

# **CELEBRATING THE SACRED MASCULINE**

**THE  
NEW  
BALANCED  
MALE**

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## **Celebrating The Sacred Masculine**

In the Egyptian era, men were the subservient gender, often used as slaves, servants and sometimes relegated to the unsavory condition of Eunics!

Around the Industrial Revolution, the scales tipped markedly towards an overweighted masculinity, where men became the dominant gender, often at the expense of our women, sisters, mothers and friends.

Exiting from the Agrarian Age of producers and consumers, we became a species hell bent on consumerism and materialism, feeding the industries that manufacturted stuff and reaped huge profits.

Egos, primarily male, took over most of the senior positions in society, heading up families, communities, industries, religions, medicine, finance, etc. A huge imbalance occurred and remains in place today, but that is all changing now!

Enter the sacred masculine, the new man, balanced in masculinity and femininity, honouring equality, cooperation and very comfortable in his skin.

In this series, we will explore some of the characteristics of the sacred masculine.

CELEBRATING THE SACRED MASCULINE #



## THE SACRED MASCULINE STAYS IN TOUCH, BECAUSE YOU ARE IMPORTANT TO HIM

In this series, we explore what it is to be, or become, an authentic male, divorced from the pseudo macho traits of inauthenticity and ego.

The sacred masculine is familiar with and embodies his values, those which are important to him.

Connection is one of his core values, along with integrity, certainty, variety, meaning, love, personal and collective consciousness and being of service.

He is reliable and trustworthy, caring and considerate.



# THE SACRED MASCULINE DOESN'T CARE WHAT PEOPLE THINK ABOUT HIM

The sacred masculine is comfortable with who and what he is.

He knows the principle that "We really don't know with certainty what people think of us, only what WE think they may be thinking!" What people think of him is unimportant and their business.

What he thinks about himself is all that matters.



## THE SACRED MASCULINE IS ALWAYS THERE TO GIVE A HELPING HAND

The sacred masculine values being of service.

He is always there when help is needed, because he is connected to his compassionate heart.

While he honours, respects and tends to himself, often he will put helping others ahead in his hierarchy of needs

He is reliable, a rock, dependable and a true friend.



THE SACRED MASCULINE HAS  
OFTEN BEEN KNOCKED DOWN,  
BUT ALWAYS GETS UP AGAIN

The sacred masculine has been around the block a few times.

He has been knocked down, but more importantly, he always gets up again.

He values perseverance, persistence and focus

He is in life for the duration, no diletantism, no dabbling, but pure, sincere participation.



## THE SACRED MASCULINE IS FULL OF PLEASANT SURPRISES

The sacred masculine is sensitive to others energy and needs.

He loves to spring surprises and share his humour.

He is all about giving from his heart, with no expectations of anything in return.

He finds great joy and satisfaction with being of service to others.



## THE SACRED MASCULINE KEEPS A TRACK OF HIS LIFE AND SHARES IT WITH OTHERS

The sacred masculine appreciates everything that is unfolding in his life, no matter what form it takes.

He enjoys responding when asked for advice and sharing his innate and well earned wisdom.

He is no braggart, but quietly and humbly gets on with his life in a meaningful way.

He values and honours other people's opinions.



# THE SACRED MASCULINE CAN BE QUITE SERIOUS, IF THE NEED ARISES

The sacred masculine is adaptable, resilient  
and lives in the moment

He fully embraces the need to be genuine,  
sincere, happy and serious, when it is called  
for.

He is connected to his chosen path, passion  
and purpose.

His behaviours are wise, non-violent and  
serve the bigger picture that benefits all.



## THE SACRED MASCULINE LOVES THE OUTDOORS AND NATURE

The sacred masculine is an adventurer at heart, exploring both his inner world and outer.

Deeply connected to all life, he finds solace and alignment in Nature.

He can be both a solitary explorer, or wonderful companion.

He is living his life outside his comfort zone.



# THE SACRED MASCULINE IS IN TOUCH WITH HIS GENTLER SIDE

Oh yes, the sacred masculine is every bit a man, but he also has another, softer side.

He doesn't have to exhibit a phony machismo, but an authentic masculinity.

He is in balance.

He is authentic and unafraid to show his emotions.



# THE SACRED MASCULINE TAKES QUALITY TIME OUT FOR HIMSELF, TO RECHARGE

The sacred masculine knows when to stop,  
take stock of his life and recharge his  
batteries.

He is at peace and totally comfortable with  
himself.

Independent, strong, adventurous and  
courageous.

He bounces back with vigour, enthusiasm  
and passion.



# THE SACRED MASCULINE RECOGNISES AND ACKNOWLEDGES YOUR WORK

From the sacred masculine, you will get an acknowledgement, validation, or pat on the back.

He is appreciative of you, your creativity and contribution.

He shows his gratefulness at every opportunity.

You know around him, you are valued.



# THE SACRED MASCULINE REFLECTS AND CONTEMPLATES LIFE'S OFFERINGS

There is depth to the sacred masculine.  
He retains a natural curiosity to delve  
deeply within and to uncover what makes  
people tick.

He understands that each of life's  
challenges have brought him the gift of  
understanding.

He is guided by the wisdom of his heart.

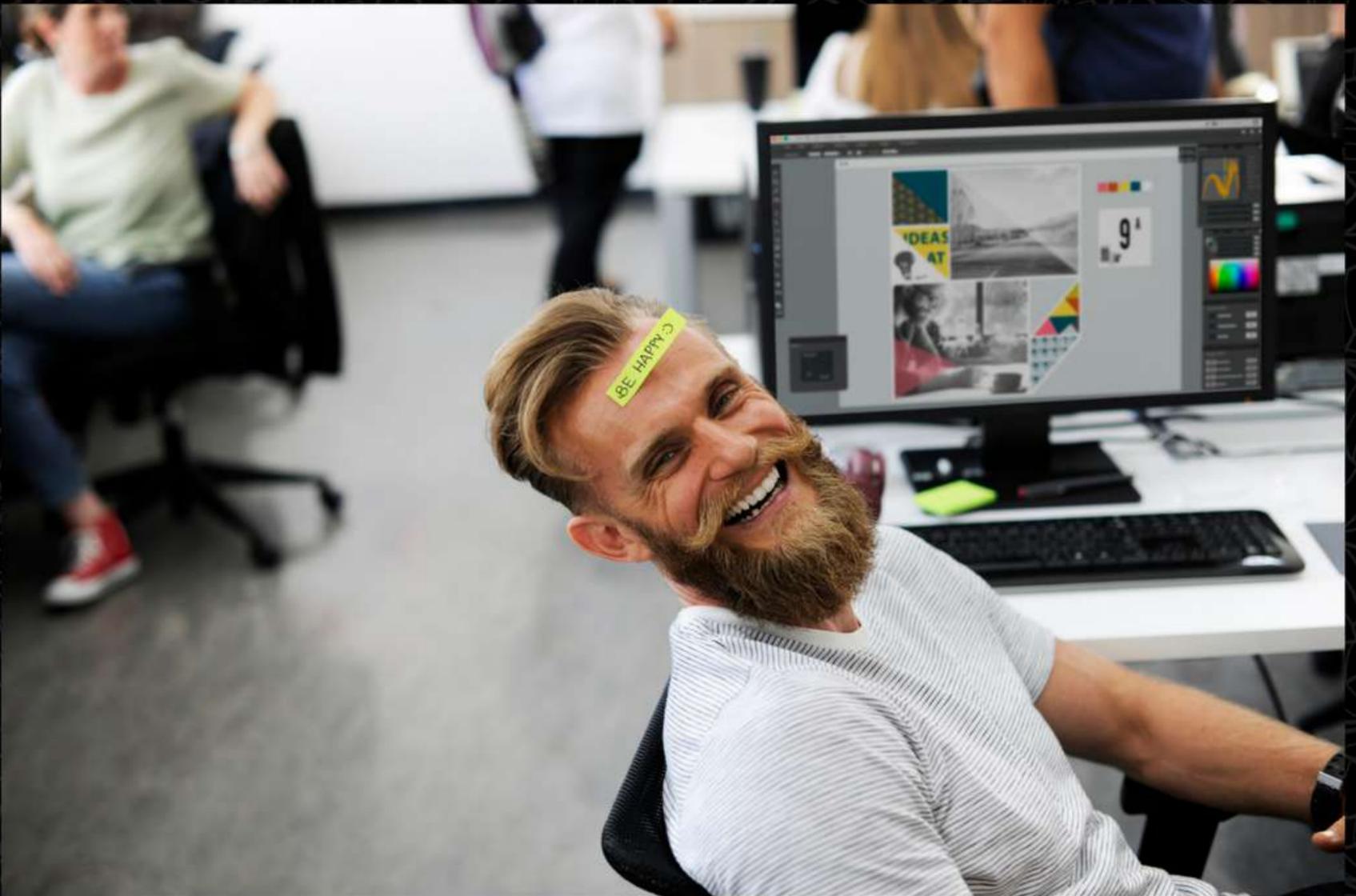


THE SACRED MASCULINE IS NOT  
AFRAID TO TAKE RISKS, BUT  
KNOWS HIS LIMITS

The sacred masculine lives outside the box.  
He is an adventurer, beyond his comfort  
zone.

He will take calculated risks, but avoids  
harming himself or others.

Be is brave and courageous.



THE SACRED MASCULINE HAS A  
GREAT SENSE OF HUMOUR AND  
CAN LAUGH AT HIMSELF

The sacred masculine knows he and we,  
are the great "Cosmic Joke"!

He takes life sincerely, but not seriously.  
He sees through the veils of illusion, to what  
is there.

Ease and Flow are his middle names!



**THE SACRED MASCULINE  
CAN BE TOTALLY  
FOCUSSED, WHEN THE  
RIGHT TIME ARISES**

Fully present and focussed, is the sacred masculine.

With unwavering commitment to the task, or relationship at hand.

He keeps his attention on the very next step, knowing and confident that the desired end result will manifest.

He trusts his own capabilities and strengths.



**THE SACRED MASCULINE IS NOT  
ABOUT MONEY OR COMPETITION,  
BUT MORE ABOUT CO-OPERATION**

The sacred masculine is a peacemaker.  
He values cooperation and connection,  
above competitiveness  
He sees that any form of separateness,  
leads to causing harm.  
He immerses himself in unity, wholeness  
and transparency.



# THE SACRED MASCULINE WILL STAND HIS GROUND WHERE HIS VALUES ARE CONCERNED

The sacred masculine's life is values driven. He upholds his values in every moment, being them, living them and respecting them.

Integrity is at the top of his list. He observes without judgement, what is being said and what is being played out. He is discerning.



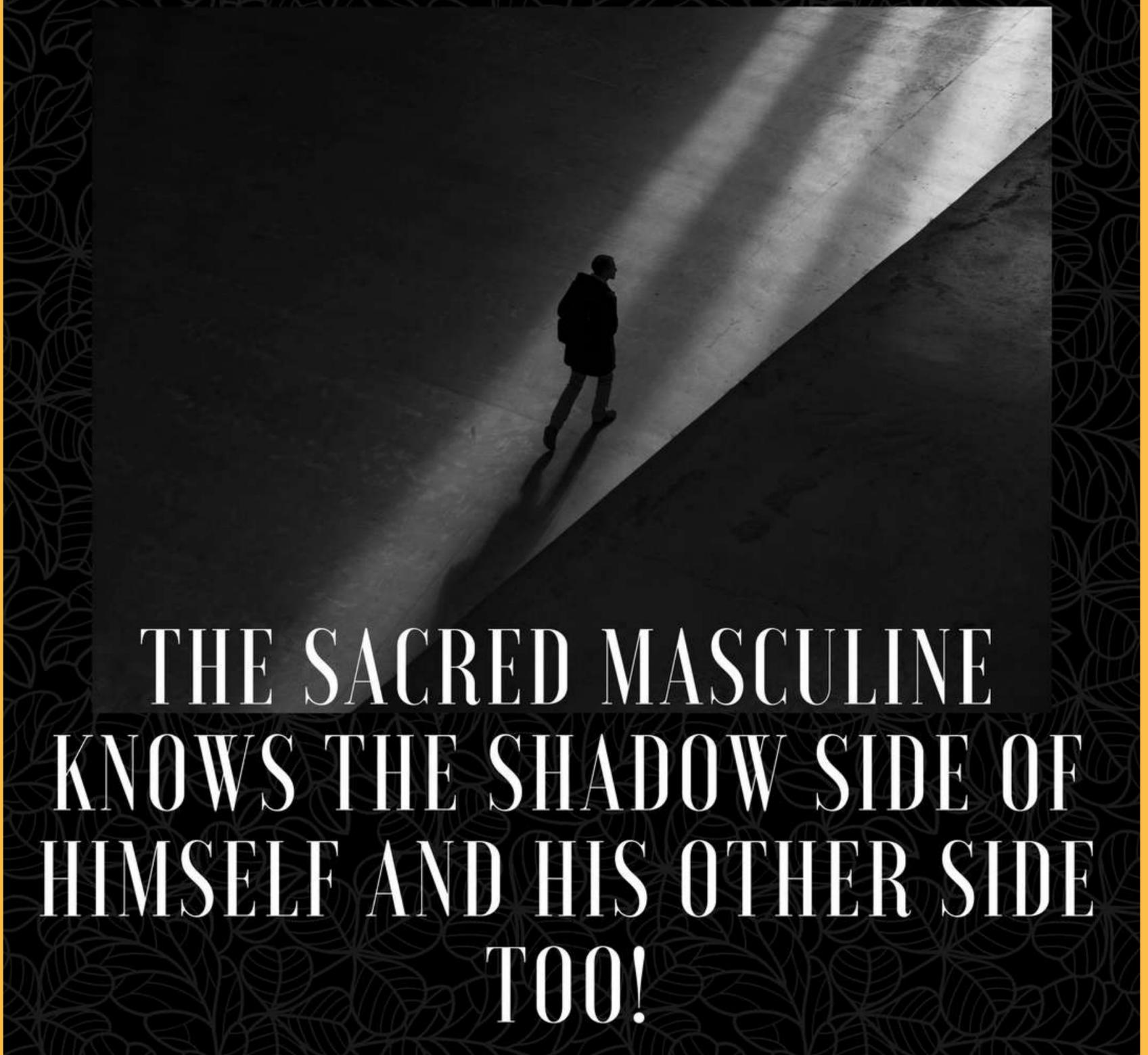
**THE SACRED MASCULINE LOVES TO TINKER. TINKER WITH THIS & THAT. BECAUSE HE CAN!**

The sacred masculine is a bit of a handyman, able to turn his hand to many facets of life.

He is creative and loves making things.

He is multi-talented and multi skilled.

He has a natural, innate curiosity to find out how things work.



# THE SACRED MASCULINE KNOWS THE SHADOW SIDE OF HIMSELF AND HIS OTHER SIDE TOO!

The sacred masculine embraces the Yin & Yang, knowing that to be complete and whole, we have to bring the two aspects together.

He is comfortable with his shadow side, doesn't project it on others and realises the important lessons that come from it. At a deeper level, he knows he attracted various challenges to himself, in order to grow more conscious.

He is guided to Wholeness and Unity.



**THE SACRED MASCULINE'S  
WORD IS HIS HONOUR AND  
YOU KNOW HE WILL KEEP IT**

When the sacred masculine says he is going to do something, he does it.

He is a man of his word.

He values integrity and looks for it in others.

He is reliable, trustworthy and genuine.



**THE SACRED MASCULINE IS  
TOTALLY COOL WITH WHO HE  
IS & I MEAN TOTALLY COOL!**

The sacred masculine is in a state of surrender and acceptance, about who and what he is.

He has come to grips, honours and respects every aspect of himself, nothing left out. There is nothing phony or inauthentic about the sacred masculine.

He works at being the best version of himself, on a daily basis.



Thank You

Rick is an Author,  
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