kind of wisdom.

So get into that comfortable position and if you can, close your eyes and come back to yourself fully right now. Your body, thought, your subtle body, your emotions are all your here right now. Just deepen your breath, reaches all the way to your belly, and

you expand your belly. Just tell yourself I am relaxed. Allow yourself to fully relax in this moment to go on this journey with me.

[1:00:01]

So as you feel into just now kind of a timeless space, you're just kind of floating through space, you see kind of a spark of light below you. So in this floating space you allow yourself to drift down, down, down and that light becomes brighter. And you see land below you. You see trees and open fields and homes. It's a beautiful setting. And you come all the way down to the ground.

What you notice first as you turn toward your right is you're at the beginning of a gravel driveway and you see yourself now walking on that gravel driveway. There are lawns on either side and some trees and whatever you see there. It's kind of a warm day. It's daytime. And so you're able to see the scenery around you, both natural beauty but also the sense of human presence as you move down this driveway that is taking you to a big, beautiful mansion or home, a place as you look at it you go "Oh. Wow. That is just so beautiful." And you realize in that moment as you're looking at this gorgeous house in the style that you love that it's the mansion of your life, it's yours, it's your mansion, your great home. You know it as you look on it and you glance at it and you see the beauty of it. Yes, this is my home. This is my mansion.

So as you come to the end of the driveway and just up to the steps to get up into the home, just come up those steps and to the front door of the mansion of your life. Of course it's yours so the doors open. You see yourself turning the knob, opening the door and stepping into the freeway or the foyer of the mansion of your life. And in the foray you can see on either side are doors. Straight ahead is a big, beautiful staircase that leads up to the second level and to other parts of the home. But you see on either side that there are two doors on your right, two doors on your left as you look down this hallway.

You begin, in this case, to turn to your right to see the house but you begin on your left. Turn toward the left. Walk over to that first door. You grab that knob and you turn the knob and you step into this room. Just do that. Step into the room. Gently close the door behind you. Now you see that's it's the room of a young boy with all kinds of toys and models and playthings and books everywhere. It's just full of creativity and arts and various drawings and paintings. It's just amazing. Look around you and see for yourself what are all of these things in here of this boy's room.

As you're looking around the room you see over in the other side of the room playing with some model is a beautiful boy of six or seven or eight, nine. He hears your come and he stands up and he turns around and he walks toward you. He has kind of a smile on his face and maybe even a little bit of a devilish grin. And as he looks up at you, you come down to a knee. Just look him in the eye, this beautiful boy full of so much life and possibility and potential, such beauty and innocence in him. And you recognize him as you, that golden boy in you, that perfect boy that is full of so much life and there is so much to be explored in the world.

[1:05:07]

So you ask him. Here's this beautiful little boy in you. Tell me about my purpose. Tell me about my essence and my gifts or the actions. What can you tell me about my purpose? He smiles and he begins to speak. What does he say to you right now? Just listen closely right now what this little boy is saying to you. You know it. There's some truth in here. He's giving you some insight or wisdom.

So remember it now. Even there in the room you realize you have a small little notepad. And you pause for a moment and pull out your pencil or your pen. Go ahead and write down any words or little phrases or whatever this golden boy shared with you. Remember it. If you don't have a pen or a little piece of paper near you, that's okay. You'll remember what he said. There's wisdom here even from this little boy.

So you that in. You remember that. And you give him a big hug. Thank you. Thank him. Smell that little boy's smell. And he pops out of your arms to go back to play with something that he was working on earlier. And you stand up and you wave goodbye. And then come through that door again and step back out into the hallway of the mansion of your life. You've gotten some gem there from your golden boy. So you come back to yourself. Okay. Wow. Beautiful. And you move further down the hall on the left side -- stand on the left side, to that second door on the left side. And you stand in front of that and bring yourself fully present to moving into this room. You grab the knob and you open the door and you step in. You step in and you shut the door.

It's interesting. This room is kind of pretty simple and clean and there's very little clutter. It's got some beautiful furniture in there and a desk and a lamp and it well lit and it feels cozy. It feels safe. It's like a safe place, safe and calm and peaceful. And as you're looking across the room, behind the desk is a man sitting at the desk. He's writing, some journaling or freehand writing with his pen and paper. And he looks up and sees you and steps up from behind the desk and comes out from behind the desk over to greet you. Really with deep eyes and with a kind of already a wise face, steps right in front of you and shake hands.

There's a warmth and a moment of realization that as you look in his eyes you realize that this is the healed man in you who's healed of all the old wounds and the pain, let go of all of that, that he's found a way to come to just peace, without all of the baggage of the wound. You ask him. You look him in the eye and you ask him. Tell me about my purpose. What do you have to offer me about my purpose, essence, my gifts, my mission? He begins to speak directly at you with a voice that's calm and sure. He tells you. What do you hear? What is he telling you about your purpose?

So remember it. Jot it down if you have a pen or a pencil near you. Just quickly write a few words that remind you of what he shared.

[1:10:03]

Come back into that room. Close your eyes. You remember. You know what he said. Embrace and thank him for that closeness in the sense of calm and peace. Say goodbye and you go back out to the door. Open the door and step back out into the hallway.

Now you move over to the right side of the hallway to another room, to the third room which on the right near the front door. You grab the knob and you open that door. And you move into the room. And this is an interesting space. This feels much like a monastery quality or a zen-do or something very, very stripped, clean but also just there's very little **[1:11:14] [Indiscernible]** in this room, very little furniture, it's very sparse. And there's a sense of cleanliness and care and thoughtfulness in this room.

Standing at the window toward the back of the room is this person with his back to you. And you see that person turn. It's a teacher. It's my teacher or my sage or a mentor. Either you recognize the face or he's someone brand new to you but clearly there's wisdom in his presence. So you walk over and meet this person inside of the room and stand before him. And the person is looking directly in your eyes, holding you with absolute presence, sense of compassion, clarity.

Once again you ask this mentor, this teacher, this sage before you, tell me about my purpose. What do I need to know about my purpose from your wisdom, your perspective? What does this mentor, teacher, sage say to you? Do the wisdom right now. **[1:12:51] [Indiscernible]** feels true to you the words that are coming. Take that in. Again, if you open your eyes briefly you can write just a few words to help you remember what this teacher, sage, mentor shared **[1:13:20] [Indiscernible]** you'll remember it, you'll know it. And so you say your parting words to this teacher, the sage, maybe a bow or a namaste or however it is for you to honor the wisdom that came from this teacher. And you step back to the door at the room and turn the knob and step back out into the hallway.

There's one more door at the back end of the house. So this fourth room on the right side, you step over to that door in front of it and you open. Open that door and step in. If you step into this room you see so many different things that are like learning tools and big books opened and a globe and so many different kinds of learning tools and full slate of books along the wall and the library. It feels like it's alive with passion and interest and curiosity.

Standing over by a big globe looking at some part of the map of the world is a man. And he looks up and sees you with a big smile on his face. And he's just full of energy and passion. You can just see almost a curiosity and the light in his eyes. And so he comes over to you and you realize that this is the passionate and fully committed man that is inside of you. There he is standing in front of you with full of ideas and passion and full of life **[1:15:14] [Indiscernible]** to his path.

[1:15:17]

So once again you ask this passionate and committed man, "Bear with me your wisdom about purpose. What do I need to know about my purpose right now? What can you share with me?" So you listen. He begins to speak to you and has words to share with you. You hear them. What are those words? **[1:15:48] [Indiscernible]** you can feel the truth in what he's sharing with you.

So you remember it, you hold it. It's in you. Maybe you take a moment open your eyes and write down in your journal or a piece of paper what you heard from him. Close your eyes and come back into seeing his eyes before you say goodbye, thanking him and stepping back to the door, opening the door and back into the hallway.

The final doorway is the back of the house. There is a big door, big, huge door. It's colored red. You walk to the end of the hallway to that door. It's like twice the size of the other doors. There's a big handle. And so you open. You realize this is the final doorway to move through. And so you grab that handle and you open the door. And as you open the door you step through the threshold. And there you are actually out into a field.

You move from the doorway into a massive field, blue sky hitting the horizon and kind of gentle rolling hills. And it's just space. It's open and beautiful. As you step out into that space you simply hear a voice or get a message in this field from your trusted source, the universe or mystery. You have already asked the question that it knows which is what do I need to know about my purpose, what wisdom can you share with me that will help me with my purpose. And it's instant. This voice and the words come to you. It comes to you and you listen. There's truth and the words land with you, simple, clear. And you take that in.

Once again, you pop your eyes open a bit. Write down what you heard **[1:18:23] [Indiscernible]** coming to you now and you know. So come back. And as you turn around from this field you see the doorway still there. And you step through the doorway. Shut that big, massive door and move through the hallway and out the front door of the mansion of your life and onto the gravel driveway, down the gravel driveway. And then feel yourself moving back up into the sky and into this open space, back into that kind of timeless space as you make your way all the way back into your body wherever you're sitting right now. Be fully present to this moment. And you wiggle your toes and your fingers. And when you're ready, open your eyes. And you're back. Come back in your body, in your home or wherever you are. Come back from this journey.

Boy, I got into my own kind of trance here. It's almost time. We only have a few minutes left. So I apologize. It kind of took longer to move through this. When we finish our call here, certainly take a little bit of time before diving into anything. Just start journaling what you got, the messages. Even if you didn't quite get it now, bring yourself back to each of these, the golden boy, that healed man, the mentor.

[1:20:12]

And just allow whatever is coming to you still. It's still coming through you now. So if it was a little bit too rushed or you weren't able to get something, you can always come back to this recording and go through it again or just journal about it now. So what's important journaling about is what you heard, maybe your essence or about your gifts or about any actions that relate to your purpose that each of these different access points gave you.

So what I'm going to do is just share briefly about the practice for this week, the reflection questions. And then if you don't mind, I would love to still open the space for any questions you may have. And we'll stay on a little bit longer. For those of you that do need to leave right at the top of the hour, 7:00 PM Pacific, that's fine. But we will probably go five minutes or a little more, five to ten minutes after the hour. I'm sorry in terms of the visualization. The timing, really, was kind of not fully on tonight.

So here we go. So the practice for this week is certainly a reminder to continue daily mindfulness and/or meditation practice or solo time. And I encourage you over the next seven days as we move to Session 7 is to increase that to at least 20 minutes each day instead of ten as what we've been encouraging you. And that's just to give yourself more of the time to see what's emerging to digest and to allow things to emerge from a deeper place in you.

Then what we'd like is by this weekend if you could, focus on finishing your purpose statement so that you can start posting your purpose statement onto the course website by this weekend. So like on the weekend and Monday and even Tuesday during the day we can all see those coming in and celebrate these purpose statements as we head into the final session, Session 7. And using the document that's there and the purpose statement formula you'll be able to create that.

What I also encourage you as part of the practice -- this is the final piece of the practice -- is when you're finished with your purpose statement go ahead and email that purpose statement to three people that you trust and that know you -- this is not something to stretch yourself if somebody doesn't know you -- the people that know you and care about you and love you. And then get their feedback. What did they think about it? Does it land for them? Does it reflect you and what you're up to and what you're wanting to create in your life? Maybe they could offer any suggestions or some help in shifting part of it or they don't really understand this part. So that's all part of just you being vulnerable enough to get feedback. And then that might help you in the final creation of your purpose statement, getting that feedback.

And then the reflection question is pretty easy this week. It's what is your purpose statement. We want everybody to post a purpose statement. It's going to be pretty short and sweet if you stay really tight with your essence triad, your essential gift. What's that core gift and then what is your mission, those aligned actions? This is not like two paragraphs. This is like two to three sentences max, probably really just two sentences.

Now that you've claimed your purpose, you stepped into this new power, here's the key thing, notice what bullies are coming up for you now. As you read it to yourself, as you feel into the bigness of it or the power of it or the newness, are there some new bullies or the old ones coming up? And notice them because this is why we did that work. There may be part of you saying, "I can't do that or that's not good or I can't get this just right. The way I'm writing sucks." Just notice all of that. That's still part of all of your inner critic and the kind of limiting belief structure that maybe having an impact on you creating this beautiful purpose statement.

And then what we're going to ask you too is what qualities are you going to have to summon to live your purpose, to meet your bullies and turn them into allies. So your purpose statement, noticing any bullies and then what qualities. This is where you need to actually list what are the qualities I'm going to need to start living this purpose even when more of those bullies might be coming online. So one clear quality that I know that I would need to ask of myself -- I'm sure you would to -- is courage. So that's one example. I need to bring courage online, self-love or compassion, those kinds of things, whatever it relates to kind of the bullies that beat you up, what do you need to draw on.

So that's the practice and the reflection questions for this week. I'm really excited about it.

[1:25:01]

Again, if you're feeling a little bit behind, certainly don't worry too much about Session 4 or 5. It's just now starting to get into you. Even if you haven't completed the bully work, you can now dive fully into your purpose statement. Let's make sure we get as many of you getting your purpose statement and putting it up on the site so we can honor and celebrate all of you as you come with this purpose statement.

Remember, this could be even just the first draft. You can work on it and work on it. But again, perfection-free zone. Be very careful not to go into deep, deep wordsmithing when, really, the essence is there and you feel it already. It can be evolving a bit over time if you need more time with it.

So I'm going to share a poem. It'll be our closing poem. And then we'll go into any burning questions that you may have. And then we'll wrap for tonight. And it's a short poem. I love this one. It's called Sun-Men by D.H. Lawrence.

Men should shape themselves into a new order of sun-men.
Each one turning his breast straight to the sun of suns in the center of all things,
from his own little inward sun nodding to the great.
And receiving from the great one his strength and his promptings,
and refusing the pettifogging promptings of human weakness,
blocking each in his own sun glory with bright legs and uncringing buttocks.

So I hope you liked that poem. I love it. It's also on the website. D.H. Lawrence is a very interesting man with interesting mix of poetry, some amazing and beautiful and others that are kind of strange too. But I love this one.

That's our closing poem for today. There are still a lot of you on the line. Does anybody have any questions or comments, maybe some clarification on the purpose statement process? But if you do, just hit 1 on your keypad. I'd love to hear from you if there are any burning questions. If there are any questions about Jonathan and my video around three worlds of purpose, it certainly is fine to bring that in here as well. And thank you, men, for your patience with the visualization and the timing of that. So I don't see any questions. So last call. If you have a question, just push 1 on your phone keypad. Here we go. All right. Hello, Gary.

Gary: Hey, Chris. Boy, your voice just took me so many places. I guess what I was aware of -- I just got to be with it. So much sadness came up for me as I was meeting all those people that represent me. I know you kept it really neutral. I was able to get a piece from each one of those parts that I encountered. I don't know. I just want to put that out there. I'm just really sitting with that. It's fine. I just didn't expect it.

Chris: Yes. That's my experience over the last few years. Men have very different reactions and responses to it. Some are taking them very deep. None of the rooms worked except this one room and it blew them away. Oh, my God. So whatever your experience was is perfect, Gary. Was there any particular jewel that you got or wisdom that really landed for you?

Gary: The one that surprised me was the golden boy. He told me to be a trickster. I've been playing with that word, playful. It kind of shocked me. I just got this amalgam of different things. I got trickster but the mentor told me to trust. So there are a lot of things that it seems like it's going to take a big vessel to hold all that.

Chris: Yes. Gary, just let it sit. I encourage you as we wrap up the call here, just kind of let it percolate in you. And you'll find that the different pieces of it may be so different. Wow. There's this and this in here but they all have some wisdom that doesn't have to have any logical connection or sequence but were still empowering.

Gary: Yes. Thanks.

Chris: And then allow yourself to keep journaling around it as it percolates up because I believe that this is an access way to wisdom that's not just from our mind as we do it, thinking or getting friends' feedback. This now kind of taps into a broader field. So just let it do its work on you. Thanks for sharing.

[1:30:23]

Gary: Yes.

Chris: Anybody else? We had a great sharing by Gary. Any final questions that you may have? Jonathan, is there anything you'd like to layer in here just as we wrap, kind of final thoughts? I don't see any other questions. So would you like to share your final wisdom here?

Jonathan: That's a beautiful guided meditation, Chris. Final wisdom. It's possible. It's possible to know your purpose and to live it into the world. It's truly a dimension of who you are. We don't live in a society that acknowledges or supports a deep abiding in purpose but that doesn't mean that it's not real and it doesn't mean that you're not destined to know it and live it. So kudos to all of you who have joined this community and who are doing the practices. And no doubt, different fears and homeostasis in general will rear its head. That's okay. It's to be expected. It's absolutely natural. Just keep persevering. And thanks for having me.

Chris: Thank you, Jonathan. It's so great to have you and to hear your voice and to bring your wisdom in. And thank you for those thoughts. I couldn't agree more. Thank you all, men, for staying on. A whole bunch of you just stayed on. If you want to go into our final breakout where it's just freeform, sharing with each other, please hit 1 on your phone keypad just so we know if a few of you want to stay on.

Mark, I'll stay on with you. I saw your hand up. So we'll just let the men go and then I'll get with you in a moment, Mark. And thank you again, Jonathan, Beautiful session. All right, men. Have a good night. And we'll talk with you soon. We'll see you next Tuesday.

[1:32:13] End of Audio