



THE ALIGNED MAN

WEEK 1

LECTURE POINTS



Sexual Mastery NYC

Week 1 Lecture

We are going to begin this course talking about Santa Clause. You know who he is. You know where he lives. You know what he does for work. His schedule. Who he's married to. Who he employs. What he believes in. What his mission in life is. What he eats for God's sake! If you wanted to model your life after Santa - you'd know exactly what to do. We have a great blueprint for him in society. And that's the problem for most men. We know more about Santa - someone that doesn't exist, then we do about masculinity.

The idea of being a man, for most men, is this really vague, unachievable thing. You shouldn't any have feelings. You should be really strong. You should have a lot of money. You should be successful, whatever that means. You should fuck a lot of women. Except, there aren't enough feelings to avoid, heavy things to pick up or women to fuck to ever make a man feel whole or fulfilled in this life. There has to be more right? Is what most guys think - so they try on a relationship, thinking THIS is what life is about and it ends badly - having no idea what truly went wrong.

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The idea of being a man is really unclear - most guys go on searching for and trying to embody what society has taught them about being a man and never feeling fulfilled. There's no blueprint for you guys. How can you build a house with no blueprint? You will try and hammer away at things and stack things on top of other things - but the house isn't going to be stable, it's not going to be organized, it's not going to make sense unless you have a blueprint you are working from.

Where do we go wrong when it comes to raising men?
Masculine conditioning.

Before I go any further, I want to explain what conditioning is for anyone who is unclear. Our brain is made up of trillions of networks. These networks hold all the important information we have been exposed to in life. It's like the hard drive of your life. Repetition creates these networks. So when you come in contact with anything in physical reality - let's say you are learning the piano, cells in an organ in your body start to vibrate. Those cells turn into neurons. Those neurons turn into networks and those networks turn into pathways. Think about the miracle of that. We can take anything outside of us and absorb it into our being.

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When you repeat something over and over you're creating really strong networks in the brain and eventually they run on autopilot. You don't have to put conscious thought into it and it turns on in the appropriate situation. So if you get into a car, the program to drive the car without you having to consciously think about it, turns on. This is what happens with repetition - regardless of whether you are consciously practicing something or not. So, as a child, anything the world around you repeats to you over and over again, becomes a network in your brain.

When your teacher tells you little boys don't cry. When your friends tell you to MAN UP or that you're a pussy. When your parents tell you that you need to be strong... on and on you are receiving messages, repetition, about what it is to be a man. And I want you to note this before moving further. There is a really important reason your brain holds on to this information - and we will circle back to this a little later.

Boys are taught that to be accepted, you must become a man and a man doesn't have any emotion. He can attract women and he's very physically strong.

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The absolutely BIGGEST issue with this conditioning is that we are all FEELING BEINGS. It's all we are. Feeling is our entire experience of life. There's nothing beyond that. The core of true, powerful, integrated masculine energy is the ability to regulate your nervous system - but somewhere along the way, this concept was perverted and turned into teaching boys to deny their feelings which really means to deny their EXISTENCE. Feeling is existence. It's being alive. It's what you are.

So, what the current conditioning does is it creates men who - abuse drugs, alcohol and sex because they don't have any tools to powerfully work with their emotions. Men who disconnect from women totally and use them as a means to an end. Or men who are so afraid that women or others won't accept them that they turn into people pleasers. Men who are disconnected from what's true for them, forcing them to rely on others, especially women to make decisions for them. Men who live in a surrendered state, which is a feminine state - being angry that they can't escape it and defensive in the world, not moving in any direction in life - waiting for instruction from someone else.

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Men who are afraid. Afraid of failure, so they don't begin. Afraid of feeling so they avoid. Afraid of rejection so they don't connect. Afraid of being afraid so they never develop the courage needed to grab life by the fucking balls. And finally, the most hideous effect of masculine conditioning is **a 40% higher than female suicide rate.**

This is the effect of societal conditioning, of masculine conditioning, on young boys who are growing into today's men.

Disconnecting from feeling causes a disconnect in your masculine energy. Feeling allow you to be connected to truth, control over nervous system, understanding, direction, love, connection, fulfillment, progress, purpose - these are ALL masculine qualities. You cannot be masculine without feeling. Without feeling you are denying not only your existence, but your powerful masculinity.

A massive part of this work is around feelings. First, reconnecting with what you feel. That is going to take a little time for some of you and I want you to expect it to be uncomfortable. That's ok. Welcome it. Accept it for what it is and why it is. It is the core of this work.

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It's going to feel counter-intuitive sometimes because of what you've been taught and the old program you have. You're gonna have resistance because your brain is going to associate feeling with being unsafe - because of the conditioning. It's going to be hard - but it's going to be so worth it. With time and practice, the principles I am giving you will allow you to move into a powerful state of being. You get to control your life. You get to create what you most desire. You get to live in fulfillment and love and connection and success. You get to get to the end of your life and look back and say - I did it.

Second, understanding what you feel. It's critical. Absolutely critical because without understanding what you feel - you have no power. You cannot move in any direction in life.

And finally, being able to work with what you feel by knowing what to do with what you feel and being able to regulate your nervous system.

There are two fundamental parts of our being. The physical and energetic. We are all an energy that inhabits a physical body. I love to stop and talk about energy here because the word energy can throw off some men. This is not woo woo stuff. It's fact. There is an energy that animates you. The energy behind your consciousness and your will.

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Our physical body is has a very specific program. Mainly all it cares about is keeping the body alive. It's ancient and primal. It runs on a very simple program to move toward pleasure and away from pain. It runs on a program of fear. The energy of your being is quiet different. This energy is the energy of love, trust, awareness, understanding. It is your higher self. Your consciousness. Consciousness is the energy that animates you. It is the energy you use to direct your will and to connect to others in a meaningful way.

One of the reasons we live in fear or in a state of questioning is because we haven't been taught how to use the power of our consciousness and we allow the program of our primal mind to run wild.

The process between the two looks like this: Thought > Repetition > Belief > Feeling/chemical reaction > Energy > Behavior > Situation > Reality

So the reality you have now is always based on what you belief - regardless of whether or not you are conscious. The power of connecting to yourself and becoming aware of what is unconscious is CHOICE. Instead of running on auto pilot, feeling confused by life or women, or feeling like life is somehow against you - you get to create what you want.

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Most of us are riddled with unconscious behavior patterns that are rooted in fear and not truth, rooted in past traumas or stuff we inherited from our parents. When you become conscious of those things, you get to choose the direction you are going - instead of being lead into chaos.

The brain stem is responsible for keeping us alive. Outside of regulating our heartbeat and breathing, it is constantly scanning our external environment for needs attached to our survival. Physical needs: Food, shelter and water.

Psychological needs: Love, safety and belonging. This part of the brain has not evolved at the speed of our conscious mind. It is still running on hunter gatherer programming. This original programming believes that if you do not have tribe - if you are not loved and you do not belong, you will be alone in the world and at much higher risk of death on your own.

The brain is set up to sound the alarm when it realizes that any of these needs are being threatened. If you've ever fasted and noticed your anxiety go up - you've experienced this alarm bell sounding. Once the brain picks up on this lack, it begins to release stress hormones. These hormones activate the nervous system, bringing energy to your body solely to fight, run or solve this problem immediately.

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When you can run or fight a problem you may notice that you go into what I call the "logical loop" analyzing, questioning the same things over and over and over looking for a solution. The stress response is meant to get your attention, which is why it shows up in uncomfortable sensations in the body. It saying HEY YOU ARE IN DANGER OF DEATH! REMEDY THIS IMMEDIATELY!

Love, connection and physical touch are basic, vital needs. We are hardwired for tribe. We are pack animals. It's the reason you can put a hardened criminal in isolation and it will absolutely break him. No one is exempt from this hard-wiring. When we do not receive nourishing connection and physical touch, the stress response turns on and only turns off again when the connection and physical touch are present and fulfilled.

What is consciousness - it is awareness and will mixed together. It is the part of you that chooses. Is connected to something bigger. Connected to love, passion, truth. It allows you to respond instead of react and to move in a direction that is in alignment with what you truly desire instead of being moved by fear.

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The energy of our consciousness wants love, connection. It wants to be seen, heard, witnessed, expressed and it wants to go back to where it came from - to merge back with the rest of energy - which is why we desire sex so much.

Masculine energy is:

Future oriented, powerfully moving in the direction of truth, unshakable, unmoveable, organized, planned out, leadership - TRUTH & CONTROL.

Feminine energy is:

Present moment, play, dance, flow - TRUST & SURRENDER.

The core pieces of integrated masculine energy:

Deep connection and understanding of your emotions

Full expression

Unconditional love

Control of nervous system

Alignment of the 4 energy centers

Moving in the direction of your truth

Trust

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Regulating your nervous system:

Understanding and feeling the difference between the two pieces of you - the physical body and your consciousness. Consciousness is connected to what we truly want and the physical is connected to fear.

Differentiating between fear and truth/love emotions.

Knowing which parts of the brain are being triggered. The conscious mind vs subconscious mind.

Understanding the timeline of emotion - is this coming from the past or future?

Becoming comfortable with the uncomfortable. Changing your relationship to "negative emotions".

Strong connection to trust.