

LECTURE

WEEK 4

THE ALIGNED MAN - MASCULINE INTEGRATION

V I D E O
B R E A K D O W N

2:17

**CHANGING YOUR PIECES
RESPONSIBILITY**

9:00

**THETA BRAIN
WAVES**

10:17

**EMBODYING YOUR
EMOTIONS**

V I D E O
B R E A K D O W N

11:10

**FEELING SILLY WITH
PRACTICES**

11:20

**REACHING
FULFILLMENT**

13:30

**TRUTH CREATES
FULFILLMENT**

V I D E O
B R E A K D O W N

14:00

**THE IMPACT OF TRUTH ON
MASC/FEM DYNAMICS**

15:45

**BECOMING AN
ALIGNED MAN**

37:09

**DEMO OF THE ALIGNED
MAN PRACTICE**