

Daily Meditation 01/04/22

Father Sky & the Return of the Sacred Masculine

Good morning.

In today's meditation we continue our consideration of why men often are out of touch with their own spirituality or keeping it hidden inside. George Lakoff in his book *A Whole New Mind* says that the material comforts of life matter much less than the metaphors you live by: whether, for example, you think of your life as a journey, or as a treadmill.

So, this whole point about metaphors, or archetypes, or symbols, is so important because that is how we talk about spirituality and spiritual experiences: through metaphor. It's not the same as talking about facts and information.

Robert Bly says, "With its over emphasis on sports and financial success--"

...sports and financial success...

...our culture gives very little help to the feminine side of men. Thus, the masculine in young men may know nothing, or almost nothing, about the feminine, particularly its depth and its fierceness.

...its depth and its fierceness.

Now if this is true of young men regarding the feminine, what about young women regarding the masculine? I would say that the feminine is more in our conversation, among men and women, then is the masculine. So much of it is kept inside or kept silent. And again, it is these metaphors and archetypes that can wake us up.

Psychiatrist Jean Shinoda Bolen says,

"Whenever we recognize ourselves in a myth, it is empowering...."

Whenever we recognize ourselves in a myth, it is empowering.

"A myth that evokes an AHA helps us stay true to what moves us deeply: to be our authentic selves."

...Helps us stay true to be what we really are, our authentic selves.

And that's why metaphors and archetypes are so important. And as I've laid out ten in this book, we will treat about five or so, five or six because they have that power to waken us, to strengthen us, and define us in a very positive way.

But one Native American man told me, who works with men in person, that the key is men learning to discover "the nobility inside"... the nobility inside...and he said that these metaphors that I laid out in this book, these really helped these people he's working with in prison...the men in prison... to look inside and find the nobility inside.

He said so many people, that men in prison, do not want to look inside. They don't want to do introspection; they want to project on others.

I think we see a lot of that, not just in prisoners, but in politicians today, there's so much scapegoating, there's so much projecting onto others. And this is very unhealthy masculinity, the refusal to get to know oneself.

So another psychologist whom I cite, Marion Woodman, a Jungian, says that

Metaphor is more easily experienced unconsciously than consciously understood, because it is the kinetic or bodily dimension of language. It is language bound to its bodily source in the mother's body, language as rhythm, breath and sound.

This reminds me of shamanistic traditional practices.

"This is a primitive level," she says, "a magical power....When we were children, we felt metaphor. We didn't care what metaphor meant."

You felt it. That's why we yearn for stories when we're young. And that's why stories are at the heart of authentic religion, authentic spirituality.

Now, one man whom I interviewed, a friend of mine, he was in his 70s at the time, very interesting man and retired farmer, a vintner: he created vineyards and wine. He was quite successful as a poet, a photographer, and a swimmer. He swam the English Channel at 66 and regularly swims to Alcatraz and San Francisco Bay, in his 70s.

And he said he really appreciated working with Robert Bly over the years. He said, "It made me appreciate the gold my father did not give to me. The men in my family were all alcoholics or crazy," he writes.

The men's movement was very valuable for me in terms of getting my feet on the ground, and my legs underneath me. And understanding some of the things that men are about, including the feminine pole and the masculine pole, or awareness and awakens. Men have been asleep in our patriarchal theocracies--

...men have been asleep.

They've had a lot of wool pulled over their eyes over a long period of time, and a lot of awakening to their vulnerability, and their sensitivities to Life...a lot of this awakening, has been denied them.

So it is so important that we take a hard look at the healthy masculine, because this week, January 6 is such a manifestation and epiphany of the unhealthy.

Thank you. We'll see you tomorrow.