

SOLIDMAN

strong · present · confident

Solid Man Integrity Group Introduction

PREFACE

Welcome to the Solid Man® Process. Presently our world is experiencing a significant loss. Something vital is missing for the health and structure of our world. Even though you may not recognize what it is, you have felt this loss on a personal level. It's probably why you're reading this.

For decades now, what we believe about men and the role of men in family and society has been questioned. While initially this scrutiny was necessary, it has resulted in enormous changes about what we believe about the value of men. Because of this, you may have wondered about your own value or questioned whether it is even good to be a man.

How men interact with and influence the world has been under the microscope. The result has been confusion and uncertainty about the role of men. Because of this turmoil, many men have lost the good, strong core of their manhood.

Usually men's "work" tries to fix what's wrong with you. With this process, we will release what is right about you. Some men think something in our core is our enemy that needs to be reined in. So we fight ourselves as though we are our own enemy. In this process, we will let go of that fight, eliminate self-attack and listen to the real challenges that being a man gives us.

This process will uncover a deeper framework within you and help you develop a set of skills and practices designed for change. It is a holistic approach which respects the integration of body, heart, spirit and community.

The Solid Man® Process is designed to help men reclaim that center, so the entire world can experience good, positive masculinity. Ken has developed the Solid Man® Process so men can get their hearts back, develop their solid core, create freedom, grow healthy relationships, develop strength in their personal lives and overcome problems like being stuck, porn or anger.

The Solid Man® Process will set you free to be the man you have been designed to be. You will reclaim your heart and your integrity. You will develop courage and confidence in the face of real life. You will develop strong personal practices for a life of vitality. Your masculinity will be respected for the goodness and power it holds. You will develop understanding and confidence in relationships and community. As you move through the Five Pillars, you will **"Master the Art of Being a Man"**.

Solid Man® Integrity Group**The Five Pillars**

This experience develops five significant aspects in your life which builds a core of strength and freedom.

To Awaken the Internal,

To Embrace the Void,

To Live with Intention,

To Master the Masculine,

To Deepen Relationship,

This is the Path of the Solid Man.

These five aspects of a man's life are called "Pillars" in the Solid Man® Process. Each pillar is part of your strong foundation upon which a solid life will be built.

**Pillar One; Awakening the Internal.**

There are two parts to this first Pillar; Part One - The Problem: The Externally Referenced Life and then Part Two - The Solution: Awakening the Internal.

Most of the problems men experience in life exist because we primarily live from an external frame of reference. The goal of Pillar One is to help you identify and develop an internally referenced life to become awake and alive in your life. This is essential work for you to develop your strength and to live in freedom.

👉 Pillar One will begin to build your Internally Referenced life to create strength and freedom.

Solid Man® Integrity Group**Pillar Two; Embracing the Void**

Life is difficult. It is wrought with fear, uncertainty and ultimately, death. This is what I call the Void and like it or not, it is a profound part of life. How we live and move with the Void is the question. Most men have done everything they can to avoid it. Pillar Two will provide strong evidence that embracing the Void results in powerful outcomes in your life as a man.

- ☛ **Pillar Two will help you begin to live with courage and confidence.**

Pillar Three; Living with Intention

Most of us wander through life without intention. We don't really know who we are or what we want. Pillar Three will help you answer the five questions every man must answer in life. As we get these questions answered, we will begin to move with intention and integrity. You will begin to lead your own life and create the live you want.

- ☛ **Pillar Three will guide you to build your internal core so you can become a man who lives from an intentional place of integrity.**

Pillar Four; Mastering the Masculine

Masculinity is an enigma in today's culture. We have been told so many things about it, yet our own internal sense tells us something different. Confusion is often the experience men have with masculinity. Pillar Four is designed to create more clarity around what it means to be a man.

- ☛ **Pillar Four will show you how to become good at being a man.**

Pillar Five; Deepening your Relationships

Relationships are a primary feature of our humanity. They are also the place where most of our frustration in life exists. Relationships feel like a "set-up"; as humans, we need relationships but they reveal some of our deepest inadequacies and feelings of incompetence. Pillar Five will give you a strong grasp on what relationships are and how to engage in them with more confidence and understanding.

- ☛ **Pillar Five will develop understanding about how a man loves others well.**

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Within the 5 Pillars you will find 20 exercises, each designed to move you forward on the path to become a Solid Man. You can read the content of each exercise straight through, then go back and answer the questions or you can process as you read through. Either way it is important to take the time and answer the questions.

Some men do not especially enjoy reading for different reasons. Find an app that will read PDF's for you. This will also allow you to listen while you're driving.

At the end of each of the exercises is a list of questions that you will use for presenting your work to your group of men.

Fixing Your Stuff

Our problems are a doorway into what really needs attention. If we allow them to, they will take us to something deeper and important. Whatever that thing is, it is on the other side of the threshold calling for our attention. This process invites us into that unknown place, so we can restore our lives.

Struggles are a great teacher that is asking us to learn what we need to learn about ourselves. Too many of us consider anger, anxiety, sex drive and our internal struggles to be the worst parts of us. So, we take a pill, or limit ourselves and beat ourselves into submission.

Until we learn that our challenges are here to teach us and until we listen and learn those lessons we will keep recycling back to our problems since nothing is ever resolved.

This process is not about those symptoms; porn, anxiety, anger, broken relationships or whatever is troubling you. It is about considering the places in life where the action really is; your story, your identity, your family of origin, your sexuality, your purpose, your relationships, spirituality and beliefs, your interaction with community and all arenas of your life.

You've probably found yourself in endless cycles of trying to fix stuff because you've not considered the deeper areas of life like resentments, shame, unfinished relational business or repressing your needs or passions. As you take care of the deeper stuff you will be surprised how the endless cycles subside dramatically.

Be humble, be a student, decipher the lessons that are there to teach you. There is an unseen wisdom behind your internal process. It will all make sense. You will discover the hidden messages. Wisdom is calling out for your attention from deep within you.

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There are no shortcuts. Life is now insisting that you wake up and do the work. In every challenge there is a roadmap already within you to find your way through that challenge and into the truth. Let your own wisdom find it.

The Solid Man® Process is about empowering every man. The more we become personally empowered the more we reach our potential. What goes on in our heart, mind and spirit has a potent impact on all aspects of our life. When we become who we are meant to be, our life begins to become the greatest version of what it was meant to be.

As you work through the Pillars, you will find yourself reacting to different ideas. Some things will resonate with you deeply and other ideas will bristle against something. Regardless, as much as you can, stay with the process and question everything you react to.

Some of these ideas may go against what you've been told throughout your life. Challenge everything; what you've been taught in life and even what you are being told here. Allow your own wisdom and heart to integrate truth with the core of who you are, who you know you really are.

☞ **You will find there is nothing to be fixed in you.**

If the way you are moving through life right now is working for you, then disregard what I have to say. You are probably already living from many of these principles already. So, keep on in the life you have with passion and intent.

Don't Go Alone

This journey is most effective when done with other men. Invite and gather a few men to go through this journey with you. Create your own group for the long haul. Since this is a lifetime process, you'll need to be ready to learn, listen and interact with other men.

As you work through this process, it is important to be as open as possible; conscious and aware of what you are feeling and thinking. Processing deep things and checking in with yourself will be awkward at first. Checking in with other men may seem really awkward as well. But soon you will regret not having men with you all along.

I have been studying the world of men and where we find ourselves at this pivotal time in history. A great conversation is growing, and I anticipate a strong resurgence of men challenging one another to gain confidence in being good, solid men. Becoming a Solid Man is a long journey of learning, change and growth. You will encounter pitfalls, obstacles, and challenges of all kinds.

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At the end of each section you will find questions designed to help get some movement in your life. It is essential that you take time to ponder each question, so you can begin to develop changes you need. Many men see benefit in reading a quick overview and then going back to take time with the process questions. Some find that journaling helps things sink in, so grab a notebook and write out your answers.

Reflection Questions

What are ways you have tried to fix the problems in your life that haven't worked?

Write down what you hope to accomplish with the Solid Man® Process.

What were the events leading you to start this journey?

What is it that you want in your life that you are missing?

Imagine the best possible outcome you can think of, write that down. Think of your relationships, work, spirituality, health, lifestyle, purpose, and any other category that is important to you.

INTRODUCTION

The Call

You are reading this because something has started to awaken in your life. Maybe it is just time for a change. Maybe you have been caught in a cycle of unhealthy behavior that you know must end. Maybe someone gave you an ultimatum to get stuff fixed. The message could have been from a book or a challenge from a friend who is getting his life together.

Whatever and wherever the call to change came from, it is time to rise to the challenge and change the trajectory of your life. It is time to step over the threshold into a completely different way of living. It is a call to adventure, to something alive and real.

Many men have felt that same deep stirring and are beginning to talk about it. The discussion about the place men find ourselves is a very diverse dialogue, some voices are very angry, some confused, but all of them trying to get a handle on what it means to be a man in our world. It may be that some of these voices have been what has initiated your entrance into awareness. When you read anything from what is sometimes called the “manosphere” (the conversation about men and our culture) you’ll run into some great stuff and some not-so-great stuff. Read with discernment.

With the voices on the internet, news and books, this awareness is often equated to the challenge that Neo was given by Morpheus in *The Matrix*. The challenge was to make a choice to take the blue pill or to take the red pill. It is true for you here as well, if you keep on in your “blue pill” ways you will continue to live in a fog of expectation, enslaved to the ways the culture has defined you.

If you take the “red pill” your eyes will begin to be opened to the realities about how you’ve been trained and duped to keep a machine going. That awareness will be followed by the challenge to live from the deep truths that exist within your being to begin to master living your own life.

The Challenge

As you engage in developing more awareness and change, you will experience resistance and obstacles. You will be tested in ways you never imagined. Your woman will test to see if this is real, if you are really solid and secure for her.

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Your family and friends will push you to get back into your old posture. The culture will be relentless in trying to cram you back into your place. People you thought were on your side will betray you because you are not playing the expected role.

Expect there to be guardians keeping the status quo. They are standing at the threshold like they always have been, keeping you from experiencing your true life. Whatever the shape they take, they will be fearful to you. Face them with courage and keep moving ahead.

This is all to be expected, your relationships are where your training happens in your journey. This is where you will put to practice what you are learning.

👁️ Your relationships are your proving grounds.

Finding resilience with the obstacles and resistance is a powerful part of gaining mastery of your own life. That which seems to thwart you will actually become the force that builds your solidness.

You will falter, but you will learn. Everything in your life will become an opportunity to gain feedback so you can gain mastery. You will begin to taste freedom and that taste will drive you to stay strong and overcome.

Some of you will reject these ideas and fall back into the “blue pill” life. But those of you with courage will begin to thrive like you never thought possible.

Mentors

Use all the resources that are available as you go through the process of regaining your heart. My voice is just one of many that will guide you toward the life for which you have been designed. Read, listen, observe and talk about this with as many men as you can.

Find mentors who will guide you in getting your heart and soul back. There are podcasts, books, retreats, blogs all designed to move you to a different space in your life. Use the ones that resonate with the truths that you are discovering about yourself.

Hire a counselor or coach who will move you along the path. Surround yourself with good men who guide you well. Take this journey together. This will take time, energy, focus and money. Make a significant investment in you.

Narrative

Up to this point in your life you have settled into a narrative about who you are and what your life is all about. A narrative is a story or account of events, experiences, whether true or fictitious. You have been told various stories about your life and whether you are acceptable or not.

☞ **Your narrative is yours; this is your story, no one else's.**

Part of this journey is to discover the true narrative of your life. You will need to look deeply into the story you have been told about who you really are and what everyone else may have told you to believe. Reclaiming your story is essential in order to get your life where you want it to be.

Reject messages that don't move you toward freedom. Challenge the messages you have received that at the time you thought were truth. Keep a keen eye for false narratives or ideas that are designed to keep you believing lies about yourself. To find the true narrative you'll need to question everything you have held true about yourself.

I am certain the Solid Man® Process will get you moving toward what you want in life, but it is just a part of what you need. Gather your men, read the books and blogs and allow your relationships to test your solidness. Dig in and enjoy the process.

☞ **When I became a man, I put the ways of childhood behind me.**
– Apostle Paul

Reflection Questions

How have you felt the call to be different or to reclaim something in you that seems lost?

Where did the call come from? How did you start to hear it?

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**What have you learned already about yourself and what is wrong with men?
Where have you been learning these things?**

Go online and start searching the “manosphere” for blogs and see what comes up and catches your attention. What do you see? How would you describe it?

In what ways does it feel like your story has been hi-jacked by someone else, as if someone else is running things?

How does the narrative you’ve been told about you, fit with what you know about you to be true from your core, or not?

In what ways have you been living an oblivious “blue pill” life?

Group Process

The Solid Man® Integrity Group is designed to be a significant resource in your journey to be a man of integrity and strength.

You may be at a point in your life where you are willing to ask for help and to include other men in your life to achieve your goals. This requires courage and usually a little desperation. Opening yourself to others is not easy, but it is necessary to get where you want to be. You will be able to do some work on your own, however, this work requires you to trust other men.

This also requires significant personal investment; with time, personal energy and finances. You will need to be “all in”. You will need to open up with the men with

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fearlessness. This will be tough at first, but you will experience the benefit right off. Shame can no longer hold you back. Your experience with group requires boldness and diving in headfirst. You've got this.

Working with a group builds integrity and strengthens the lives of men in all aspects of life; pleasing, anger, relationships, anxiety, sexual compulsivity, pornography; things men struggle with. While it takes courage to come forward and admit your struggle, know that this will change your life. You'll experience acceptance and support. You will gain the personal, sexual health and integrity you really desire in your life. Porn and anger will fade away. You'll build the "Five Pillars" for a life of freedom and strength.

The best-case scenario for growth into personal integration requires three commitments; 1) Weekly attendance in the Solid Man® Integrity Group, 2) Individual counseling as needed and 3) Begin to build your own group of men for the long haul (your Mt. Rushmore).

Ultimately, you must do this for you. You will not succeed if you are doing this to please your wife or to save your marriage. Your heart, your soul and your "want" to must drive this. Men enter group for many different reasons; "sex addiction", substance abuse, anger, relationship problems, nice guy syndrome, etc... but the core problem is the same for everybody; lack of solid integrity. The Solid Man® Process will get to the core and change your life, forever.

Integrity

We all struggle with the same core issue, even if the symptoms are different on the outside. The Solid Man® Integrity Group will help you in your journey to be the man you have been designed to be. The group process will guide you develop deep personal integrity and toward full integration of your life.

The word integrity means many things to different people. Usually it is taken to mean honesty or to be impeccable with your word. While this is true, an outcome of integrity is honesty, there is so much more to it.

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Integrity is about developing an internal ***structure***, like a building with “structural integrity” will not collapse even under extreme conditions. Your solid, immovable internal structure is our goal in this group process.

Integrity is about developing ***integration***, in which a system or a person lives in a holistic way. This brings all parts of a man into complete working order. Many have lost the ability to integrate important parts of ourselves, like emotions, wisdom, mind, body and spiritual aspects of life; therefore we have lost our integrity.

Integrity is about developing ***wholeness***, like an integer. A whole number is complete, lacking in nothing. A solid man of integrity is whole and complete. Other people in his life are necessary for a full life of thriving, but he is solid.

Bringing all the parts of yourself together is a significant goal of this group. Your internal resources are in good working order, they just need to be integrated. But we’ve been trained to disregard significant parts of ourselves and so we feel incomplete and are often enslaved to external forces. That’s where problems start.

An integrated man is observant, present and intentional in his life and relationships. Awareness and consciousness of yourself is the path to get your life back. We will help wake you up to your real self. As you develop integrity and an internal point of reference, your negative symptoms like porn and anger will fade away.

What part of the concept of Integrity seems to resonate with you the most?

Successful growth and integration requires involvement with a group of men. The process will expose and deal with significant foundational problems which are at the root of the problem; identity, isolation, shame, stuffing emotions, external validation, avoidance, silence, and fear are a few of the issues we will explore. You will discover that the problems that are at the surface like porn, pleasing, lying or anger are just symptoms. We will create a new foundation.

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Most of us have tried over and over to try to fix stuff on our own. We have found that this may work for a time, but it really does not resolve things. Breaking the cycle of shame requires opening up to other men and processing things openly. This is a difficult hurdle, but once you open up you'll see why it is important.

Ongoing interaction outside of group is important. Building relationships for your permanency plan is important as well. Interaction with other men must become a way of life for you.

Confidentiality is very important. Never tell anyone outside of the group details of group process; no stories, no names, nothing that will potentially expose another person's personal information.

Group interaction is a time for processing personal and life struggles. Each session will have time set aside for feedback and interaction. The interaction can include questions, encouragement and even challenge. However, it must always be done with respect. Since relationships are the "proving grounds", our discussions are often about what is happening in our choices and interactions in our relationships.

The Integrity Group has four parts; teaching, check-in, feedback and presentations. You can speak as little or as much as you would like. But go ahead and have courage, speak up, interact and ask questions. Presentations are exercises which guide toward integrity. The more diligent you are with the exercises and presenting, the more you will get out of group. Do your best to present your work often.

Solid Man® Integrity Group**Group Presentation Questions**

At the end of each lesson you will find a list of questions to present to the group. This will be your first time checking in, so it will be your first presentation, so it will feel intimidating and even vulnerable. Move into it with courage.

Let the men know who you are and why you are here.

What you hope to accomplish with the Solid Man® Group?

What were the events leading you to start this journey?

About the Solid Man® Logo

A significant concept of the Solid Man® Process is that each man would know the fullness of his true identity or name. In the Solid Man® Process a man will develop his “Maximus” statement from the movie Gladiator which answers the question; “What is your name?”

The White Stone logo represents this process. The White Stone is a metaphor for the depth of your true identity. It comes from a passage from the Bible which says, “To him who overcomes... I will give him a **white stone**, with a new name written on it that no one knows except the one who receives it.”

This has special meaning to me since this concept was very influential in my process of self-discovery and growth. Through my own process over time, I now have a better idea about who I really am and what it means to walk in freedom.

A Solid Man knows his true name. A solid, white stone represents this.



Books and Resources

No More Mr. Nice Guy by Dr. Robert Glover. This book has been instrumental for many men in our culture today. Dr. Glover does a good job outlining many of the problems we face as men and why we tend to be “nice guys”.

Wild at Heart by John Eldredge. Eldredge writes from a Christian perspective and give a strong view of manhood and masculinity.

The Way of the Superior Man by David Deida. Deida presents a view about masculinity from a more Eastern perspective. It helps us to be able to be unapologetic about being a man.