



## INTRODUCTION

*The world needs mindful men, now more than ever. Men who understand what makes us tick, aware of the impact we are having on the lives of others. What skills, passion and insight do we bring to the world? What shadows lie in our unconscious and conscious minds that will hold us back, trip us up and wreak havoc? What gold do we have inside us?*



## The Return of the Conversation

*There is nothing mystical  
About the music of the spheres  
The dialogue of the earth  
The talk of water*

*There is nothing magical  
About the cry of the wind  
With your name on it  
The mystical sign given by animal, rock  
Oak and reef*

*There is nothing unusual  
About a language you have lost  
The return of the conversation  
Will come slowly  
You will think it nothing  
But the movement of the wind through the leaves  
Of an uprooted tree*

*When it returns  
You will understand  
Beyond magic  
And words.*

CASPAR WALSH

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## HEADING



*We need to up our game, daily. We are the leaders we've been waiting for. In a world divided by fear and greed, it's time look deeper into what we can do to ground ourselves, ready ourselves, to be of service to our friends, our communities, our highest ideals. To connect deeper to the wild masculine and the wild feminine. To our own power and the power of others. To hold the line around acceptable behaviour. To contain our primal sides when needed. Release our wild man in held, ritual space. Dig deep and make the effort.*

How do we become mindful men who can be trusted, respected and called on to begin the healing? It is essential for all men to be initiated into the mature, sacred masculine. And for this, we need courage. We need our initiated brothers to guide us, challenge us and love us as we step into our deepest fears. It is hard, relentless work. The rewards reach beyond competition, status and material promise. The reward is an ability

to look at ourselves in the mirror and cherish the reflection looking back. To walk tall, gentle and proud. To know what it is to be alive.

