



Man on Purpose – Session 7 Transcript

“Making a Difference — Your Purpose in Action”

[0:00:00]

Chris: Well, hello, men. Welcome, welcome to the Man on Purpose Course Session 7. Can you believe it? It's our final session of the course. Session 7 is Making a Difference: Your Purpose in Action. So excited to be here with all of you tonight. We, as usual, also have our Program Manager, our lustrous Program Manager with us tonight, Michael Russer. Hello, Michael.

Michael: Hi, Ken -- Chris. Gee. I can't remember anybody's name. Hi, Chris. I don't know where Ken came from. But anyway, as we were off the air earlier I was saying we started this process back in June or July. And I just hope the men who are on this appreciate how much effort you and many of the other MKP folks put in to putting this together.

And it is exciting to see this come to fruition and see men really tap into their sense of purpose and mission. And being someone who has done that, I cannot tell you just how powerful that is. And so I just want to congratulate all the men who have made it through the process. And I so appreciate being part of that process as well. So thank you, Chris.

Chris: Thank you. Well, thank you, Michael. I so appreciate your support over all these weeks in helping to guide this program as well. So thank you. So men, tonight I'm also honored to announce a special guest, another guest faculty member for the Man on Purpose Course here in our final session of the 2016 Man on Purpose Course. And so with us tonight -- if you saw the email earlier today -- is George Daranyi. So I'm so excited to have George here. He co-created the Man on Purpose Course with me in 2013. We sat around in his living room down in Tucson, Arizona and planned out and mapped out this course.

And George has been a long time participant, member, leader in the ManKind Project. He's a certified leader, was the past chairman of the international organization ManKind Project International and served in that capacity for a little over three years. He's an attorney, he's a poet and a speaker and an author. And so I'm just so excited to have you here, George. Welcome.

George: Wow. Chris, it's really great to be back. Thank you for inviting me back. I've been reflecting a little bit on the work that we did together back in 2013 and the two times we co-facilitated the course. I'm grateful to be here.

And this course changed me. It really inspired me back then and it continues to inspire me now. And I hope that I have a little bit to offer tonight about what I've learned over the last three years that I can bring to you men. So thank you for having me. I'm really excited. Looking forward to tonight.

Chris: Yes. Thank you. Thanks for being here. And so for you men on the call, it's a treat to have George here. He's such a deep thinker about purpose and mission. And he's really living his purpose fully in the world at several levels. And you'll hear a little bit more about some of the purpose projects and purposeful things that he's been up to over the last few years. So we'll be hearing more from George throughout the call.

So as we do on every call, just kind of keeping the consistency here, we're going to do our four levels presencing practice. Also this week we have a lot to cover, exciting session today, so I'm going to keep this pretty brief as well. Of course whenever you do it for yourself you can take as long as you want with each of these components of the four levels presencing.

So as we do every week, just find a way to get yourself grounded either on a chair, on your sofa or your desk, wherever you are. If you're in your car just certainly don't close your eyes but just bring your awareness to the first level which is your body, your physical body and the physical space around you. And as you come to awareness of your physical body use your breath to bring yourself more present into your body.

So you can deepen your breath all the way down into your belly. Feel your belly expand out. Bring your awareness into your body. Just do a quick scan from your feet up through your legs and your belly, your chest, your arms, your neck, your head. And feel from the tips of your toes to the top of your head that you're in this magnificent body.

[0:05:08]

Just welcome it. Shake anything off. Use your breath to exhale heavy a couple of times and just welcome your body. Welcome your physical space that you inhabit.

Move to the next level. And the next level is the level of the mind, the mental level, the thoughts, the place where thoughts are generated. And so in this moment you

ground it in your body, connected to your breath. Notice the thoughts that are here right now with you. Right in this moment what's got your attention right now? Is it something from a few minutes ago or an hour ago or yesterday or something you're thinking about after the course or later tonight or tomorrow? Just notice.

Bring your awareness to this moment. Bring your thoughts to this moment. Let those other thoughts of the past, the thoughts of the future, just reel them in, bring them in. Think about bringing all the energy and the thoughts of the past, bring it right here to this present moment, now. And then any thoughts you might have of the future or a few minutes from now or an hour from now, two days from now, just reel that in, bring that right into this moment.

You are here. You are here in this moment listening to my voice. Let your thoughts be right here. Welcome all those thoughts. Let them be here and also let them settle to this moment where you're listening to my voice and aware of your body and your breath. Thoughts are settling in to this present moment.

Now we move to the third level and the level of emotions or the feelings. Some might call it the subtle body, the energetic body. That is just looking at those currents, those waves of your emotion. So we call them feelings. So what are you feeling right now? It's sadness, fear, anger, joy, gratitude, shame. It's from something that's come up today or something that you're aware of that's been working you over the last few days. And just notice what you're feeling. And welcome that feeling in, whatever it is or a combination of feelings.

And then also those feelings as you welcome notice them and name them, see them, notice them, bringing them in. They are like the waves of the ocean. They just kind of roll through, ripple through. And you are here as the ocean that you are. So just let those feelings and emotions settle in right here into this moment. And welcome. Welcome, feelings.

So we move to the fourth level. The fourth level is the level of intention. Now you have an opportunity with presence. Your body's here, your mind's here, your emotions are here. You're settled into this now place, now time. So the final level is set an intention for yourself.

So we are at the end of a seven-week journey together although there's still some more work this week to unfold but here we are at our last call of the course. And what intention do you want to set to yourself now as we dive deep into purpose and the purpose project and your purpose and action? Well, tonight, what is your intention? My intention is to what? Simple, few words.

If you choose, you can open your eyes and just write that intention down in your notebook or piece of paper if you're tracking your intentions through this course. And if your intention is just as simple as to be present and aware and to listen and learn, that's fine too but keep it simple.

And so thank you, men. Welcome. I feel more grounded and present in this space with all of you and excited to have George here and thankful for Michael's presence and for all of your presence here in the course. And so I'm going to start tonight's session with a poem. We're also going to end with a really beautiful, powerful poem that I love but we're going to start with a very short poem from the Indian poet, Tagore. Tagore is spelled T-A-G-O-R-E if you want to look him up later. And it's very simple.

[0:10:06]

I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold service with joy.
I acted and behold service with joy.

So it's a beautiful poem for tonight. Obviously we're going to talk a lot about being in action with your purpose, taking action and behold. Taking action from a purposeful place will most likely be a part of service. And then I know in my own life and I know George connect with this one, I feel in a place of purposeful service I'm joyful, I am grateful. Both of those come up very strongly for me, my joy and my gratitude.

So in a moment we're going to be hearing from George but I'm going to do a little bit of a review. Here we are at Session 7, I'm going to just take a couple of minutes to talk about where we've been really over the whole arc of the course but mostly over the last couple of weeks. And as you men know, we've really followed the hero's journey as a metaphor, as a meta story for our whole experience here. We've also told the story of Neo. Again, here is a mythical character that's in his own story, his own hero's journey. And so here we are at the end of our journey together following this hero's journey path.

And so over the last couple of weeks we've shifted from the inner work. The first three to four sessions of the course have really been about going inward and listening for the call, noticing where I resist the call, noticing how my resistance takes me out of my power and takes me away from what might be really calling me or the truth of what is needed in my life.

And we did consciously an inner journey first. We went inside that we could clear the space and have the tools to deal with the resistance that's naturally going to come up in our life as human being. And so we needed to deal with that resistance, get the tools for working with our inner bullies and all the messages that roll around in our head before we really dive into the juicy work of declaring our people because we want to be armed, we want to have the capacities to deal with those bullies that will come up even more strongly as I look to put my purpose into action.

So if we kind of waited until the very end to do that it really wouldn't be following sort of the hero's journey for you in your own life. And now we're coming out of that inner place and that inner exploration, meeting our own inner demons into this outer

expression of our purpose. Week 5 and 6 were really about that, introducing the definition of purpose, introducing our purpose model and our purpose formula. And so week 6 was really fully exploring this idea of the purpose formula and then creating your purpose statement.

So as you recall, many of you, hopefully you've already been working at and in the process of working your purpose statement and creating that but just as a quick overview of that, over the last couple of weeks you've been looking at your essence, exploring your gifts and really looking for what we call the essential gift, the kind of distillation of a lot of different skills or talents or gifts that you have. So what is that essential gift that combines all those together or is the root under that? And you've done a lot of work, I'm sure, exploring that, getting feedback from other people, et cetera.

In addition to your essential gifts, you're starting to look at your aligned action. What is your mission or aligned action that is more active? Your essence is your beingness. Your essential gift is your embodying of your essence. And then your missions are your actions, your aligned actions or the doing.

And so one of the things that I know for many of you over just the last few years of teaching the course and even this year, one of the things that I know is that challenges, struggles, new bullies, new resistance will be showing up, maybe different than even in week 4 or 5 of the course. There's a new set of messages of beliefs that are getting in your way. And that's okay. It's normal. As you up your game, as you get clearer on your purpose, as there's more excitement there, there is more resistance potentially, not always but it can show up.

[0:15:04]

If you've been meeting some resistance and some of that resistance is showing up of not doing the work in the course or feeling caught up or too busy, it's fine. We all have lives that get in the way. And the silver lining for you is that you can keep working with the course materials. Even though this is our final call it's important to know that you'll have access to these materials for many months. So if you're a bit behind you can get caught up and hopefully you at least dove into the purpose statement even if you missed some of the other recordings of the other sessions.

But just focus on getting yourself caught up over the next few weeks. Don't let this linger too much. Stay focused. So that's the encouragement here. It's like building a new muscle. Just stay with it every day, every few days, at least a few times a week that you're doing the work of your purpose. You're building your purpose muscle.

And when you try on some new stuff and try on some new projects or new plans or actions with your purpose it's going to feel maybe uncomfortable. It's going to feel potentially unfamiliar to you, strange or uncomfortable. And that's all good. That's all part of the process of building these new capacities for you. Work it out. I know if I missed the gym for a few weeks or whatever and I haven't been lifting weights or

whatever, I get in the gym, I do my curls, I do some bench presses, whatever. And I notice my muscles are sore because I haven't stayed in the flow and the rhythm of it.

So for some of you fear may be arising as you come to the end of the course and maybe not where you want to be, per se, maybe fear around "Wow. Now I've got my purpose. How the heck am I going to actually live into this?" And that's all right. We're going to address some of the fear on this call as you look to create your purpose project.

And remember, the bottom line here, the fair-safe is that you simply get to declare your purpose, whatever those words on the page, as long as it has some resonance where you get to make it up and you get to say, "Well, that's my purpose for right now." Nobody gets to tell you. It doesn't have to be perfect. Nobody's going to grade it. George and I aren't going to give you a B, C, A, F. You simply get to put it down, feel into that, it feels right for you right now, and then declare it and go for it.

So that's the arc of where we've been, where we sit right now as we move into action. So I'm going to turn it over to George. And he's going to share a little bit of context for tonight, high level context.

George: Great. Thanks, Chris. So another way to frame this -- one way you just heard about was the context of the hero's journey and how this course was woven around that, there's a shorthand way to see all of this. And it comes out of two very distinct and different paradigms for the way men are and have been in the world and the way we say that men can be now.

So the old paradigm was that men first went out and gathered things or had things or created a life where they would have things. And once they had something, from there they would then go and do something with that in the world. And out of that, out of that doing and having, some sense of their personal identity would emerge or who they were being could then be identified.

So that's the old paradigm. And most of us lived that way and we're trained that way culturally and institutionally. And what we're asking and I've asked you to do in this course is to do it, in essence, the other way around, to begin with the consideration of who you're actually being to get clear about your identity first, who are you as a man, who am I in my being. From there, I get to decide what I do. And then when I'm clear about what it is that I need to do, then I have the life that I want and I have the things in my life that I want.

So it's a very different way of approaching life. The first way is outside in. We go out and then we come in. This way, the way this course is designed and Chris has described it, is we go inside first and then we go out. So Session 7 is about finally you've done all the preparation, now you get to go out, you get to be in the world the way you say you're going to be doing the things you say that matter to you that will make a difference. That's the essence of it.

[0:20:01]

Chris: Yes. Thank you, George. And, really, for me and for many of you it's also a life journey. I know that in my early life, in my 20s and even to early 30s, I was really inculcated into the have, do, be. Have the good job. Have the right partner. Have the great car. Have the house. And then that would unfold "Okay. I can do this now in my life. If I have all that, then I can go do my purpose or I can do what I want, and then ultimately be happy or be intent" or whatever it is they choose to be.

Really, this purpose journey is about truly flipping that. Even the purpose formula that we've talked about is really that. Your essence is your beingness and then you're moving toward your doingness and then you have what you most want in your life as an outcome of that.

Now what I'd love to do is because we've been talking about this last week -- we talked about the purpose statement -- I would love to share a few of the purpose statements on the call. We're going to look for some here that are on the website for this year. There's also a few from last year that were really powerful that we might share. And then we also want to hear from some of you men. I'm not always sure on the call who's actually completed the purpose statement but I am going to take a look at what's on the website here and see -- if there's a man that aren't on the call I may read their purpose statement because we have a quite a few of you, I think nine of you have listed your purpose statement here.

And so I'm actually going to start with reading a few and then we're going to open up the lines to hear from some of you or others. And so I'm going to take a look. So we're going to talk purpose statement. We're going to share and celebrate. This is a time to really celebrate. And then we'll go into more of the teaching in the context for your purpose project after we share and celebrate.

So I'm just looking on the line here. We have a great group of men tonight. And I'm going to share one here. I'm going to share a couple from last year because I think many of you are on the call that wrote your purpose statement here. So I'm looking at the website right now. Let's see. Is Patrick here tonight? He is. All right. It's Patrick and Mark and Alex. Let's see if we've got Bill here as well. Yes. All right.

You know what we're going to do? We're going to start with opening the lines first. So if you would like to share your purpose statement -- I see that on the website most of you that did it are on the call here tonight. So let's go for it. So hit 1 on your keypad if you'd like to share your purpose statement that you created. And I'd love to call on a few of you. So go ahead and do that now. I see a lot of you here on the line. Great. So just keep hitting 1 if you'd like to respond. I know, Alex, you did yours. Patrick, you did yours. And so we're going to go Mark first. Hello, Mark. Welcome to Session 7.

Mark: Hi. Thanks.

Chris: Yes. So why don you go ahead and share your purpose statement with us here? And then we're going to celebrate you.

Mark: All right. I just put it together a couple of minutes before the call. So I'm pretty excited about it.

Chris: Great.

Mark: So it goes as an inquisitive, compassionate and sincere man, I turn universal truth into concrete reality through uncovering the deep and mutually beneficial connection between people and with nature.

Chris: Nice, Mark. Thank you. Beautiful. Give us one sentence or two of what most resonates with you. What excites you about what you just read?

Mark: I had a hard time deciding what my gift was but I found a common thread between things I thought I was good at. And just being able to put it in those words feel empowering. It sounds like now I have something to work with.

Chris: Beautiful. I love your phrase. And that's your gift which is that you have the capacity to turn universal truth into concrete reality that then allows you to create deep and mutually beneficial connections between people and nature. It's beautiful. The universal truth into concrete reality, what does that mean for you? What does that show and reveal of you?

[0:25:04]

Mark: So I think what part of it reveals is that I care a lot. I believe in the connections between people. I believe in the sense of oneness. I also believe that there are things that bind us even if you can't see them. That goes to my interest in justice, in the kinds of work that I seek and a lot of like the nonprofit things. Kind of what my interests are.

Chris: Thank you. Thank you, Mark. Beautiful. So I am celebrating you. Thank you, thank you. Beautiful purpose statement. I appreciate your sharing. Thank you, Mark.

Mark: Yes. Thank you.

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

Alex: Hello, Chris.

Chris: Hey. Thanks for being here, Alex, from down under, from Sydney way. Thank you.

Alex: Great to be here. Great to be here. Thank you. So my statement, as a courageous, authentic and passionate man, i.e., compassion, patience and wisdom to connect the

people. I inspire others to make positive changes by being an expert communication bridge between children and the world.

Chris: Thank you. Thank you, Alex. Beautiful. Beautiful purpose statement. Share a little bit about what most excites you, what brings you most alive in what you just shared, some little nuggets for what you're getting from it.

Alex: I really believe that children are powerful and they are wonderful at letting us know what they need. And it's just by observing those subtle changes in their behavior that we gain insights into the model that is childhood and humanity.

Chris: Beautiful. Thank you, Alex. As we spoke one on one I feel the power of your purpose in this bridge between children and the world or certainly children and their parents or children and their family. So I honor you for that particular passion and particular gift that you're wanting to bring forward.

Alex: Thank you, Chris.

Chris: Thanks for sharing. Great. So I honor you. Beautiful job, Alex. And thanks for sharing. Now let's go to David. Hello David.

David: Hello.

Chris: Hey.

David: I hope I'm not muted.

Chris: No. I can hear you. You're on.

David: My statement which I was changing as I typed it into the website even was a loving, accepting and vulnerable man I help myself and others empower our lover by teaching how to release past traumas and creatively embrace our desired future.

Chris: I like that, David. I really like that. I love the piece of empowering our lover by teaching how to release past traumas and creatively embrace our desired future. I love the balance of that, the light and the dark, the shadow and the gold. Beautiful. Yes, really beautiful. So share a little bit about what most is up for you as you've written that and sharing that. What's alive for you right now?

David: There is some sort of rapid trauma release processes that I've learned that I had been sharing with the ManKind Project for a few years. And I want to take that on a larger level. And that combine with releasing the past in the context of a desired future rather than just looking at past problems, recognizing how they're blocking me from getting what I want and dealing with them with that intention of releasing me more into what I want in my life. And that's all up for me is how to do that, how much time to give it to it, how to finance it and all of that. I knew that was sort of my purpose going into the course, and it stayed consistent throughout.

[0:30:30]

Chris: Great, David. I can hear your clarity in it. I love your statement. So I'm really celebrating you and honoring you. Thank you, David, for sharing.

Great. I'm going to read a few here. I didn't see any other hands up. And I know a few of you -- Patrick, Gary, Bill -- are on the line. I know they're on the website so men can go check it out but I'm just going to read it. I know you didn't put your hands up but I love what you've written here. So I'm going to share Gary's. So Gary's is as a man of integrity, kindness, loyalty and focus I express truth, magnificent and masculinity through service and support to those who can benefit from my gifts. Thank you, Gary. Beautiful purpose statement.

I'll also share Bill's here. And it's as a strong man of compassion and openness I help free others with my gifts of welcome, discernment and creative expression by developing and offering structured experiences focused on releasing their potential purposefully and joyously. Great. Thank you for sharing, Bill, as well and thank you for posting that up.

I'll pause there. Those are beautiful shares. Please, if you've been working on your purpose statement and maybe even still fine-tuning it, tonight or tomorrow go ahead and put your purpose statement up there. Watch your perfectionist, watch the Mr. Perfect bully and any bullies that are coming up for you to just put it out there. And for many of you, there may be a fine-tuning that goes on to get clearer. For some of you, you might want to go back and put either more meat on to it or fine-tune it a bit so that it feels like it has strong, strong resonance for you and that it's also clear as you read it and share it with others.

So for those of you that have already written them out here, if you haven't shared it with other people, please share that and get feedback from people close to you who care about you and love you. And also share it with your mentor and get a little feedback in fine-tuning and refinement.

So beautiful to hear that. And we're going to now step into a little bit of a shift here to the talking -- really, it's our final chapter of Neo in The Matrix. And I love hearing George share the story of Neo and so I've absolutely given him the mike to tell us about where Neo is at in his own hero's journey. George.

George: Thanks, Chris. So remember where we are in the story. Neo has just gone through this incredible transformation but he hasn't arrived at the end point yet where he actually can recognize that he's been transformed. So he's been through the training and now he is at the point where Morpheus is dying or is on the brink of death. And Neo has to basically make a decision about whether he's going to save his own life or save Morpheus' life.

So this is really the first significant test of Neo's capacity as a transformed human being. And so he decides that he is going to become willing to risk dying in order to help Morpheus live. And so he engages in the battle with the agents to do that. And he actually gets shot. And he has a death, he has a physical death or what he believes to be a physical death. And if you remember in the movie, in the story, he flatlined and there is that moment where everyone recognizes that Neo is dead, that something has died, the old Neo is dead.

I say he has to surrender to something. And what he does is he surrenders to love and he accepts the kiss from the woman that loves him and cares about him.

[0:35:02]

And in that moment he comes back to life but he comes back to life in a new way, in a changed way. And he recognizes as he comes back to life that Morpheus and others who had told him by the way that he was the one, that Morpheus was actually right.

And then he leaves that space and goes out and confronts the agents one more time, the machine, the battle that's raging outside of him. He has to go in this new transformed, newly alive way. He goes out and he fights them. And this time he fights them in a way that he was incapable or unable to fight them before. He does it with grace and with ease and with dignity and with unbelievable skill and power. It's like he knows something he didn't know before. He can see the bullets as they're coming toward him. He can deflect them.

So in essence what happens to Neo is that he becomes unstoppable in the face of anything that's thrown at him. And there is a moment, I say, in every man's life when he has survived and transcended whatever the limitation is that's in front of him where there is a sense of unstoppable where no matter what we move on and we continue to live a life of intention and purpose. And that's exactly what happened to Neo in that moment.

So the old Neo dies. The new Neo emerges. He accepts love. He understands who he is. His old story, his old limitation, his old way of being is dead. And now this new emerged Neo must go into the world and take this newly transformed person to live the life out there that he was meant to live, and he recognizes that. And as the movie, the first chapter of The Matrix, ends you can see that he's leaving, he takes the phone call, he leaves the machine, and he has transcended everything, he survived everything, and he's now ready to go and live his life in the world as the one.

Now, here's the place but I want you men to get is that Neo isn't the one. It's you that are the ones. He is the reflection of who we are and who we have the capacity of being and becoming. And so if Neo can do this -- and by the way, it's the universal story of transformation and healing and initiation which we're familiar with -- if he is the one then you're the one, everyone's the one. We all get to live our own unique

expression of being the ones in the world that we were meant to be. And Neo is just one modern example of how that story is told for us to get.

So if Neo is the one and I'm the one and Chris is the one and Michael is the one, then I say you, each of you men, are also the ones. So welcome.

Chris: Thank you. Thank you, George. Beautiful. And so if you are able to fully embrace that you are the one, that you are the creator of your own story, and that you have the capacity to live into your purpose, then as we and our journey, just our journey here, this journey of the Man on Purpose Course, we are ending it with you in action in the world, you taking on the good fight to bring more light into the world.

And so for tonight that's what we're going to transition into. There's this celebration of our declaration of our purpose. And now from the celebration of that declaration, well, guess what. It's time to move ourselves into action in the world with that. We're social beings. We're beings that are in movement and in action. Yes, we can cultivate stillness, and that's an important capacity. And we're beings in motion. We're moving beings. We're being that are doers and in action. And the key thing is can I be in action with my purpose in service to the realm, in service to humanity, in service to the planet. And that's what we're going to talk about tonight.

So we've moved from all that inner work over these last weeks to now beginning to really fully embrace the outer realm, the realm of moving that purpose into some form. Declare that you get to declare that form. That's what's so brilliant about it. You get to make up whatever project that would serve you and serve your purpose. And that's what we're going to talk about tonight, your purpose project.

And so just to remind you a little bit of the flow as it relates to coming into action with your purpose is that -- and this flow can be repeated. You can repeat this any time that you need to repeat this. Joseph Campbell talked about that at some level in our human lives we're always on some aspect of our hero's journey, either the long arc or smaller arcs of that hero's journey, of moving through those elements that we've moved through in this course.

[0:40:28]

The flow is you just get to identify what is most calling you, what's up. That's the call, identify. You then come to some place of awareness of your purpose or some new variation of your purpose. And that's just the claiming. So you identify the call and then you claim your purpose. And in the final part of the flow, from identify, claim, and then is to live it, to be in the lived experience of your purpose. Hear the call, I move along the call that informs me, I create or I distill what's needed, I claim, and then I live it.

And so here's the thing. Purpose doesn't just live in our thoughts and in our mental structures and in our awareness and our heads. Okay. Here's my purpose. And you've written it out beautifully, you finished the course, and then you -- what -- you

put that on the shelf and I did it, check it off. Even though we know the words are there and there are some energy behind the words, your purpose primarily exists not in the words that you've written but it exists in the actions and the actions and the doingness that brings it alive, that brings your purpose as an act of service to others and to the world.

That's really important to get. We're making the final shift from the interior to the expression and the declaration and the writing of this now into a choice to move it into the world and to be in action with it.

So here's the other piece of this. As you move out into the world to be in action with it, well, guess what, you're going to now be interacting with other beings, other human beings or other creatures or the planet itself. And so as you begin to move this out into the world just be aware that now there's an opportunity to work with others around it, to collaborate, to get support. And I don't want you to forget as an anchor right now.

Remember, as you complete the process, get clear on your purpose statement, it feels right or close enough, you're going to now need to be drawing on other resources to move this into action in the world. Some of it is your own resources that you're in full control of it made maybe even more importantly, you're going to be looking for support and resources outside of yourself, from other people and other types of resources.

So as you start thinking, as we start drilling down toward the actual purpose project itself, what you're going to be creating, I want to remind you to be thinking about the support that you'll need well, the collaboration, the energy, the cheerleading, the other ways that you can draw on support as you kind of wobbly move out with this new thing into the world.

The other things that we're going to invite you into are some themes or tips here before we actually dive into the purpose project itself. Think of this purpose as a practice. So it's a nice double pea here that we're going to give you, two peas, which is the practice of purpose. And what that means is be conscious of and aware of how you can make it real every day for you around your purpose work or your purpose journey. It might be the center of the work that you do or it could be something that you're planning or some writing of a book that you commit to. Writing every day is a powerful thing, some way of giving an aspect of your purpose to people around you every day. So just be aware of that. How am I continuing to give my essence at least as a part of my purpose or my gift in some way every day?

Richard Leider wrote a book called *The Power of Purpose* and he's a great thinker around purpose and meaning in our lives. And he talked about purpose moment. So this may not be the full expression of your purpose but you know who you are, you know what you've declared as the essence of you. See if you can also be aware of in this practice of purpose that there are little purposeful moments that show up,

opportunities to give yourself and your gifts even in a simple way, and to really embrace those purpose moments and see it as an act of service to others.

[0:45:27]

And it may be just a little reflection -- moments and interactions with others and with family members or colleagues or the world -- in some way that just reflects back on "Oh, that was a little touch of my purpose, of my essence out into the world." So that's the practice of purpose. Really make it a practice for yourself.

George and I talked a lot about this when we created the course. Purpose sounds like sort of this -- in a corporate context, particularly -- it sounds like you create the purpose statement, you put it on your website, you talk about it a little bit, and then it just kind of gets pushed off onto a shelf while we do our day to day work all the time like "Ah, whatever. I've got all this on my plate."

Well, what we do suggest is that your purpose isn't just a thing that you complete and put on the shelf or is a nice statement that you write, but that it's as it's related to your purpose and action that it is measurable. Purpose is measurable. I know that if I'm living it and if I'm putting a purpose project into play or really building a business that's around my purpose, whatever it may be for you, you can get consistent and constant valuable feedback for your growth and for your life by measuring the impact. Am I making a difference in the world and in what way? Am I having an impact and in what way? And am I getting the feedback that that impact is really appreciated and seen and valued?

It's a good way. It shouldn't be the only barometer that you use because then you would be blowing in the wind but you do get to see that "Wow. My purpose is measurable. I'm having this impact on people. I'm doing these programs that have 100 people in the room listening to my talk." Part of it can be "Well, how can I reach more people with this valuable information? And not from a place of hubris, a place of humility but I would love to reach more people that I believe this message is important or this thing is important." And so you can measure that. You can keep getting feedback from the world outside and from your own heart to keep evolving and growing your own sense of purpose.

A couple of other quick things. Your purpose can be a decision-making filter for your life. Really, the more clear you get on purpose, the more clear about what you're here to bring, well, guess what, you're going to have a lot of powerful nose to this, this and this and that and you're also going to have much more powerful yeses to say, "This feels really right and in alignment with my purpose." So you'll have a much better barometer of how to filter things out in your life that really aren't that important or central to you living your purpose.

The last piece I'll say before turning it over to George to tell you about the purpose project itself is purpose, we believe, is evolutionary. So even though there's a quality of your essence that shines through and is probably never going to shift or change

and even your gifts might be the core of what you're here to give, that there may be a continual refinement of how you see yourself, of the refinement of your gift. So even though it's there and you know it, there's some other way that it can be expressed. And, in particular, your mission, that action part, can shift and change over time. So this isn't meant to be an ecstatic experience. "I got my purpose statement and I'm done." It will change and evolve over time.

And so that's just some context about how to be looking at your purpose as it moves into the world, as you move yourself and your purpose into the world. And so now we're going to dive into the work for this coming week which is your purpose project. George.

George: I want to just say a couple things about this evolutionary aspect because it fits in directly with the purpose project. The purpose statement that you posted on the email that you shared with the men, that was the one I had three years ago. I lived my life from there for a while. And now I've refined it a little bit. And it's this. As a passionate, powerful healer I alleviate suffering in the world wherever it occurs.

[0:50:00]

And so I've taken some of the original language and broadened it. The thing that I do is I measure what I'm actually doing in my day to day life against my purpose. If I'm alleviating suffering somewhere, I'm good. If I'm creating suffering, then I know that I'm not in my purpose. It's a pretty simple measuring rod.

So let me tell you men specifically about what we're talking about with respect to this purpose project. It is about taking it out of the idea of purpose, the imagination of purpose, and creating a project, a simple project that you can take on over a period of time to see where your purpose can be activated and put into action in the world. It can come out of the statement that you've been working on or you can simply declare it or you can choose it from something that matters to you. I'm going to give you two quick examples.

In the year 2011, just before the last election cycle, I had a huge charge about what was happening in the world of politics and how we were speaking with each other. The dialogue was getting vitriolic. There were a lot of things occurring at the time when Obama was getting ready to run for reelection. And I had a lot of passion and clarity about wanting to do something in that world. That was before we even started this course.

And so I created something that's known as A Parallel Democracy: A Place Beyond Politics. And the idea was to change the conversation between political enemies so that we could be in right relation with each other in spite of opposing political views. So that came out of something that really mattered to me which was politics.

More recently in the last year as a result of doing additional work on myself internally and also watching my dad who is now 87 and is beginning to lose his mind, literally, I

began to develop a relationship with the elderly, with our elders, and I created a new experience for them that, by the way, came out of 25 years of doing men's work, I've created a process that is committed to honoring elders while they're still with us, before they're dead. What I've noticed was culturally we've mastered the art of memorializing people and honoring people after they're gone. Well, I decided that we needed to do it before they died. And so I created a purpose project that was very specifically honed to honoring elders while they're alive.

So that's the kind of thing we're talking about is to find something that you believe is important to you and has a need in the world that you can meet that arises out of your purpose, the essential gifts you have, the essence of who you are and what matters to you. And then create a very simple project that's actionable or you can define it in scope, you're clear about what you're going to do and not to. And then give a timeframe. We suggest about two to four months to complete it.

I ran this honoring of elders, I ran four separate experiences in the last year to develop the actual protocol and to get feedback. And next year, in 2017, I'm committing to doing it eight times for elders in my community. So I know it works, I have got the protocol written, and now I can dive into it full on. All of that comes out of the purpose in my life which is to alleviate suffering.

So that's the kind of thing we're talking about. And it's not complicated. Pick something that is doable, that's measurable, that's actionable, that you can define and that you can do in a limited period of time. Don't take on changing the world. That's not your purpose project. Make it smaller than that. Pick an area of your life that you're really interested in having an impact and play with your purpose there. That's the essence of it, Chris.

Chris: Yes. Thank you, George. And just to give you some more examples, just a quick examples from myself, my own life and also from one of George and I's mutual friends. Remember that I nurture and inspire growth and transformation in others. And I really wanted to have a greater impact inside the ManKind Project. To support the ManKind project part of the purpose that arisen was how do we reach a broader audience. How do we invite more men into the relationship or connection with the ManKind Project. And so with the support of MKP USA's Marketing and Communications Director, Boysen, we hatched a whole online courses or sort of online learning program.

[0:55:15]

The real project was let's create a free global summit. We called it The Power of Purpose Global Summit. Let's get some of the best thinkers around purpose and variations of purpose to talk about it and then invite as many people into this free global experience as possible and then to continue to have a conversation with those people over time about other ways that they can connect to MKP and to their own work.

And so that was a project that was really born out of my own purpose, my own desire, my own desire to serve and to also support this amazing nonprofit organization. Toward the end of the call you're going to hear a little bit more from Boysen too. He's on the call and will be sharing just briefly about the ManKind Project.

And so that was one. And then a good friend of ours from Texas, Willie Baronet -- here's another example -- he's a professor and a consultant. Again, this is not his job or his work but he took on a purpose project about the homeless. He just was really compassionate about the homeless, concerned about that as an issue in our country particularly. And he created a project or a program called We Are All Homeless.

And he did a coast to coast trip across the entire United States, kind of zigzagging different towns and cities. And he went around and collected the signs that homeless people hold, will work for food or help me and all that. And he collected all these signs, had these conversations and then eventually he did a second one and was filmed, created a mini documentary. And it was all to bring awareness of homelessness, greater awareness, more awareness for him to get right down on the street, on the ground and in the trenches with these men and women who are homeless and to learn from them, to really understand the differences and the challenges and for him to open his own eyes in a new way.

And it was really a combination of sort of a social project and an art project. And he was really passionate about it, still is passionate about it. It was a 31-day trip. He took off the time for 31 days. Essentially that project was complete and it also has a website now and a life of its own. So he's very passionate about it. It's part of his purpose offering and something that he was able to accomplish in a fairly short period of time, to set it up, create it and then actually deliver it.

In a moment George is going to kind of do some wrap up of what might get in the way of the purpose project. And then we're going to talk a little bit about the practice itself, the document that you've got to work with. As you come out of this course, it's really intended to just get you into some movement and motion that feels connected to your purpose. It can be very simple. It can be done in a month. It does not have to be huge. It does not have to involve enrolling hundreds of people into some program or workshop or talk. It could be as simple as you commit to writing three blog posts on a new blog page that you create or starting writing the introductory chapter to a book you want to write or taking on a month-long project of working in inner city schools as a mentor. And you just do it for a month. See what I'm saying?

So whatever it may be for you, we'd really encourage you to keep it simple, time bound and not too complex that it's easy for your inner bullies and your own doubting voices to then kind of sabotage that if it's too big or if it's going to be a year to do. Even if you have the plan to write that book that you've always been writing your purpose project could literally be the first chapter that I will write within the first month. I will write an introduction and the first chapter of my book, that's my project, not necessarily the whole book.

And then just see how it feels after the introduction and the first chapter. It may be like "Wow. This is actually bringing up more of the expression of my purposes over here. I don't really want to write about it. I want to be in action with it in some way." So whatever it may be for you, I just encourage you to complete it. Let's say you set a goal to complete it by end of February at the latest for all of you. Maybe it's three months max. So you need to think of a project that you can complete in that shorter timeframe.

[1:00:07]

And so before we go into kind of a summary of the content tonight and talking a bit about the practice document, George, why don't you share a little bit about this whole idea of fear.

George: Yes. I'm thinking I can do the small stuff if I really stand in the place of I am the one and take that on, internally take that on. Then the next thing that happens -- and I'm speaking just for me -- is I have the sense of "Oh, my gosh. Now what?" There is fear there immediately for me because it means that something is being called out of me that I must then do in the world from the place of I'm the one. And it's not about grandiosity. It's not about arrogance. It's about a deep sense of knowing that I can make a difference. So that's fear. And it will stop me and it will stop you dead in our tracks. And it's reliable a reliable antidote to movement and to purpose and to action and into making a difference.

So we've found a couple of ways through that and they're pretty simple. The first thing is acknowledge -- like I have just now -- acknowledge that it's there, acknowledge that you have fear, name it and recognize that it is a part of the path and it's a part of you and it's a part of growing. There's no around. It's in front of you. You can deal with it.

And the second antidote -- and this works every time -- is to get into motion, be in movement and in action. Start doing something that's congruent with your purpose or with your purpose project. The moment I do that my fear begins to diminish, I began to ground myself again and I recognize that in the face of fear I can still accomplish what I need to. Take the small step then take the next one then take the next one.

And you'll notice as your exercising the muscle of staying in action in the face of fear, in the face of anything, you will be accomplishing your purpose. So go for it. Go for the roar. Survival, maybe. Failure, maybe. Ridicule, maybe. Those things will come up but you can transform all of them if you stay in motion and if you just acknowledge that it's there.

Chris: Yes. Thank you, George. And as we wrap up in this seventh session we do wrap up our hero's journey, the arc that we've been on here and wanted to complete that conversation like we completed the story of Neo for now, and that we've been in this flow from Session 1 to now Session 7, from looking at our ordinary life, the start of

any hero's journey and then the call, something's calling me. Even being here in this course is part of your call, the willingness to look at yourself, to look for your purpose.

And then -- we all have this -- and then the resistance that comes up to the call at whatever level and however strong it is or weak it is. And then as we decide to choose to move through that resistance and stay on some threat of the call going deeper into the unknown territory we come to the ordeal. And usually the ordeal in our modern life is all of the demons inside ourselves, all those inner bullies, all the negative messages, all that that we fight ourselves with. And so we're battling our own dragons and demons internally, and that's the ordeal.

When we come out of that ordeal and we come through it and we're still whole, we're still here, we're still alive, we find our gifts, we find new capacities. As the hero goes through or she goes through her journey he/she see new capacities, new power. As we talked about, a new power is released by seeing "Ah, I can do this."

And the final step for the hero is the return. You've gone out into the world to the unknown territory, fight the good fight, done the battles, faced your own demons and your own fears, and then you return with the boom of what you learned, the gold, the gifts. And that return is right where we are here now. I now see all of that. I have more clarity. I have a new sense of capacity and power. And now it's time for me to bring this back to my community, to the world at large. My gifts and my talents and who I am is an act of service, bringing back into the community. So you are returning.

[1:05:02]

As you unfold the rest of this week and you finish your purpose statement and you gain clarity and then get a sense of what this purpose project might be, that is the unfolding of your return back into the world and into your community and you are coming back as a Man on Purpose -- that's the name of the course. You are a Man on Purpose and that you have some work to do here in the world and you get to choose what that work is.

And so the purpose that is claimed here may change over time as we said and your purpose may evolve and change and shift. And it's not a static process. It's fluid. Just know that you are in full control of the reality that you create. Remember that. Part of the capacity that you learned is that you're making up your reality and at any moment you can choose something different, something new, something in a direction that more pulling more calling for you.

And so you are coming to the end of your hero's journey here with all of us and so I'm going to share a bit about the practice and then we'll move into a little bit of a course wrap up, a little sharing from Boysen and then some time for Q&A.

Again, on the website, as you've seen every week, there is a practice document. And the one for this week is that purpose project worksheet and plan. You can probably

even pull that up now. You'll see there's a place for your purpose statement on the document. And then for you to begin to define using the sheet, what are some ideas? Actually list a few different ideas. You don't have to mull on just one right now. You may have two or three or four different ideas.

And then your key will be to pick one from your various ideas and then begin to list some of your first action steps, kind of your high level purpose plan or purpose project plan. And the document gives you some space where you can list the first three, four, five action steps. And of course you can add many more and create a whole plan for yourself but the key thing is to that the sheet as a way to establish not only the action steps, the measure of success and a due date. So essentially you're using smart goals to help you move into your project.

So the sheet is there for you. It gives you the information you need. Feel free to add to it and certainly add more of the details to journal about your project. This is pretty much just to define what it is and then a simple plan to get moving in it. And then you'll have, I'm sure, a lot more than you'll want to add to the details of executing your project. So that's the practice.

You know what? I'll do the reflection questions, George, and you can do the kind of final call to action. So your reflection questions will be posted up first thing tomorrow morning. And you'll see them there in the discussion forum for Session 7 but they are pretty, pretty basic. We're going to ask you to post your purpose project in the discussion forum. So just very simply my purpose project is this. Hopefully one phrase or sentence.

We'd also encourage you to, again, share your project with one or more people and ask them to give you feedback. If you can find one person to also be an accountability partner -- your men's group is a whole accountability partner. It always helps to have somebody that you're sharing this with actually, that you can check in with consistently.

And then the two questions, the go with your purpose project, is what made you need to call on or access either external resources or internal quality to ensure that you complete your purpose project. So keep that really concise. What are some of the things that you need to draw on or call on that will help you complete your purpose project? And then what can you acknowledge or honor about yourself and the journey you've been on over this last seven weeks right now?

So that's a little bit of a self-blessing, self-honoring as we wrap up the course. I think it's so important for us to be able to bless ourselves as well as bless other people to honor ourselves as well as honor others. And so those questions will be up there. I highly encourage you to stay focus this week, finish your purpose statement and move right into shaping up your purpose project.

George, some final words or thoughts from you before I read our final poem?

George: Yes. I was thinking about what the Dalai Lama said. He said that our lives are an emergency. Arnold Bennett said we shall never have any more time.

[1:10:00]

And I say that our species, the human species, demands that men, that you and me as men on purpose live our lives of purpose in the world. It's no longer a luxury to live purposefully but an existential necessity. It's required of us now that we do that. So men, you're awake. Remember, you are the one. We are the ones. Let's get after it. Thanks for having me, Chris.

Chris: Thank you, George. Beautiful. Well said. And to follow on what George just said, I'm going to draw on the beautiful poetry of Hafiz. And Hafiz is a Persian poet from the Middle Ages. And this one is called The Warrior. It also will be on the website as well. Here we go.

The warriors tame
The beast in their past
So that the night's hoofs
Can no longer break the jeweled vision
In the heart.

The intelligent and the brave
Open every closet in the future and evict
All the mind's ghosts who have the bad habit
Of barfing everywhere.

For a long time the universe
Has been germinating in your spine
But only a Saint has the talent,
The courage to slay
The past-giant, the future-anxieties.

The warrior
Wisely sits in a circle
With other men
Gathering the strength to unmask
Himself,

Then
Sits, giving,
like a great illumined planet on
The
Earth.

Thank you, men. Thank you, George. That was a beautiful sharing, George. Thank you. We've got plenty of time to open the space for Q&A. I'm going to open the

space for a little bit of a course wrap up and start by introducing you to Boysen Hodgson who's the Marketing and Communication Director of the ManKind Project USA. And I am excited to have him here on our final call just to say a few words to all of you and also to just share a little bit about MKP. So welcome, Boysen. Great to have you tonight. Thank you for being here.

Boysen: Hey. Thank you, Chris. Wow. I really enjoyed the course tonight and I've enjoyed the course over the last three years. So thank you. George, it was just awesome to hear your voice again and to be with you and back with the Neo and The Matrix story. So really cool.

I'm Boysen Hodgson. I'm the Communications and Marketing Director for the ManKind Project USA. In the ManKind Project we do three things. We do training programs, intensive, experiential training programs for men. We run a global network of men's groups, the largest network of men's groups that we know of in the world, peer facilitated, peer support groups for guys on the path, guys who are willing to fit in that circle and unmask themselves as Chris just said so well.

And we support men in living missions of service. So the stories of purpose projects that you heard about tonight like Chris' and like Willie Baronet's purpose project. There are literally hundreds of those kinds of projects out there happening every day and men inspired by sitting in circle with other men. I heard on the call that a bunch of you are already engaged, are already ManKind Project guys or already warriors. And my invitation to you tonight is to find the dark woods.

So if you haven't taken the hero's journey that we call the New Warrior Training Adventure in the ManKind Project, how it will fit with the work that you've been doing in the Man on Purpose course is the beast that was in that poem, you get to go and hang in a group of incredibly powerful men in a dedicated container and meet your beast. And that beast has some incredible gifts and energy and an even deeper connection to who you are and it's even more engaged connection to your purpose in the world and what you're here to do.

[1:15:18]

I had no idea how powerful I was until I got to meet that beast and be with men in the container doing that work **[1:15:32] [Indiscernible]**. And that is another hero's journey. So that hero's journey keeps going around and around. Your purpose project will be its own hero's journey, it will have its own arc, and there will always be another call for you.

So I'm just here to welcome you, invite you, encourage you, celebrate you. Well done. This is an incredible course. And thank you for showing up for yourselves and thank you for showing up for the difference that you're going to make in the world. I am grateful. And that's all I have to say. Welcome, men.

Chris: Thank you. Thank you so much.

George: Thanks, Boysen.

Chris: Great to have you on the call and just to hear your words and your inspiration and yes men. So you'll get more information in the emails to follow kind of the wrap up course, emails about some next steps, where to click to learn more about the ManKind Project's New Warrior Training Adventure. I know many of you already are new warriors. Some of you aren't. So we'll have more information for you.

And so thank you so much for being her, Boysen. I wanted to open the space for you men as a kind of a celebratory completion. We've got about 15 more minutes or so to hear any questions you have, anything you want to share. We'd also love to use this time if you already have a purpose project in mind, just even a germ of it or an idea or you've already been mowing on it, share that briefly. I would love to hear from you men.

So if you'd like to share or have a question please press 1 on your keypad. We're certainly open for both, the sharing as well as questions. We'd love to hear from you men. So go ahead and do that now if you'd like to share or have a question for either George or I or even Boysen, any of us. And we'd love to hear from you. It's kind of crickets so far. Maybe even one of you have a purpose statement and I didn't read it or you didn't get a chance to share it. You could do that.

I'm looking on the list here. I know some of you that are on here have a -- there we go. Thank you, man. I know you got something to offer here. I'd love to hear from some of the other men. We're getting some of the same characters here but we are going to go to Mark. Hello, Mark. Hey, Mark. Are you on mute? There we go.

Mark: I have a potential purpose target but it's also kind of a question. So there's a group that's already existing. It's not ManKind Project. It's a small kind of burgeoning community. And I was thinking that my purpose project might be just seeing how I fit in and to contribute to that group. I'm not sure how that would look like or if there's an outcome that I would be looking for.

George: Let me ask a question if I may. What difference do you want to make for this group? Why does it matter to you? What's important about it for you?

Mark: It's an activist group. What they're fighting for is something I believe in basically.

George: Okay. So you want to align yourself with the cause that's important to them. So you want to find a way to broaden that is what I'm hearing. Is that right?

Mark: Yes. That's already something that I've thought about in the past. I'm wondering if maybe this is an opportunity to try something new.

[1:20:01]

George: Okay. You get to choose. You can create something new or you can take something that's already in front of you that you're connected to and try to find a way to expand it one more level. There's an edge there. My sense is that there's someplace that you can take what already exists to the next working edge and that you're going to come up against something in you and probably in the group.

And as long as it's coming out of something in you that's essential, that is a gift that you can offer where it shows that you're committed to making a difference for others, then you can do it in either realm. You don't have to create something from scratch if there's something already that is inspiring you and where you have a place where you can be inspiring. You don't have to reinvent the wheel. Just find a place to make a difference. That's really what the purpose project is. And make it measurable and take some action steps and put it inside of a time bound period of time but don't overcomplicate it. You're definitely on the right track. You're asking two really important questions. Do I go into something I'm already doing or do I create something new? Just choose and then go play.

Chris: Trust your instinct, Mark, too. Really, just trust your instinct. If it is something that actually is new, just make sure it's something that's very achievable, doable so that you can be in action with it pretty quickly. And I think it's just some exploration more of you to say, "What could I bring here and how could my gift in some way serve here?"

Literally, Mark, it could be as simple as "There's a certain topic that I'd love this community to focus on. And I will create an interactive Zoom call and get some expert on that to show up. And I'm sort of the host with that expert and that we share ideas and whatever. It literally could be a singular hour-long interactive call. Who knows where that takes us.

It could be that simple and then that gets other people inspired. And we're going to take on this action a little bit more seriously or it was just a great one-off learning thing and that was great. And you did it, you hosted it, 30 people showed up and it was amazed.

Mark: Actually that's a really exciting idea. I haven't thought about that idea.

Chris: It might be in that. That's the mix. Because if it's an activist group, I know there's always, as George was saying, something that's not getting the right attention or needs more insight or an expert. You could be the coordinator of that that something into action but you don't have to follow it beyond a single call to see what emerges. So yes, trust yourself, trust what inspires you, find the little piece that you think is very important and run with that, whatever that piece is.

Mark: Okay. Yes. Bye-bye. Thank you.

Chris: Beautiful. Thank you for sharing and thanks for the question.

Mark: Yes. Thank you.

Chris: Yes. You're welcome. And let's go to David Monroe.

David: Hi. I had a question. And I just saw there's a bonus audio series called Monetizing Your Passions which is six hours which I haven't listed yet. But my question was what advice do you have around financing projects or finding ways to finance projects or charging for seminars and things as opposed to just doing a complete giveaway?

Chris: That's a great question, David. George, you got something?

George: Yes. I've done both, David. And the first thing to do is to create the purpose project. Don't get hung up on where the money is going to come from if you need money or don't need money. I would not do anything completely by yourself. Ask for some support. Gather some resources in terms of folks who are enrolled in what you're doing. And from there you're going to get a sense of what direction it can go. Some things can be monetized and some things cannot. And you won't know that until you created and begin to move it forward. So don't let the money question get in the way of creating and doing something. That's what I say.

David: Thank you.

Chris: Yes. David. I would add to that because I know you're in a similar space as I am. I don't know if you're looking to do in-person trainings, programs, workshops or online or a little of both but I do know that for me I would start with a project that is offering that's near and dear to my heart that's free, that's no cost.

[1:25:05]

So for me that could be a mini summit that is free but then the benefit of that is I build a list that later I can look at. "Oh, I actually have this five-week course. I can offer that to this list that I built" as George was saying, or you have your two-hour free in-person seminar that you create that's around your purpose that is also free, puts people in the room and then you have that opportunity to see if it lands for people then what is the offering that you could offer later. But the purpose project might be "For now let me just create that one hour seminar or that 45-minute webinar that I'm going to put out there." And just get a movement with that.

And absolutely, if there's some interest and juice then I would encourage you to look at then building programs that you can offer and sell as the next step. And if you've already been doing that but there's a new direction you're going, then just create that free thing in a new direction and don't worry too much about the whole flow after that.

David: Thank you.

Chris: Yes. Thanks, David. Oh, good. One more. We've got one man. You actually called in on the general PIN but I saw you just raised your hand. So who called in? I don't have your names.

Michael: This is Michael. I think it's Ken. He's having trouble raising his hands. I've been interacting with him via email. Here we go.

Chris: Ken, you have the mike. Ken or whoever raised your hand, just speak because it may not be Ken, Michael. All right. Well, we'll come back to because I also see Cary's hand up. So go ahead, Cary.

Cary: Yes. I took this course two years ago as you well know. And I got stuck in week 5 trying to figure out essence. And I've made it one more week. I got stuck in week 6 trying to figure out gifts.

Chris: Hey, welcome back, Cary. It's great to hear your voice.

Cary: I'm making some progress.

Chris: Good for you.

Cary: I'm making a lot of process. It's been awesome. And I really want to thank you, Chris, for putting up that bonus segment. I spent an hour listening to that video. I kept hitting rewind and rewind and rewind as the other men that have been listening to it. Wow. That's worth the price of admission right there for me. The course was great. It was well worth it. It's underpriced for my taste. That wake up, grow up, show up, that was really fantastic. You had that bonus course with Jonathan. And I just now kind of put two and two together. The wake up is the essence. The grow up is the gifts. And the show up is the mission.

Chris: Where are you at that now? As you sit here, where are you?

Cary: I came to the course with a couple of ideas in mind already but I wanted to go back and retool and excavate and see where these are really coming from. And now I've come full circle. And as we sat here in the last hour I just came up with a mission statement. As a passionate and insightful man for inspiration and acceptance by inviting others to practice mindfulness meditation.

Chris: Great, So your passion is teaching mindfulness or inviting people into meditation or mindfulness. Is that right?

Cary: Yes. And that is brand new. That has just been born since we started this course. I came to it kind of leaning into something like that but that's what's come up by going back and doing this work. So thank you for that. And I don't know where it's going to lead. That's what week 7 is about. So I'll be doing week 7.

Chris: Exactly. Your purpose project, Cary, it's beautiful. My wife is transitioning out of work that she's doing toward teaching and mindfulness incorporations. You were talking about getting stuck at the essence and now getting in the gift. I think the whole feeling of that is enough. You're being called into that arena. It's maybe important for you for clarity but what's most important now which is awesome is there's a field that's drawing you and now you're getting into movement with it.

[1:30:14]

Even if you're stuck in week six I say don't worry about it but for week 7, really hatch something simple that moves you forward on that path. And it may be that your project actually is research or more education, Cary. That is totally fair as part of a purpose project where it's for your own development so that you can excel with your purpose.

Your project might be that or interacting or doing an interview series with experts. You know what I mean? I'm actually going to just call as many as I can. I'm going to do 30-minute interviews and ask them if I can put those up on a website and share them. And that's both what you're learning but also a gift if you're interviewing some people and that might be interesting for people to listen to or hear. So there are lots of different directions you can go with that, Cary.

Cary: Yes. Thank you for that.

Chris: Beautiful.

Cary: I've even started **[1:31:16] [Indiscernible]**. It just kind of spawned itself organically. That's just an interesting side note for the MKP guys.

Chris: Beautiful. Thank you, Cary. It's a great share. I hear your passion. Just go for it. I can't wait to see what you post up on the site for your project. Thank you.

Cary: Thank you, Chris.

Chris: All right, men. I know we're out of time. I think we got to most of you that you had your hands up. Thank you for staying her to the end. I'm just going to do a little bit of kind of a completion and a sendoff for you men and just some quick logistics. Just so you know, we encourage you to finish off the course strong. So post your purpose statement and then post your purpose project. Those are the last two big things so that you kind of are completing the final pieces of the course.

Know that the website will be up for at least three months. So you have access to the materials. You'll also have continued access to all the men that are in the site, the network that we've created, the community here to reach out to individual men. And also probably later this week or next week you'll be invited into our private Facebook group which is for graduates of the Man on Purpose Course so that you can stay connected there even as the course site shifts or changes or set up for the next

course. You'll always have that purpose Facebook group for you there. So lots of resources for you.

You'll also get the final email that we are talking about with additional supports, ideas, resources, other materials. You'll get some information about MKP in the New Warrior Training Adventure, follow on coaching options. And certainly I want to remind you that you'll have an option to potentially continue on with your Passion Test facilitator to do a follow-on session, like a second session at a discounted rate. And then decide if you want to continue to do some work with the Passion Test support team. So I encourage you to check that out. It will be in the email. So just look for the links and ways to connect in with Randy Crutcher who's coordinating the whole Passion Test effort for us here.

So lots of support. You can always email us. Michael and/or I will respond to any questions you have coming at the end of the course, and also your mentor. Feel free by email to reach out to that man. You may not have a chance to book like an hour-long call but definitely reach out maybe a quick chat as a wrap up to the course. So certainly utilize your mentor as well. He's there for you.

So that's it. Those are the logistics and the ongoing supports. We're here. We're a community of men either as a part of this circle or certainly myself and George and others and boys. We're all part of the ManKind Project. So you can definitely find support by just raising your anywhere.

So it's been my honor. I want to congratulate you men. I'm going to give George a moment to sign off as well. I just congratulate you for being in the course and for almost completing it. You still have this week. And it's been an honor and a privilege to witness the unfolding of your journey on the website and on these calls. So thank you, thank you. And may you go out there and feel fully alive and impassioned with your purpose in giving that into the world. So thank you, men. George.

George: Thanks, Chris. I acknowledge you for the leadership that you've shown for many years for this course and for the service that you give to the world, particularly world of men, Chris. Thank you for that. And thank you for inviting me. And men, thank you for participating and being a part of this.

[1:35:11]

I have been involved in men's work now for almost 30 years. It is an integral and important part of my life. I cannot imagine my life today without the men that are in it as part of my life. And my hope for each of you men is that you find a way to integrate who you are as a man with the purpose of your life and the world that you're in to make a difference for others. That's what has kept me coming back and keeps me fueled and passionate and gets me up in the morning.

So I live my life on purpose. I know Chris does. I know Boysen does. There are thousands of men in the ManKind Project and around the world who live their lives

on purpose. Those are the men I want to be hanging around with. Those are the men who I want to see leading my communities, my nations, my tribes, my institutions. And that's my hope for the future. Thanks for letting me be a part of this. I'm really grateful. And I'm out.

Chris: Thank you and thank you, Michael Russer. Thank you, Boysen for being here. And for those of you, we are going to offer a final breakout. We've offered it every week and we're going to offer it again. So if you'd like to stay on and be with a few other men to just share and talk in an open space, press 1 on your keypad. And for those of you that are needing to sign off, be well and we'll see you around the block at some point or some time. And see on discussion forum. So if anyone wants to be in a group, just hit 1 on your keypad. And if not, we will be signing off for the night.

All right. It doesn't look like it, men. So be well and certainly reach out if you need any support. Thanks and goodnight.

[1:36:34] End of Audio