

## Daily Meditation 02/21/2022

### Practices for Recovering the Sacred Masculine

Good morning.

We continue to do our meditations on healthy masculine and how we ought not to have to prove our manhood with guns and other objects, or actions of acting out of anger and hatred. Now this is seeping into our culture and on into the media, social media, more than ever.

Now I bring up the subject of rites of passage today. And I remember Malidoma Some spoke at our school a number of years ago about rites of passage and their importance for young men especially. When he finished, I asked the group. (There were about 70 people in the class.) I said, "How many of you underwent either confirmation or bar mitzvah?" And everyone raised their hand except one." And I said, "And how many of you remember that as an important or transformative moment in your life?" Every hand went down, except one.

So we have in our attic these rites of passage, both in Judaism and Christianity, but I seriously question whether they're at all effective. They're in the attic, gathering dust or rust. This may help to account for some of the unhealthy acting out of the masculine in our time.

In the book, in the concluding chapter on the sacred masculine, I make the point that real men deal with their own wounded masculinity and the male issues of both shame and aggression, that the archetypes that we've named can really help with this. For example, to ask, Where am I strongest among these archetypes, and where am I weakest? What needs building up?

So, how do we put to shame the frustration and anger and shame itself that is so baked into many people's version of masculinity.

- First to belong to the universe again, to Father Sky.
- Second, to belong to the Earth and its varied creatures again. That would be the archetype of the Green Man.
- Belong to the community again. That would be the archetype of the hunter/gatherer working to preserve the community.
- Again, to belong to a tribe of courageous people, defending Earth and women and children. And that would be the work of spiritual warriors. And of course, this means future people and people

that are more than two-legged people: the animals, the plants, the birds, and all the fishes, places where they dwell.

- To belong to one's sons and daughters in active listening and communication. That corresponds to the archetype of Icarus and Daedalus.
- The reason that Icarus failed, I think, is not disobedience, but rather, lack of communication, proper communication, from his father, Daedalus.
- To run to our own divine and joyful sexuality, and to belong and celebrate our holy and amazing bodies, and to take good care of them.
- To belong to our capacity for expanded consciousness. In other words, the archetype of the Blue Man--expanded consciousness, including creativity, and our powers of healing and caring and compassion.
- To belong to our fatherly selves. That is the archetype of fatherhood.
- And to our elderly and grandfatherly selves. The archetype of the grandfather.

It seems to me that all this makes real what is often with men and masculinity. And it puts shame and anger and misplaced aggression to flight. It makes room for peace and inner peace that then gets projected onto our institutions, our politics, our media, our religions.

Thank you. We'll see you tomorrow.