



WARRIOR TIPS FOR MEN

In order to cultivate his Masculine essence a man can increase the amount of 'challenge' he can handle in his body & mind, which will strengthen and 'widen' his Presence. Below are some suggested activities that will support a man to experience more freedom in his life.

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Exercise that takes you to your edge and gives you mastery – martial arts, boot camp, mountain biking, surfing

Plan and schedule one day in 15 or 30 minute slots and stick to it, no matter what comes up or how you feel. Be accountable so if you fail, have a consequence in place, like giving money to a charity.

Open and deepen your breath with pranayama, or circular breathing.

Spending time with men increases the yang essence. Being together, be ruthlessly honest, no gossiping or complaining, yet totally real & authentic, feeling 'wide'.

Meditate looking at a blank wall for 15 minutes a day, or gazing into your (left) eye in the mirror, coming into the present moment while breathing fully.

Renounce masturbation, porn, alcohol, news, computer games or other distractions for a week (or more). Focus on your life purpose.

Help out someone who needs your gifts, or lend a hand using your power tools.

Watch a daily video by a spiritual teacher on the nature of awareness, or similar truth.

Internally honor each woman you meet as an aspect of the Divine Mother, a blessing force of life and love.

Frequently praise the Feminine in all her manifestations.

Practice clarity – express your thoughts and desires clearly and in less words.