

Daily Meditation 02/20/22

Proving One's Manhood, continued

Good morning.

Today we're continuing to take up the question of manhood and proving one's manhood. And I want to share with you some proposals about what makes men real.

And it's not smoking Marlboro cigarettes and it's not carrying an AR-15. And it's not eating beef all the time. Sorry.

I'll offer some options here, alternative options. And I have a long list of almost 35 such examples. Obviously, I'll not deal with them all in a simple video. But here are some of them. And they're based on the archetypes, the sacred archetypes of the healthy masculine.

- Real men work to save the planet, and like any prophet, they take the attacks that standing up for moral cause invariably will bring on.
- Real men love the sky. They are curious and eager to learn about the new cosmology. And they share their excitement with others, especially among the young. And, of course, this includes what we've learned from the Hubble telescope and what we're going to learn from the new Webb telescope.
- Real men meditate. They are not afraid to look inside and see the vastness that is there. So, the vastness of the sky is out there, and it's also in here. Literally, we're breathing the sky, every minute. But there's more than the sky inside of us; there is a whole cosmos inside of us.
- Real men awaken their mammalian brain to remain connected to their compassion, rather than let the win/lose mentality of the reptilian brain take over. So real men recognize we're housing three brains in us, with the oldest being the reptilian brain, 420 million years old; the middle brain being the mammal brain, 210 million years old; and the third being our most recent, the neocortex, our creative brain. And a real man links that to the mammal brain, which is capable of kinship and compassion and caring; and doesn't just run with the reptilian brain, which is about I win/you lose.
- Real men treat youth with respect. That's part of the fatherly heart archetype.

- So, the Icarus and Daedalus archetype that I write about--the bad communication between generations. Father/son Icarus and Daedalus is what caused the Fall--the failure of Icarus putting on his wings.
- Real men love their bodies. They work to keep them healthy, honoring the temple with good food and cleansing exercise. They stand up to the ways and poisons of corporate food and corporate agriculture that fill our bodies and those of our children with toxic sugars and chemicals.
- Real men are not homophobic.
- Real men want to see women expand, and welcome the feminist movement and the Goddess, and the Goddess in themselves as well as in others.
- Real men seek to expand their consciousness. They get to know the Blue Man inside that increases the powers of imagination and creativity and the powers of healing and, therefore, compassion.
- Real men wage peace, not war. Real men know that peace is harder to wage than war. That waging peace begins in one's own heart.
- Real men practice solitude.
- Real men defend what they cherish, including children, grandchildren, the Earth, and all the marvelous creatures.
- Real men remain curious and alive and always learning. And they hunt for ways to heal and preserve what is good and beautiful.

So, these are a few of the examples of real manhood that I propose are more real and more important than that which many corporate advertisers lay before us day after day, 24/7, on our television sets and in our magazines.

Thank you. We'll see you tomorrow.