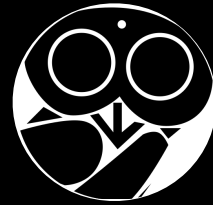

THE ART OF BEING A MAN

BY

CADELL LAST & OWEN COX



WITH MANIPHESTO &
PHILOSOPHY PORTAL

THE ART OF BEING A MAN

The Art of Being a Man is not about mastering intellectual understanding of abstract knowledge, it is rather about being in touch with the master that is already your very being. This being makes possible intellectual understanding, thus being in touch with it will open the capacity to naturally unfold the self as a lifelong art project. We will be focusing on the basic sensations, perceptions, and understandings related to primal embodiment of being, and how these modalities of experience tend to be expressed by conscious systems throughout the various developmental phases of the body.



MIND AS BODILY DRIVE?



We are taught throughout our education – from primary school to the most advanced universities – in a form that implies a disconnection between the mind and the body.

Consequently, we can mentally master almost any discipline, from quantum physics to engineering to sociology, without really knowing how this knowledge relates to the singularity of our own bodily drives.

Whatever your background, this course will put your knowledge in touch with the way your mind has always-already been a bodily drive.

THE ART OF BEING A MAN

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FROM ORAL-RIMS TO VISION-QUESTS



We come into this world hanging on for dear life by a tube (navel) or a tit (mouth). The sensations connected to these earliest states never truly leave us, but rather appear and re-appear in various developmental forms until we leave this world. Bringing consciousness to these realities allows for real vision in touch with true being for self.



COURSE CONTENT

The course content is designed to guide you from conscious awareness of your birth (your being as original creation), to conscious awareness of your creative capacities (to give metaphorical birth), within a metaphysics of pleasure (earliest drives), eroticism (sexual emotions), melancholy (feelings of loss), power (striving for more), death (limit of being), love (living for the other).



0 - INTRODUCTION

The first workshop is simply an introduction to the ideas behind *The Art of Being a Man*, an opportunity to get to know the mediators of the process (Cadell Last, Owen Cox), and also an opportunity to get to know the others who will be taking the journey into their own being throughout the unfolding of the course.

1 - PLEASURE

The pleasure workshop aims to bring consciousness to the foundation of the psyche in the expression of the primal-infantile drives. We will here focus on the basic nature of the oral, anal, and genital drives, and the way the psyche becomes conditioned by an auto-erotic, self-referential desire for intimacy with an inner other. From here we will attempt to relax into our natural psychic foundation.

2 - EROTICISM

The eroticism workshop aims to bring consciousness to the history of psyche in the development of basic pleasure drives (oral, anal, genital) and, most importantly, their fundamental transformation during puberty and potential maturation in adulthood. Understanding the earliest drives as fundamentally transformed in puberty/adulthood is essential to gain deeper self-understanding.

3 - MELANCHOLY

The melancholy workshop aims to bring consciousness to the feeling of isolation and aloneness. Melancholy is the experience and the intuition that what used to bring joy (person, object etc.) no longer does (something has been lost). In its most profound expression what is missing is the self's own unconscious origin.

4 - POWER

The power workshop aims to bring consciousness to the capacity for responsible leadership. This is achieved mostly by bringing to awareness all of the potential manipulative and exploitative forms consciousness can express to achieve an imposing power as a substitute for lack of self-knowledge.

5 - DEATH

The death workshop aims to bring consciousness to an understanding of its own mortality and finitude (or the fundamental limit of its being). An understanding of death gives the psyche perspective on its own life, and also the opportunity to embed its activity in relation to a long-term horizon of meaning.

6 - LOVE

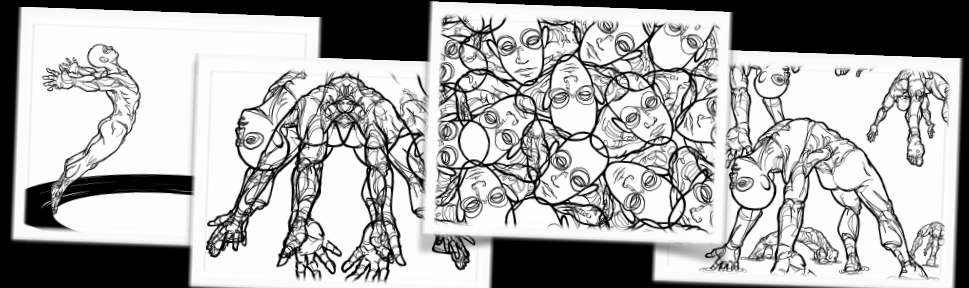
The love workshop aims to bring consciousness to the difference between self-centred and other-centred love. The first experience of love is inherently self-centred due to conditions of the origin of birth, however, there is also capacity to mature these earliest experiences into a love-form that transcends the self.

7 - CREATION

The creation workshop aims to bring consciousness to an understanding of its capacity to embody creativity in the world. From being the creation to creating is the full circle that can be achieved in understanding one's own being. Here creation is thought of as a metaphorical child, whether biological or cultural.

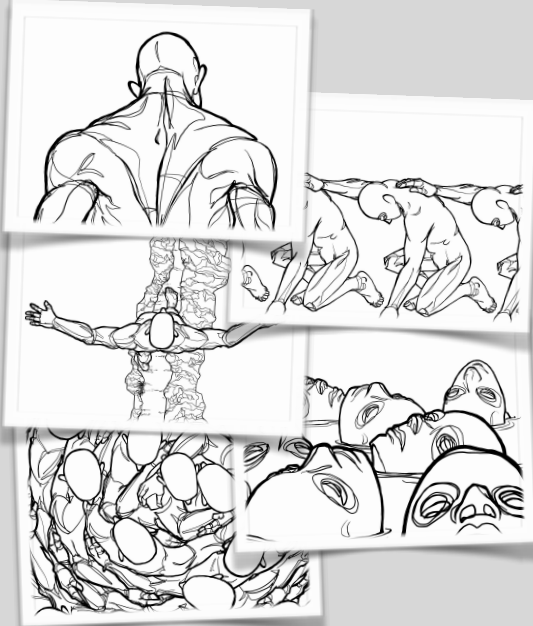
8 - INTEGRATION

The last workshop is an opportunity to integrate all of the experiences and understandings that have been developed throughout *The Art of Being a Man*. Here we can revisit specific ideas from any of the previous workshops, or push towards a synthetic understanding as it applies to future orientations.



COURSE OUTLINE

This course has been designed to help guide you through the most difficult sensations, perceptions and understandings. From beginning to end we will hold space for real transformation of being in a container designed for mutual support and respect.



This course covers *THE ART OF BEING A MAN* with live presentations and embodied workshops

COURSE CONTENT:

INTRODUCTION (0), PLEASURE (1),
EROTICISM (2), MELANCHOLY (3),
POWER (4), DEATH (5), LOVE (6),
CREATION (7), POST-INTEGRATION (8)

(9 SESSIONS, 18 WEEKS)

COURSE STRUCTURE:

Live lectures, workshops, and circling,
Virtual community (Facebook), Lifetime
access, Open sessions, 1-on-1 (limited),

Date/Time: Sundays 4-9pm CET

TIER 1: GENERAL

\$500.00

The general tier gives you access to the live lectures, workshops, and circling activities designed to guide one to deeper understanding of being, as well as a virtual community (Facebook) for sharing and support. This access will span the actual course timeline of 9 workshops spaced out over 18 weeks (bi-weekly), but also after the course is complete (i.e. recorded lives).



General course contents



Virtual community space

TIER 2: OPEN SESSIONS (LIMITED) \$750.00

This open sessions tier is specifically for those individuals who feel they may need extra space for integration of sensitive and difficult materials emerging throughout the course itself. Open sessions should be thought of as collective therapeutic chambers for personal sharing in-between each of the main sessions from "pleasure" (1) to "creation" (7) (6 in total).



Virtual open sessions

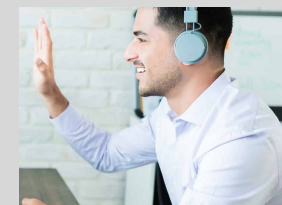


Deeper dives / extra time

TIER 3: 1-ON-1 (LIMITED)

\$1000.00

This 1-on-1 tier is specifically for those who feel they will need more concentrated time and personal attention to work through sensitive and difficult materials with an individual with psychoanalytic training. Along with access to the general and open-session tiers, you will get access to 4 extra 1-on-1 sessions to discuss how the process is informing your personal understanding.



Virtual 1-on-1



Professional-Personal growth

CADELL LAST



- THE ART OF BEING A MAN
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Cadell Last is a philosopher with a background in anthropology, history and psychoanalysis. He is committed to a pathway focused on understanding the human condition. This pathway was first explored with abstract intellect, and culminated in his PhD thesis (*Global Brain Singularity*). However, paradoxes and contradictions in his embodied performance led him to a deeper spiritual inquiry, which included men's work/circling, and a deeper understanding of how sexual energy informs knowing. In co-designing this course he hopes to share this embodied knowing with other men, and cultivate a more artistic way of being, capable of a real community existence.



OWEN COX



- THE ART OF BEING A MAN
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Owen Cox is a digital entrepreneur, podcast host, musician, and leader in men's work. He has always sought knowledge in walking unconventional paths, allowing for confrontations with challenges that many may never experience. In this development he co-founded *Technosocial*, a podcast exploring social frontiers in the digital age, and has become a crucial and central leader in Maniphesto (European Men's Movement), supporting men facing the deepest uncertainties in self-becoming. In co-designing this course, he hopes to apply his capacity to play with the darker emotions, and help other men discover artistic, affirmative relations with the depths of their being.

