



THE ALIGNED MAN

WEEK 3

LECTURE POINTS



Sexual Mastery NYC

Week 3 Lecture

In the last weeks, we have been laying the foundation to be able to regulate the nervous system. One of the most crucial elements of being powerful in your masculine.

Let's review the elements of powerful masculinity:

Deep connection and understanding of your emotions

Control of nervous system

Alignment of the 4 energy centers

Moving in the direction of your truth

Full expression

Unconditional love

Trust

If you will recall from the last lectures, deeply connecting to and understanding your emotions is a 3 step process. In week one, we connected back to sensation. Last week we learned how to understand the message behind a sensation and this week we will be working with that feeling.

The projection practice is all about isolating a specific neural network that is normally unconscious for you, understanding what the message is that is coming through. Remember, the nervous system is constantly scanning your environment for needs attached to your survival. food, shelter, water, love safety and belonging. Remember when

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we feel an emotion that activates the nervous system, we classify that under the umbrella of fear emotions. Fear emotions are a protection. Your brain thinks you are in danger. Danger of losing food, shelter, water, love, safety, belonging or even the ability to learn or progress.

It can be very easy to judge this part of you, to be afraid of it even - but it is VERY important to understand these protection pieces are crucial in your survival, no matter how outdated they may be. Working with your feelings, we are going to go deeper into this practice by learning what this part of you needs, what it's been previously responsible for (what behaviors it has been directing in you as a protection, when does it get triggered or show up as a sensation inside of you), treating it with unconditional love and then deciding what you want to make it responsible for moving forward.

So, the way we are going to do this is by creating a subpersonality, which means we are going to imagine this sensation as if it were a character that you can communicate with. How does this part of you dress, act, speak, move, express itself, how does it make love, how does it work?

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By creating a subpersonality, we can isolate this neural network more powerfully and create a deeper relationship to this part of you. When you deepen the relationship these parts of yourself you become really powerful because you get to CHOOSE.

Being powerful in your masculine is about having all the information and the freedom of choice. This is happening even inside of you.

Building a healthy relationship with your pieces on a foundation of understanding and compassion is absolutely CRUCIAL. Sometimes it may take time, but the ultimate goal is not to fight with yourself - but to understand the programs running in you with no judgement and then to consciously choose something new. These patterns that we are judgmental or avoidant of is just another layer of fear. There is nothing to fear. The more you resist a part of you, the more it persists.