



## **Steps to manhood: my journey**

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Dear friends,

Based on my own personal journey, I'd like to share six steps with you that I have found particularly useful in trusting my masculinity.

### **1. Acknowledge something is missing and act**

Are you dissatisfied with the routine of life? I was. There were days that I would come home from work and ask myself, 'what is the greater purpose of my life?'. It took me years to act on this. So don't let the same happen to you. Ask yourself honestly, do you wonder 'where has the passion gone in my life?'. If so, then you are in a good place to do something about it. When you have the awareness, then you've already taken the first step.

### **2. Get into your body and start feeling more**

I had a lot of fear about life in general, but wasn't feeling it because it was too painful. There were also other feelings that I was masking. I couldn't fully receive pleasurable feelings like love, for example. Or true happiness. How about you? The truth is you won't feel safe enough to really feel these emotions until you are solidly in your body. A lot of us talk about our feelings, but that is head energy. We can talk all day about our feelings and then never do anything about them.

### **3. Understand your feelings and know how to act on them**

When you are in touch with your feelings then you are in present time. Otherwise you are in the past, and in the energy of your child. In many cases I was reacting like a child in my life. But once I felt the feelings, then I could begin to understand them. Understanding in terms of why these feelings were coming up and how to express them in a healthy and safe manner. Research has shown that painful feelings are traumas from our past that are stored in our body as muscular tension.

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For example I had sore back muscles for a long time, but no longer. In this way feelings can help you take responsible action to achieve your purpose in life, and increase your passion. Where is the pain in your body? Don't wait till it becomes unbearable.

#### **4. Take charge and begin to make your own way**

By this stage I found myself becoming more active in my relationships. I used to wonder if I could make it on my own, and often relied on others to get things done. Are you waiting around for life to take action for you? If so you need to get over the fear of 'can I do it?', 'can I succeed?', 'will I make mistakes?'. And ultimately 'what if I can't do it on my own?'. Overcoming my conditioning in therapy was the key so that I had more self-confidence and could build the belief that I am in charge of my own destiny. Until you have your own opinions you are not yourself.

#### **5. Stop judging and connect**

When we first meet someone we make a judgement about them based on our conditioning. So all of a sudden we determine whether we connect or not. For example, I judged women the same way I judged my mum. This got in the way of truly connecting with my partner. So I had to work through the issues with my mother and stop judging my partner. How quickly do you judge the closest people in your life? Do you feel deeply connected with the people you love the most?

#### **6. Get some professional help**

In the beginning I used to think I was the only man with these issues. So my tendency was to have lots of conversations in my head, and I would be the only one to answer the questions of course. That used to get me nowhere fast. When a trained therapist listens it gives meaning to the issues. But at the end of the day a therapist can only take you so far, the rest is up to you. This is how I see my role as a practitioner: I can only take someone where I have been myself.

So give me a call if you are willing to take the next step. I'd be glad to support you in your journey. Yours sincerely, *Darren Vincent*

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