



**Solid Man Integrity Group Lesson Four
Pillar One; To Awaken the Internal**

**Part Two; The Solution
Your Internal Resources**

4

☞ To be a solid, integrated, masculine man, you must have an internal point of reference.

YOUR INTERNAL RESOURCES

The life of a Solid Man is motivated and expressed from the realities inside his being. These inner realities have depth, substance, and structure which define his character and essence.

Since we have been trained to disregard our inner workings, we don't follow the guidance we receive from inside us. There is a "disconnect" inside of us. This chapter will outline significant aspects of our brilliant inner workings to give you some concrete pathways to begin your journey of listening to and following your Internal Resources.

☞ We have lost the fine art of listening to ourselves.

When considering how we have been built, the idea of Dualism is often a defining factor. Dualism is the belief that there are two parts of the human, usually one part higher and the other part lower or less valuable. For instance, because of how dualism has influenced philosophy and theology, our sexual or physical parts have been seen as less important than the spiritual or intellectual. The physical is base or perverse and the spiritual or intellectual is sacred and more valuable.

Dualism creates a dichotomy which eliminates the capacity to respect and honor all parts of our inner workings. The Solid Man Process seeks to eliminate Dualism in all its forms so we can be free to trust and regard **all** parts of our being.

This holistic foundation sees humans as whole and complete. This is also "non-pathological" in that this process is not looking to find out what is wrong with you but is based on the fact that you have good inner resources already in you.

So many theories about people and relationships today are based in pathological thought that something is wrong with you. The passion to these "professionals" is to find what needs to be fixed or what pill will eliminate the symptom. I'm sure you have experienced this somehow.

The primary Internal Resources that I will be outlining are your Wisdom, Heart, Soul, Mind and Strength. While there are many ways to explain or teach the various aspects of who we are as humans, for clarity, I have chosen these primary aspects as important to this process.

The goal of this process is to recover your ability to listen to and follow your core internals. This process can become overly complex; my goal is to be as simple as possible so it will be easier to understand, so you can begin to master the art of listening to yourself.

☞ Remember to Check In.

Solid Man® Integrity Group**Wisdom, the Real Boss**

Integration of your internal processes develops wisdom. Wisdom increases through gathering vital information in order to make good choices. Wisdom is gained through experience as you take in knowledge and common sense in order to create positive outcomes in your life.

☞ **A smart man learns from his mistakes. A wise man learns from other's mistakes.**

Wisdom embodies life. It encapsulates our intellect, common sense, action, and our intention. You know wisdom when you see it. True wisdom resonates with your soul and feels right. Wisdom often has a sense of ancient depth. It has been carried through from one generation to the next in unexplainable ways. People and communities carry wisdom in their midst. Wisdom is a relational, spiritual, and intellectual process of knowing the right way to move.

Wisdom incorporates all aspects of internal process and translates it into action and movement. Wisdom is the main process of the internally referenced life. Wisdom is what we will seek as we listen to our core internals for the purpose of living a good life of freedom.

Wisdom often comes packaged as common sense, or the ability to have good judgement in practical matters. Common sense often seems to flow from your internal intuitive process. It seems the more you have to think about something, the less common sense is there.

Gather as much earthly and spiritual wisdom as you can and lock it into your internal grid. Wisdom will come to you from the Scriptures, wise people, metaphor, science, observing the world, listening, good stories, experience, just about anywhere.

☞ **When you see true wisdom, embrace it; don't let go.**

Use the wisdom you gather for action that increases your well-being and for the benefit of everyone around you. Wisdom will guide you to develop a strong life. When you find it, keep hold of it deeply within you.

This is what is meant in the Psalms when the poet says to God, "Your word I have hid in my heart that I will not sin against you." He takes the wisdom and understanding from the words God has given him into his deep internal resources to guide and direct his choices. Allowing deep truths of life to "lock in" to your internal matrix is essential as you move through life.

Wisdom is much more than knowing something, it couples physical, emotional and spiritual parts of us; parts that experience life, develop competencies, express power and move with intention. Wisdom is designed to be the authority in your life. If you let wisdom rule, you will do just fine.

☞ **Wisdom = Optimum Judgment for Optimum Action**

Wisdom is developed through judging. Humans are in the process of judging almost every moment of every day. We are forming opinions or evaluations all the time about whether a situation is safe, what a person said is true, or if a course of action is best.

Solid Man® Integrity Group

Wisdom is shaped by the skilled ability to see, observe and discern what is right and true. From there the goal of wisdom is the best possible action with the best possible outcome.

Folly is the opposite of wisdom, poor judgment which makes poor action. Folly is ignoring important information. It is having weak judgment which results in foolish action. Folly is well represented by the externally referenced life. We keep Folly around by ignoring internal processes which give us vital wisdom-developing information.

Since you cannot escape your beliefs in life, your beliefs are embodied in your folly. What you believe reveals your actions and decisions in life. The beliefs that keep you enslaved are often called toxic beliefs or as Dr. Robert Glover refers to them, self-limiting beliefs (SLB's). Challenging your long held toxic beliefs and gaining true wisdom is your path to integrity and freedom.

You have seen and experienced folly in your life and in your actions. Up to this point you've been highly externally referenced and wisdom may have bypassed you often. Notice how your present beliefs have restrained you and kept you from living in freedom. It is time to reclaim your wisdom by believing the truth.

- ☞ The glory of young men is their strength, but the glory of old men is their gray hair (*wisdom*)
- *Proverbs*

Since Wisdom is central to living an internally referenced life, your goal is to gather prime information from your internal resources and then make life decisions for the best course of action. Wisdom is designed to be the master or the boss.

- ☞ **With Wisdom at the helm, you will do just fine.**

When other things run the show like Externals, the Shadow Self, or even the Mind, things will go bad, quickly. Nothing else has the goods to run the show. Wisdom is one of your best parts so hold on tight.

- ☞ **Wisdom Directive –**

Seek the optimum action for every decision in your life.

In what ways have you been taught to trust your internal resources? Or not?

In what ways have you seen folly connected to external reference?

Wisdom is simply Optimum Judgment for Optimum Action how can you begin to implement the intentional pursuit of wisdom in your life? Or how could you build yourself into a wisdom producing machine?

Solid Man® Integrity Group**The Mind; the Interpreter**

In our world today, we have not been taught the value of our internal processes, let alone the value of integrating them fully into our daily lives. We usually diminish our emotions, intuition, instincts, anxieties, failures and fears instead of using them as valuable sources of information through which to thrive.

In the present world we've been taught to live primarily in the rational and cognitive with the mind. Our mind is a great resource, but without integrating the rest of you, your mental processes always become imbalanced and overbearing. So many men get caught up in their heads with analysis – paralysis.

Western culture has been highly influenced by “Modernity” for the past century. Modernity placed a very high value on the mind and what is known. Modern Western science and philosophy has seen knowledge and intellect as the most valuable human asset.

Since we live in these times, we all have been taught from the great scientists and philosophers from the Modern age. It is what science, theology and academics have been built upon for the past century or so. The mind has been the king in the Modern world.

☞ **“I think, therefore I am.” is a very limited view of a human, there is so much more.**

Modernists sought to cypher all the mysteries of the ages, from the origin of species to the nature of man and then present their findings into a nice little box with a bow on it. The goal was to figure it all out and know all the answers to the universe. Darwin, Marx, Nietzsche and Freud all gave a strong attempt to explain the world, each of their own field of study.

Now with the rise of quantum physics and so many other scientific findings, more questions than answers have arisen. Mystery is embraced more often in what is now becoming the Post-modern world.

You have been baptized into the Modern worldview whether you know it or not. Now, in order to become integrated and internally referenced, you must break free from the idea that your mind is king. Or that you can figure it out.

Here is the real truth about the mind; the mind is designed for interpretation, consciousness and awareness, it has **not** been made for running the show.

☞ **As a servant, the mind is magnificent; as a master, it is despotic.**

There is so much more to be experienced than what is thought. Trying to figure life out throws you into a vortex of futility which results in frustration and angst. The mind likes certainty, so when there is mystery or uncertainty, the mind gets really uncomfortable. Since becoming more comfortable with uncertainty is required in order to live in the present with confidence, you must allow the mind to do its real job – which is to serve the process and not to lead the process.

☞ **You don't have to figure it all out to get it right, just listen in real time.**

Solid Man® Integrity Group

As a servant your mind is an awesome part of your internal information gathering system. It cannot be the master or the controller. The perfect role of the mind is to gather information about what is going on and help process that information.

In order to develop Wisdom, the Mind takes information from your core, from your surroundings, and your knowledge, then interprets what is happening and then chooses the best course of action. Then the Body carries out the plan. The Mind, Heart and Body are designed to work together as a well-oiled machine, creating a life of power and freedom.

I am describing integration of all your being in full collaboration; all parts working as one. The mind is part of that process. Mindfulness means you are aware, conscious and “checking in” with your Self in real time.

☞ Check-in with yourself - Often.

The mindful check-in is just asking yourself what is going on or what is happening right now. Often it is just recognizing a feeling or experience and wondering what it is. Conscious checking in with your internal resources is essential to gathering vital information so you can live from the inside-out.

Checking in with your internals helps you to find your center. Your center is that core place inside of you that interacts with life and interfaces with all of your experience. Finding your center is just about finding you.

Since we have often been trained to disregard ourselves to keep others happy, checking in with yourself or finding your center may sound selfish or even narcissistic. While it is introspective, this is not selfish. I like to call it selfness.

Remember your life is about you, so live from the center of you. Where else would we live from, someone else’s center? This is your life; it has been designed to be lived from the inside-out.

☞ Your life actually is all about you. So be you, unapologetically.

Finding your center also has to do with finding your Source and connecting on a consistent basis. The Source is that place where “Life” comes from. We will talk more about your Source and your Daily Practice in lessons to come.

As we develop a strong internally referenced life and as we connect intentionally with our Source we will be able to move expansively into our relationships with wisdom and love.

Your Mind gathers information by asking questions in the present; “how am I doing?”, “What is going on here?”, “This doesn’t seem right.”, “Why is my heart racing?” or “How can I move with integrity right now?” The Mind will help to create the best choice or course of action.

☞ The Mind gathers and interprets information from your internals.

When the Mind adds information that is old (not from the present), from a preconceived experience or when it’s influenced by the Shadow Self is when the Mind makes things a little nutsy.

Solid Man® Integrity Group

You'll be thinking about a fear from something that happened when you were a kid or when shame made you second guess yourself. "Remember what happened at the barn?" or "You really think you can do this right this time?" This outside information adds confusion to the work of the mind.

The Mind is actually trying to protect you, but it is using out of date info and adding fears/shame/doubts to the mix. You must use good present information from internal resources and your deep well of wisdom to decide what to do next. The Mind gathers that information like a champ. Don't let it divert you to old stuff.

Your Mind is your tool to discern the good information which comes from your center. Mindfulness is checking-in with yourself and then taking the information about what is going on inside of you to create wise avenues of movement and action.

☞ **Mind Directive** –

Use your Mind to gather information and to discern optimum action, not to run the show.

In what ways do you get stuck in your head?

In what ways do you try to figure things out?

What could you do to Check-in mindfully more often?

Your Core; the Heart of All Things

Your Core is central to how you gather wisdom in your life. Your Core brings together the integration of all your internal parts working together. We often use the metaphor of the heart to refer to our Core or our essential being. Whatever you call it, your Heart or your Core, it is your center. To live in strength and freedom, you must fully engage with the central parts of you.

- ☞ **The answer is closer than we have been led to believe. God has given us a road map for the life each of us is meant to live. But the map is contained in a place we seldom go - our hearts.**
Gary Barkalow

People describe having an open heart or times when their heart is closed or hard. Awareness of the state of your heart is important to doing this process well. You must become aware of when your heart is closed or hard, when it is open and vulnerable. You must know the experiences that create the conditions that open or close your heart.

- ☞ **At all costs, live with an OPEN heart.**

Solid Man® Integrity Group

To become the man you want to be and to eliminate the problems you have in your life, you must become intimately connected to your own heart, to your own state of being.

Your Core is primary to everything you do and brings all of who you are together. Some say it is your spiritual center as well.

You will master your life as you become able to observe yourself and how you move. Mastery develops in you as you are able to notice your inner workings and how you interact with the world. Remember, don't judge yourself, just notice what you are feeling, experiencing and what your heart is telling you.

☞ **The Heart is the interface with the deep realities of existence.**

The word "heart" is used to describe your center, or the internal parts of you that are deeply "moved" at times with happiness, energy, passion or grief. Some cultures use the "liver", "kidneys" or often "bowels" to refer to the center. Others will call these deep places your "spirit" or your "soul".

Whatever you call it the point is this, to awaken your internals you must live from your heart, your center or whatever is at your core. As cheesy as "follow your heart" may sound, connection to your heart is absolutely essential if you are to live in freedom.

☞ **The Heart is the crossroads of the internally referenced life.**

Living by externals makes us feel like we can't get it right. As though I need to figure out the riddle or find the code. But life is not lived by an equation; there is no code or secret. Life is lived by listening to your Heart.

People love the certainty of equations so we can figure out how to make life work. Most religions, parents and therapists try to develop some pattern that will lead the way; $A + B = C$. It would be something like; Follow Rules + Don't Do Wrong Things = Good Things (Acceptance and Belonging). It is some equation that fixes things.

The fact is that no equation ever resulted in freedom. Actually, the opposite is true, you become enslaved by equations. The equations become a book of rules/laws designed to govern your life, to try to help you get it right. You believe that if you follow the rules to the "T" then you will gain the acceptance you want. This always ends badly, because somewhere along the way your heart "dies" into a passionless existence as you try to follow some list of external rules.

☞ **Success and strength in life does not come from a secret code, it does come from following your good internal resources, they will guide you well.**

The challenge is to live from your Core, what can you do to be more centered and mindful of your deep internal parts?

When is the best time for you to check-in to observe yourself?

Solid Man® Integrity Group

Often, we live by an equation like this; Follow Rules + Don't Do Wrong Things = Good Things (Acceptance and Belonging). What has your life equation been?

How has that worked for you, or what have been the consequences?

👉 **Core Directive** –

Live with a conscious, open heart, by listening to all your Internal Resources.

6 Categories of Your Internal Resources



Your Internal Resources

This graphic represents the whole grouping of all that you have available to help you move intentionally toward Wisdom. Let's look at all the parts and sub-parts that are ours to use.

Solid Man® Integrity Group**Heart, Soul, Mind, Strength, Laws/Responsibilities and the Dark Side**

In Mark 12:30, Jesus teaches us to love God with all our Heart, Soul, Mind and Strength. He is encouraging us to use all of our being to love God. I am using this as a way to categorize our internal resources. Tons of people do this either saying there are two parts, three parts, four parts or many parts to a human being. You have to come down somewhere in order to explain this, so these are aspects of a man's being I identify that are designed to guide and direct his life and actions.

Regardless, the point is to know that Internal Resources are very important to observe with integration, where it all works together. Some of us compartmentalize, where we stay away from parts we see as scary, weak or not worthwhile. That is a pathway to foolishness, all your parts need attention. Integration is our goal and the simple act of "Checking In" is our practice to keep all parts integrated.

Heart - "That Which Moves"

The Heart is that part of us that moves. It is the part that connects with things and people, knows without knowing, feels deeply, feels in nuanced ways and sees beyond what is here. The Heart is what is moved when you see a good movie or hear a good story. It is what grieves when you hear of the death of a friend. It is what you feel when you sense something not quite right with a situation. It is the way a good joke comes out of nowhere. It is the sense of awe when you see something beautiful, like a sunset, your baby being born or your wife's naked body.

The Heart has been much aligned in many contexts. The church often sees the Heart as despicable and misleading. Children's movies often say "follow your heart" which then is criticized as being illogical or childlike. Women are told to follow their intuition, but men are not since it is not logical. It is true that the Heart is not exactly logical and sometimes doesn't even make sense, but it is still one of the most valuable parts of our internal resources.

All the resources are incredibly important, so we must never disregard our Heart. Here are the parts of the Heart that we have so we can live full and abundant lives.

Intuitive; Gut, Humor, Instinctive, 6th sense, "Blink"

Passion; Emotions, Desire, Wants, Well-being, Love, Compassion, Empathy, Sacrifice

Spirit; Faith, Beliefs, Worship, Connection w/the Divine or Source, Transcendence

Heart Directive –

- ☛ Live with a conscious, open heart, by listening to all your Internal Resources.

Solid Man® Integrity Group**Intuition**

For men, intuition has also been diminished in profound ways. Women's intuition is thought of as legendary. Men's intuition is just as real and valid; we have been trained to disregard it.

Just like emotions, men are equally as intuitive as women. Intuition is the ability to understand something immediately, without the need for conscious reasoning. Intuition feels like some kind of secret knowledge that just comes to you; you know without knowing. You may not know the details of what is going on, but you know something is at play.

Intuition has been called many things; blink, instinct, gut, or a 6th sense. Whatever you call it, your intuition is astonishingly brilliant. Intuition is connected to something transcendent, something beyond us, yet in us.

Intuition can make quick judgments that are spot on. We must allow our intuitive to become a significant part of our internal information gathering system if we are to live in freedom and strength.

Intuition is expressed well in a good timed joke with friends. You sense what to say, you let it go and everyone laughs. If you hesitate to filter it or wait for a good moment, it usually will fall flat. Humor is intuitive and flows from that internal place. Humor is one of my favorite internal resources. Laughter is a significant gift of life in so many ways. Allowing humor to be an internal resource of the heart is fun, playful and life-giving. Set your humor free to be a strong internal resource.

How have you interacted with intuition in your life? Disregarded it, followed it, and what happened when you did either of these?

Passion

We usually think of passion as emotion, dreams and purpose. These words accurately describe passion. Passion is about wanting and desire. It is about a deep experience of longing as you desire something you don't have.

Passion also has to do with sacrifice and emptiness, as with "The Passion of the Christ". Passion is the discipline of going without something you desire. The two concepts of desire and emptiness embody passion.

Passion is usually equated with lust. Lust is the demand that desire must be gratified. Lust cannot handle the emptiness of true desire. The entire porn industry has the illusion of passion, but it only lust. Lust is shallow and small. Lust misses the richness of what true passion provides.

Solid Man® Integrity Group

Desire in its true form is emptiness or not having something. Emptiness is actually what defines desire. Desire no longer exists as soon as you have what you desire. Passion and desire embody the experience of wanting something without the demand for satiation.

A man of passion pursues what he desires vigorously, however, he is also able to maturely delay his gratification as he moves with wisdom.

☞ Passion walking with Wisdom is Maturity

Passion is expressed most significantly in our emotions. The emotional aspects of your life have to do with what you are feeling or experiencing at any given moment; moods, feelings, anxieties, fears, etc.... Emotions reveal what you want. Emotions indicate what you need so you can be responsible to make sure your needs are met. Emotions give you significant clues about what is going on in you and around you.

Emotions are not designed to run the show, they are designed to give you valuable information about what you want, what you need to do next and to guide you to be responsible to care for yourself and others.

☞ Your emotions rationally make sense.

You may be questioning this concept as you read this. Take some time with this and let it sink in. You have been sold a bill of goods that emotions are irrational, feminine, untamed or an obstacle to effective living.

Integrating emotions fully into your life is essential and absolutely necessary to living a fully masculine life. Men are equally as emotional as women; it is part of being human. Men just do emotions differently. Chip Dodd said emotions are the “voice” of the heart. To care for yourself, you must listen to your emotions. They guide you to what you want and need.

Your emotional process guides you toward increasing your sense of well-being. When you are angry it is always for a reason. It is because your well-being has been diminished and you need something in order to thrive.

☞ Emotions always reveal our well-being and help us to get it back.

Not listening to our emotional process is where we fall into horrible patterns of developing external soothers in our life. As we disregard the information emotions give us we often seek some thing outside of us to soothe those difficult emotions. We choose all kinds of things to self-medicate or to escape tough feelings.

We also try to get everything in control, so we do everything we can to manipulate or control things outside of us to feel like we have power in our life. This dead-end way of life always results in anxiety and frustration because you only can control yourself.

Solid Man® Integrity Group

Later in this process we will learn how to fully integrate your emotions into creating a full and thriving life. For now, begin to notice and experience how emotions are a significant part of your internal resources.

Remember passion is also sacrifice and emptiness. The maturity of a Solid Man actually is developed in the process of delayed gratification or going without something. Purposefully choosing to go without something is understanding that even though it may be important to help you thrive, you can go without it for a season.

☞ **Maturity is living in the balance of emptiness and desire.**

Embracing the emptiness of passion creates maturity and mastery in your life. Living in the emptiness of not having something is actually living in the desire. You would no longer desire it, if you had it. Passion is another vital internal resource that we must listen to daily.

Our life has a bigger purpose and higher calling. We often use all our energy dealing with shame, trying to blame others and fighting with our own selves. We came into this world with a greater calling and mission.

As you develop a stronger identity you will be able to listen to your passions or what makes your heart come alive. This process will help to unveil your purpose and gaining clarity on your higher purpose is important to being a Solid Man.

How have you diminished your emotional life?

In what ways can you listen to your emotions more?

How could Passion be a strong guide in your life?

Spirit

Spirituality is that part of you that is connected with the unseen or mysterious parts of life. It is the arena of things that are sacred, of faith and worship. Faith is believing something that is unseen or uncertain. Worship is pursuing something that you believe will bring you “life”, fulfillment or wholeness.

Solid Man® Integrity Group

Your spirit is that part of you that connects to those unclear and unknown aspects of living. It is that part of you that experiences the sacred parts of life that seem to come from some transcendent place. Some reject this part of life and so cut themselves off from an important internal resource.

One good man that I know described seeking externals as an offense to God, since externals are idols. Since God has seen fit to and desires to make his home in us, it would make sense that he desires us to live from the inside, where he is there ready to guide us, in our spirit.

So, when we disregard our spirit or we look to outside resources to direct us, we are rejecting his presence. The externally referenced person will seek external counterfeits to fulfill or complete those seemingly empty places in his soul.

☞ Remember to Check In.

As we talked about in Part One, counterfeits are those things we think will make us feel better about life, but always come up short, leaving us with shame and other consequences.

Many people call this spiritual concept idolatry, exchanging a thing in my life for the true Source of life. It is taking the gift that comes from the gift-giver and making the gift the source of life. We then forget that the one who gave the gift is the real Source. Often people will seek to hear from God through spiritual processes; prayer, meditation, listening. Many think the voice will be an audible, “This is God!” Sometimes this may happen, but usually this intuitive process results in the “still, small voice”, a word picture or faint idea.

Most people believe that we are connected to something greater in the realm of the spirit. For Christians this is called the Holy Spirit. There is strong interaction with the Holy Spirit and our heart. The Holy Spirit relates to us through our internal processes in profound ways to give us guidance, comfort and at times a kick in the butt to move on the right path.

If we listen often, we will usually hear something. Some will claim it is God, others say it is just your intuitive processes. Whatever it is, spirit is another grand resource we must get to know.

How have you been able to listen to your spiritual process?

What are some ways your spirit has guided you in your life?

How could you become more open to listening to spiritual aspects of life?

Solid Man® Integrity Group**Soul – “That Which Doesn’t Move”**

The Soul is different from the Heart in that it stays firm and immovable. Where the Heart moves with emotion, intuitive and spirit, the Soul is a rock in the storms of life.

The Soul of a man is his deep self or identity. It is his ability to choose, decide or just to be. It is the substance or “gravitas” that a man has in life. It is the “weight” your identity and purpose carries. There are people you have encountered in life that seem to be solid, like nothing will faze them or cause them to crumble.

They have a strong sense of who they are and carry themselves with confidence. They have a kind of presence that fills the room or influences everybody in the room. It is the way a musician expresses himself in his music, any craftsman creating with his tools or how a writer can create through his words.

The depth of his being is engaged within the moment, it is not just his mastery, it is his Soul. This is “gravitas”, there is gravity in his presence. Years ago, the word gravitas became part of the popular vocabulary during one of the presidential campaigns. It was a word that described the presence (or lack thereof) of the candidates. Did this man have substance or was he full of fluff? Is he a leader? Did he have Soul was the question.

Your Soul has to do with your identity, your sense of personal value or worthiness, your presence and your confidence. It asks, “of what kind of material are you made?”

Here are the parts of the Soul, the parts of you which stay solid and are not moved.

Identity; Personality, Personal Value or Worthiness, Confidence, Masculinity

Intention/Volition; Will, Choice, Common Sense, Discernment, Decision Making

Purpose; Calling, Interests, Pursuits, Vocation

Motivation; Drive, Priorities, Initiative,

Character; Moral Compass, Discipline, Values, Conscience, Boundaries

Integrity; Integration, Wholeness, Internal Structure

Identity

Your identity is another powerful part of your heart. Your identity is the distinguishing character and personality which makes you who you are and is different from any one else on the planet. Your identity holds your story and all your experiences. It is where your personal value and worthiness rest. Your identity is your true name or your true self, who you really are at your core.

Solid Man® Integrity Group

When we are internally referenced, we are able to move in freedom with our true self leading the way. When our identity is referenced externally, we believe what others say about us and then live with those external expectations or narrative. An externally referenced identity is a dead-end where we lose our self.

An internally referenced identity resolves the problems expressed in Part One that had to do with our identity being “reflected” or validated from external sources. The goal is to have an internally validated self where all the unsettled questions about being good enough or acceptable are resolved. With a solid identity, there is no longer a need to engage in comparison, perfectionism or proving yourself through accomplishments. Internal reference results in a solid sense of self.

What we believe about ourselves is our narrative, or the story about who we think we are. We all have a narrative which speaks constantly to us about who we are. This narrative is how we interpret the meaning of all our experiences in light of identity. The narrative that you believe determines our path through life.

You’ve been told true and false things about who you are from people around you. The Solid Man Process will challenge your false narratives then discover and claim your true narrative.

False narratives are those interpretations about your identity that are wrong. To get strong, you must reject the false narratives that you’ve carried your entire life. Not until you remove the false narrative and embrace the true narrative will you be able to trust your internal resources.

You have character and personality. Your competencies, weaknesses, humor, ways of interacting, ways of energizing, experiences, desires, passion, patterns, story, wounds, accomplishments all come together to define who you really are.

Understanding yourself is absolutely essential to gaining mastery in your life. You must know who you truly are and begin to live fully from your true internal identity. This internal resource guides you from the core of who you are and what is important to you.

Your value and worthiness rests within you, in your being, it is a gift. Whenever we try to find it outside of us in our accomplishments or what others think, our value falters and is distorted. Discovering your true identity and allowing it to guide you through life as a strong internal resource is how the internally referenced life is lived.

 You must find your true self.

When you engage in finding your true self, shame often comes to life or becomes obvious. We believe that something is wrong with us and that belief holds us back into a fearful posture in life. It keeps us from feeling free enough to live life fully.

Solid Man® Integrity Group

Some people soar from early on as though they know a secret. They know what they want in life in High School (or earlier) and then accomplish great things off the starting line. The vast majority of us seem to struggle for years, if not decades, before we start to move with intention.

This struggle is about developing a strong sense of self and what Dr. Brené Brown calls “shame resilience”. Some people have a strong sense of self and powerful shame resilience, often from how they were parented. However, like a farmer in rough country, most of us have to claw, scratch and sweat for a good, solid sense of self which is free of toxic shame.

It is hard work to build a self with strong shame resilience. This is what Awakening the Internals is all about, building your inner self with a strong, internally referenced core. When your identity is solid in this way, you will face shame with grace and courage. You will build a new narrative that is based in truth.

☞ **You must find your true narrative.**

Another significant part of your identity that drives you as an internal resource is your purpose. Your purpose is the reason you exist, what you have been put on the planet for or what you are here to accomplish.

Your purpose is discovered by listening to your passions, desires and identity. It is found by seeking things that make your heart come alive. We will have time later in the process to discover more about your purpose, but for now, know that your purpose is a big part of how your identity drives your life internally.

Knowing who you really are and building a strong, true narrative of your life is essential in the process of awakening your internals.

In what ways have you been disconnected from your true self? How would your life look if your true self ran the show?

We usually don't think of our Identity as a guide to what we do or choose to do in life, how can you follow your Identity into wisdom?

What messages have you received about your identity, that were just plain lies? How could you move forward with a new narrative?

Solid Man® Integrity Group**Will**

A significant part of our internal processes is to funnel all your good internal information to make good, wise decisions. Intentional decisions come from your wisdom as your mind processes your Internal Resources to determine the best action for the best outcome.

To live an integrated and intentional life you must choose everything; what you do, what you eat, what you say, everything. You create the life you want, by choice. Choose what you do, where you set your personal boundaries, what to believe in, how you want your life to go, the works. You have the power to create the life you want, and your choices make that life happen.

You always have a choice with everything. Masculinity, by definition; moves, chooses and leads. Masculinity is action and intent. The masculine decides to do and say the right thing. An internally referenced man moves and chooses from his deep internal realities with Wisdom.

Choosing is the act of the will, it is what I want. Knowing what you want is vital. This must be secure and not something that can change easily willy-nilly. Have an iron will.

Purpose

There are some people who coach others to actually create their purpose. If you want to be this or that, go for it, it is fruit ripe for the picking. The truth is that we can't really create our purpose. It is not something we can make out of nothing. But something is already there, that's what we want to find since it is a gigantic Internal Resource which will guide you as you create your life.

Your purpose is hidden inside of you even as you are reading this. It already exists within you. Your work in this exercise is to begin the process of discovering it. You will find it from a number of important clues. Those clues awaken your understanding of the deep truths of why you were put on this planet.

- ☞ **“The two most important days in your life are the day you are born and the day you find out why.” - Mark Twain.**

I am just bringing up the fact that your purpose is a huge Internal Resource. We'll just barely scratch the surface of finding your purpose, but hopefully you will begin to move in the right direction. To get deeper into this process consider some of the resources at the end of this exercise. For now, here are a few of the most important questions you can ask yourself, so you can discover more about you.

What makes your heart come alive?

Consider the things that move you. What makes you excited or gets you anticipating something? What are the things that really gets you going? It could be spending time with certain people. It could be going someplace. It could be doing something. It could be the preparation of doing something or going somewhere. When have you felt most alive?

- ☞ **Your heart is where your life is found. Let it come alive!**

Solid Man® Integrity Group**What has interested me my whole life?**

If you look back, you will see certain patterns. What has captured your attention your whole life? What things keep coming up again and again? What comes up every time you have free time to just let your mind wander when you have no pressure or agenda? What is there?

When you were a kid, you may have been enthralled by World War II or the Civil War when you were a kid. You were amazed with geography and cultures. You discovered math equations way before the teacher taught them in class. Things that captured you, you spent time reading way more than you needed to on an assignment. What were some of these things?

You found out how things work and tore stuff apart to see what was inside. You explored under the house to see how it was built. You wanted to find out what made animals tick. You made everything a game for competition. You read voraciously, or you read nothing at all trying to experience it all. What was your unique interest? As a man you see how you do things the same way as when you were a boy.

How do I do things, every time I have do things?

Think about how you do things like the way you do them. You may be a conformist and do it the same as everyone else. You may be an anti-conformist and do it differently. You may be innovative and do it in a new way. You may be a pragmatist and do it in the easiest or most efficient way.

Every one of us have our own style of getting things done. Some of us focus on the task at hand. Some of us are more interested with the people we are doing it with. Some of us need to make whatever we are doing, fun. What about getting into the deep details of something or just concerned about the big picture. Knowing how you do things is a big part of discovering your purpose.

What seems to drive or motivate you?

You may be unaware of some of your deeper drivers or motivators in your life. They often stay quite hidden until we look deeper, or like looking for a timid animal, you must wait quietly for it to come forward. Or some of them are bold like crows or roosters making themselves known and in your face.

As we saw in some of the initial Solid Man material, your drivers can be externally referenced. This is a significant thing to observe. Notice if things that are driving you are things like expectations or what might make others approve of you. To discover your true mission, you'll need to find it from your internal resources. So, notice if it is external and reboot.

What moves you to do things or accomplish things? What are you driven to do? I have a friend who later in life began to have a drive to climb all the highest peaks on each continent. His drive took him around the world and in the best shape of his life. Another man, a retired engineer, was compelled to build a business which made it easier to purify water for drinking, and then made it available to people who needed it.

Often, these drives seem to be way out of the box and not ordinary. Sometimes they seem very risky. Sometimes they seem boring and not so exciting. That does not matter. What matters is

Solid Man® Integrity Group

finding the thing that moves you to action and to making a difference in the world. Asking these questions is the way that you gather good information from this great Internal Resource.

What are some things that might be or have been your purpose?

Motivation

Motivation is a big part of our soul. It is our drive and our initiative. It comes out of our wants and desire. We can be motivated by so much; fear, wants, hopes, obstacles, dreams, visions, core responsibilities, so much. Our priorities are developed from all these parts of us. Pay attention to what drives you and what pushes you to go, want or pursue anything. Priorities are the things we value and have set ahead of things we don't as much. Our priorities will guide us in decision making and when we choose between different things we want. Have your priorities set in advance, so you can choose from what you want.

Character

Your character is the deep part of your being. It is the qualities that define who you are in your morality, discipline and mental capabilities. Your character rests in your moral compass, self-discipline, your values, and what affects your conscience. We will talk more about that shortly. Your character is developed in your personal boundaries, your actions and ability to use your voice to speak your truth.

Your character is one of the most powerful parts of you when the chips are down, when the shit hits the fan what will you do? A man with moral character already has things implanted within him with immovable character that will guide through difficult or sticky situations. If an opportunity to do something under the radar comes up (sex with a willing woman, a shady deal, etc.) will your character be solid, or will it crumble? What is your character made of?

Integrity

Earlier you learned that your integrity is having a strong structure, wholeness and integration of your whole being. Integrity is also about values and what you believe is right and good (your moral compass or your conscience). We all have a moral compass, something which guides us to knowledge of right and wrong. The question here is whether your moral compass is internally or externally developed. We all start our lives believing what our parents or peers believe.

👉 Develop your own internal moral compass

Where have you developed your thoughts about what good character is or what you believe? How have you developed good values or developed spiritual connections or if that is even important? Where is the foundation of your internal moral compass?

Solid Man® Integrity Group

Since we developed our initial beliefs about our values from our parents or reactions to our parents, they really are not our values. We may think we developed them ourselves, but for the most part we took on what we thought was right just to fit in and look right. Some values are yours, but most are from others.

☞ Remember to Check In.

Challenge whether your values and beliefs are external and passed on to you from others. Question those deeply entrenched ideas to see if they are truly yours. Your values influence your choices, so to be internally referenced in our choices in life it is essential to choose your values. This is how this internal resource thing is done.

Your values will be found from internal experiences and how things seem to resonate with your heart. You may at times have experienced a significant level of anger or intensity with injustice that happened to you or someone else. You knew things were just not right with a situation.

This is your integrity rising up, speaking to you that something must be said or done to change things. It is at this time that presence and voice is coming alive in you. This is where you'll find the heart of what you value.

☞ Your values drive your decisions.

Many men are frozen, passive and silent. Their value of self-protection is stronger than the value of influencing the world for good. You've probably heard the quote, "The surest way for evil to prevail is for good men to do nothing." Masculinity has been designed to be that force for good in our world and it is your core of integrity that will guide you.

Fear must not silence you or keep you frozen. You must prepare yourself for uncomfortable moments. So, when the time comes you can face your fears and move and speak with courage.

Often, we think there are only two options when we are moved to confront or challenge a situation, either withdraw to silence or aggressively challenge. Usually all it takes in a situation is two things, speaking up and being there. You don't have to challenge someone to a fight or throw someone out of the room. It starts by simply having the nerve to stand up and say, "This is not right" or "Does anyone else think this is not ok?".

Whether it is taking care of yourself or speaking up for someone else, it is highly important to follow your gut and be present in the moment with whatever it says to do or say. The world needs good men who stand when the time comes. Speak up in all situations that seem unjust, big ones and small ones.

☞ Presence and voice are powerful parts of your integrity.

Solid Man® Integrity Group

Your integrity and conscience will guide you well as you develop your strong values and moral compass. Listening to your compass will become so easy to you that you won't even have to think. You will know what is right at any given time or circumstance.

Your integrity is the solid, immovable force behind your own inner authority. It is what gives your life the form and structure you need to move and develop the life you want. From your integrity you will make wise decisions that will define the direction of your life.

In what ways have you been moved to action or remained frozen when your internals were guiding you to move or speak to a situation?

How can your Integrity become a significant source of wise decisions?

Mind – “That Which Notices”

The Mind is that aspect of a man that considers, notices and reflects. It gives him the ability to think and dream. It is his ability to be mindful, conscious and aware. I said earlier that the Mind works best as the interpreter of what is going on. It notices what all your internal resources are saying and put together a great game plan. The Mind does not work well on its own. If it is ruminating on its own, trying to figure it out without consultation with intuitive, emotion, or moral compass it will go awry quickly. The Mind is not the boss, just a great servant.

The parts of your Internal Information Gathering System that have to do with the Mind are Intelligence, Imagination, Interpretation, Memory and Consciousness. All of these aspects of the Mind combine to create Mindfulness or Awareness in your life.

Intelligence; Logic, Pre-Frontal Cortex, Understanding

Imagination; Creativity, Worry, Ideas, Vision, Goals

Interpretation; Narrative or the story I am telling myself, World-view, Beliefs,

Memory; Anxiety, Triggers, Your History,

Consciousness; Attention, Focus, Awareness, Time Presence (Past-Present-Future), Awareness of Environment and Surrounding Contexts (Safety, Danger, Systems, Culture), Sub-conscious

Solid Man® Integrity Group**Intelligence**

Our intelligence is brilliant. Problems arise when we give our thinking processes the top position. When our common sense is coupled with our senses of Logic and Understanding, within the full arsenal of our internal resources we will become stronger and more powerful than we ever imagined.

Intelligence is acquiring and applying knowledge toward wisdom. The idea of building your intelligence is at the center of everything I am talking about with gathering all the information from all your internal resources. This builds your intelligence and gaining all this information builds your ability to live with strength.

We have an amazing Pre-Frontal Cortex that can be aware and awake. This is the part of us that is mindful. Mindfulness builds our intelligence. Mindfulness is what helps us to gather all our information. True education is what gives us the skills to be able to listen to, gather and then apply all the information that internal resources are providing. Most education is dropping information into your head rather than build your internal abilities to learn from all resources, especially your Internal Resources.

Imagination

Imagination is another beautiful part of our mind. Imagination is the beginning of Creativity. Anything that has been created first was imagined. Michelangelo's David was first imagined in the stone. Middle Earth was first imagined by Tolkein. Imagination sometimes is ridiculed as spacing out or lack of focus. Sure, I may not be focusing on what a teacher wants me to focus on, but my good mind is going where it wants to go, into my imagination.

As well as creating, imagination also has the ability to worry about the worst-case scenario that is possible. As our fears are exposed in our worry, this gives us significant information as well. This is true of our hopes as well. We must be aware of whatever it is, and gather that good information about fears, hopes or obstacles.

Imagination also gives me information about vision or dreams. Any entrepreneur must imagine the goals that must be accomplished to build a business that does not exist. You must see it in your imagination with vision, so you can make it happen. Curiosity is another part of our imagination. Curiosity is wondering what is going on or what is happening. Curiosity is the root of science and gathering good information.

Interpretation

Interpretation is how we explain meanings of things. It has been called "The story I am telling myself." This story is important to see and identify. Knowing how we interpret things is essential to be able to gain clarity and not get hung up on false narratives or assessments of what is going on.

Solid Man® Integrity Group

Interpretation is the Narrative or World-view of how I see or explain the world around me. It is how we develop our Beliefs. Attention to how you create the narratives in your life is essential to doing this internally referenced stuff well. It is worth your while to identify your own pre-conceived ideas about life and let yourself question those, the world is rarely just as you perceive.

👉 **Question everything.**

Memory

Your memory is also resting in your mind. Your personal history is an account of your life, experiences, wounds, victories and accomplishments. All your anxieties, fears, triggers, and worries come out of what you remember about your life experiences. Your memory also holds your very positive experiences. Your memory is another strong part the internal resources of your mind.

Consciousness

Whether you call it mindfulness, attention, focus, awareness or consciousness it is all the same thing. It is just being aware of your internal processes and your surroundings. It is actively gaining awareness of time, presence, of environment and surrounding contexts. It is gaining knowledge of safety, danger, of systems around you and how your culture shapes things. Consciousness is another powerful aspect of our mind. Remember all the great parts of your mind.

👉 **Remember to Check In.**

Strength – “That Which Has Power”

Strength is that aspect of a man that is his power or ability to get things done. It is his influence, legacy and presence. In this category Strength is seen as an over-arching concept which includes any part of a man that has power, influence and capability. As you become more competent you're your life you will move into mastery and mastery will result in Strength. Often, we think of a man's strength with his body or muscles, but there is so much more.

Authority; Mastery, Skill, Competence, Command

Influence; Voice, Presence, Leadership, Collaboration,

Body; Instinctive, Senses, Nerves, Muscles, Physical Well-being, Amygdala (Fight-Freeze-Flee)

Sexuality, Sexual Energy, Sex Drive, Relational Connection, Intimacy, Vulnerability, Reproduction

Energy; Pace, Capability, Skill, Power, Masculinity, Confidence

Frame; Posture, Physical Presence, Courage, Masculinity

Solid Man® Integrity Group**Authority**

Externally referenced men follow someone else's authority. Rather than following their own self control and decision making, they submit themselves under another person's leadership and influence. Authority as an Internal Resource is essentially asking yourself, "What do I want?"

It is just having a sense of what you want and leading your own life in the direction you want it to go. It is trusting yourself that you have some good ideas about what some great things would be to do. This is under the heading of Strength since taking control of his own life and developing his abilities moves a man through these stages; Skill, Competence, Mastery, Creating and then Command.

As you grow in competence you will move toward power and eventually you will take "command" of whatever you are doing. You will become an influencer, rather than the influenced. You will become the leader rather than the follower. You will become a master of your life rather than just a student. All this by listening to your Internal Resources.

Body

Many people view the body with disdain, as less important or even bad. The body is very important to your internal process. It is not a lesser part of you. Since the body is a vital part of your system, it is important to nurture your body with good nutrition, sleep, exercise, healthcare and affection. It is a brilliant part of your internal system with so much to offer.

The body is not just some container like Tupperware™ holding all your being together. It is a brilliant part of your internal system with so much to offer. The body gives you amazing vital information in real time that guides you well. You have probably experienced things like tingling on the back of your neck, cottonmouth, or butterflies before giving a speech. This is the type of information the body throws out there to remind you to stop for a moment to breathe. We have lost the fine art of listening to our body.

☞ The body is a rich wellspring of internal information.

Our sexual energy, posture, chemistry, tension, reactions, muscle memory or "fight/flight mechanism" all teach us who we are and what is happening around us. Physical signals like muscle tightness, headaches, sweaty palms, breathing changes, heart rate, or tingling, is your body telling you about your state of being and what you may need to do in order to thrive. What is this anxiety I feel? Why are my shoulders slumping? Wow, my breathing is shallow, what's that?

Your body runs on an instinctive level. The instinctive is not about intuitively knowing something; instinctive is about knowing how to do something. It's like a Border collie that herds kids around the yard even though it's never been around sheep.

Solid Man® Integrity Group

Animals move in such a way that you know there is something guiding them on a physical or DNA level. They don't have to stop and think about what is acceptable or right, they just do what they were designed to do. The same is true for us, when we think too much, we often miss our opportunity.

The instinctive guides in the development of essential aspects of life like self-care, sexuality, protecting, and providing. Your body is full of Wisdom, learn how to listen to it. Our muscles, nerves, organs, senses, all of our body parts and chemistry come together to notify us of some of the most important information for living well. Our physical well-being is a primary tool for full living.

It is like a well-timed joke with a group of friends. Good humor just shows up randomly in conversations. If you filter it by asking yourself if it will be funny or how well it will be received, you'll miss the chance and it will fall flat. But if you let it out there with your internal timing, it could be very funny.

There are things we know how to do, even if we have never done it. Our bodies have a way of guiding us if we let it. The instinctive guides in the development of essential aspects of life like self-care, sexuality, protecting, and providing.

 **Your body is full of Wisdom, learn how to listen to it.**

Athletics is actually just the harnessing of the instinctive for a fun, competitive experience. Even though the instinctive is not designed to run the show, it is a significant source of information. Following your instincts adds some very fun and playful opportunities in life.

In order to live full, free lives we will need to discover the depth of our physical being and listen for the cues the body is constantly sending out.

How could you hear the instinctive information your body gives you?

How has your body spoken to you and how could you start to listen more fully to your body?

Energy

Your energy is another important part of your physical being. Energy is that part of us that has power to get things done. Sometimes you are exhausted or sometimes you are ready to get going. This is your energy level. It is important to pay attention to this so you can care for yourself by getting rest or food. Listening to your body is essential in order to thrive.

Solid Man® Integrity Group

Your energy often is represented as emotional energy. Somehow it physically rises up in us or shows up in unique ways for each person. Your emotional energy always is connected to your body. When you become proficient at listening to your body, you will become a master of your emotions. Our energy is represented by our pace of life and the timing of how we move. Some of us drive and do. Some of us have a relaxed mode.

We may have margins of space or we may run a tight methodology. Our internal capabilities, skills and abilities is another way our physical body energy is expressed in life. Knowing our inherent abilities and skill-set is prime evidence of our internal power and leadership expression. Confidence is our ability to be self-assured in your internal value, competence and being.

Sexuality

Our sexuality is another beautiful part of our physical being. Awareness of sexual cues like arousal, interest, or desire is important so you can follow the guidance of your physical being to what you want in life. It is part of our Strength since it encompasses so many different parts of our being; body, desire, love, procreation, and spirit. Sexuality has historically been a point of contention for many people as though it is wild and out of control.

It is true that people without much integrity or self-control experience much folly in this area of life, but that does not mean that our sexuality is to be avoided or seen as sinful. Many traditions focus on restraining sexuality and since Sexuality is a very valuable part of you that is usually relegated to the basement, it cannot be put down there, it is a prime aspect of your body. Releasing sexuality does not mean to just let it rip without consideration of Wisdom or without your moral compass; it is allowing it a position at the table with the rest of your internal resources.

Our sex drive is powerful as a part of our Strength. Yes, it needs to be under the influence of Wisdom, but it needs to be set free at times as well. Sexuality is one of your most valuable asset.

☞ Sexuality is the Great Connector.

Sexuality guides people into human connection and intimacy like nothing else. Sex is the great connector. Since connection and closeness is a primary human need, sexuality provides that beautifully. Sexuality creates connection and is life-giving in many ways.

Our sexuality is a place of vulnerability where we can truly allow ourselves to be seen. Being naked with someone else opens us up to the most profound vulnerable experiences of life. Yes, we may be physically seen, but our sexuality allows our full self to be revealed. Often this feels very awkward and clumsy, but it is the path to intimacy. It is one of the greatest avenues of legacy in our lives as well. Sex is very much about procreation and continuing the species.

Solid Man® Integrity Group

Our children are a significant way we can leave our mark on the world. To fully embrace ourselves, we must embrace our sexuality. In order to live full, free lives we will need to discover the depth of our physical being and listen for the cues the body is constantly sending out.

Sexuality can be a difficult aspect of life for many people with abusive or difficult experiences. There are many people who experience sexual struggles often characterized as “Sex Addiction”. Sexuality is often a place where shame thrives. This is all true, but it in no way diminishes the value and depth that our sexuality has been designed to bring to our lives.

☞ **To fully embrace ourselves, we must embrace our sexuality.**

For many men, sexuality is a significant place of shame. Because of this, some men pray diligently that God would take it away from them. It is as though sexuality is some kind of parasite that sucks your life away and keeps you locked into sinful behavior. This belief is tough to beat, but as you begin to embrace your sexuality, you will begin to experience the greatness for which it was intended.

Presence

Presence is about you being here, now. Presence is being awake, aware and conscious of your surroundings and of your internal workings. Presence is influence and creativity, leading your life and making a difference in your present environment. Presence is relational connection and purposeful interaction with others in real time.

It may sound odd that I am including this concept as an internal resource of the heart. Think of presence as something that you own, as in “My Presence”. Think of it as something that is part of your life. You carry your Presence with you. People notice your Presence when you enter into a room. Up to this point your Presence may not have had a huge impact on the room, but the more you are aware of your Presence, the more it will build influence.

Often men will live life like a chess game, thinking three or more moves ahead. While this works for chess, it keeps you out of the game in real life. Maintaining Presence requires staying in the moment with whatever your internal resources are giving you. This will take practice, but the more you do stay with yourself, the better you’ll get at listening to your internal voice.

☞ ***Remember to check in with yourself, often.***

Presence has to do with time and space. Presence requires that you are aware of the “present” and are in the “now”. If you are lost in worry or anxiety of the future or holding regret, shame or resentment from the past, you will not be present. Your head will be in the sand. When this happens, you will go into “auto pilot” and not be conscious of what is happening inside you, let alone outside of you.

Solid Man® Integrity Group

Men sometimes will get locked into a pattern of compartmentalizing where they will be in the zone only focused on one thing. Often this results in disregarding important parts of life.

When I experience true presence in my own life, I begin to actually drive my own life. I am the one who determines the pace and balance through my own inner authority. I am able to influence my life through creating the life that works great for me.

☞ **I make things happen because I am here.**

Just because Presence is not tangible, or concrete does not mean it is not rich with vital information for living fully. The feedback you receive from present interactions is what you're looking for from this prime internal resource.

Presence is about influence; the ability to make changes to your environment or in the lives of other people. Influence exists only when you are present. It is setting your own personal pace and creating the life you want. Presence is leading your own life and making what you desire happen. Most women long for a man who is present.

☞ **Presence is the interface between you, here and now.**

Presence is intention. Intention is the posture of leadership. Leadership is an intentional posture of knowing what you want and then making that happen. Intention is action which is developed from the core of what a man wants to accomplish as he influences and creates the life he wants. Intention is choice, power and action.

Presence is confidence or being wherever you are with your full self. Confidence is trust and reliance in your own power and abilities. Confidence allows you to be fully engaged with people and whatever your surroundings bring. When you know that you have what it takes to handle just about any situation that comes your way, you can engage the present with confidence.

Many men have a horrible habit of withdrawing or disengaging from present moments, especially when things get tense or difficult. You must fight this urge. To be alive and engaged you must stay present in every moment, difficult or not.

To develop confidence, you will need to listen and embrace all the information that comes your way as you interact with present circumstances. Grow in your awareness of the present and gain insight from every present moment.

Presence is expressed in your posture. This will be a significant way for you to recognize and observe how you are engaging with your world. Notice when you are confident in your posture. See when you are closed or when you are engaged. Notice how your physical posture reflects your presence and engagement with your surroundings. Your Presence is a powerful part of your being.

What could you do to live more in the "Now"?

Solid Man® Integrity Group**Influence**

While our Presence is a huge part of our power as a man, it is only part of our Influence. Our Influence is how our power is expressed in our world. As with any internal resource it is important to build awareness of how this internal aspect of your being exists within you and interacts with the world around you.

Your influence is expressed in your abilities and skills, in your physical presence, in your confident presence, and in how you create spaces of safety and collaboration. Leadership is the ability to influence. Leadership is a huge way that your influence plays itself out in the world. Your Voice is one of the most powerful influencers in your internal resource repertoire. The most powerful part of a man is his Voice. And as we age it is important to understand the transition of masculine power from muscular presence to Voice.

You must prepare yourself for uncomfortable moments. So, when the time comes you can face your fears and move and speak with courage. Usually all it takes in a situation is two things, speaking up and being there. Whether it is taking care of yourself or speaking up for someone else, it is highly important to follow your gut and be present in the moment with whatever it says to do or say. The world needs good men who speak up.

How could you increase the influence you have in your own life?

Frame

Like Integrity, Frame is having a strong structure, wholeness and integration of your whole being. Frame is that sense that you have a solid core in your beliefs, identity and character. It is the thing that holds fast in relationship in tension or conflict. Integrity is also about values and what you believe is right and good (your moral compass or your conscience).

We all have a moral compass, something which guides us to knowledge of right and wrong. The question here is whether your moral compass is internally or externally developed. Your integrity and conscience will guide you well as you develop your strong values and moral compass.

Listening to your compass will become so easy to you that you won't even have to think. You will know what is right at any given time or circumstance. Your integrity is the solid, immovable force behind your own inner authority. It is what gives your life the form and structure you need to move and develop the life you want. From your integrity you will make strong, wise decisions that will define the direction of your life.

Internal Frame is a powerful part of a man. It is where his strength is derived. We've talked about all the parts that create Strength, bringing them all together in a beautiful machine is what Frame is. It is all the parts creating a structure of strength and influence.

Solid Man® Integrity Group

As you will learn in Pillar Four, Solid Frame is one of the Foundational principles of Masculinity, it is what is part of our definition as a man. Bring all your avenues of Strength together in all its glory!

In what ways does your Frame crumble or tilt? How could you build it stronger?

External Law / Responsibilities - “That Which is Chosen”

This section refers to any external category that you have chosen to become an internal reality. It is something that you have taken as a truth, a personal discipline, restraint or just general wisdom that you believe that will guide you toward wise living. These could be the laws of nature or the land. They could be choices to be a father or a student. They could be matters of faith and who I will choose to follow in life. These are also categories you may not have chosen but are now part of your life like health issues, relational problems, or Family of Origin.

These laws and responsibilities are part of our Internal Resources in that they are aspects of life either chosen or given which must be accepted for what they are and then taken into account as we pursue wisdom and wise action. These external things which have been made internal are our link to the external world. We are not totally an island and so therefore we must consider all the ways we are linked to the world and the choices we have in that interaction.

Laws

Natural Law is the first category of laws that we live under. These are things that like time, gravity or weather. This also includes the fact that we have restraints of distance where we need to take time to walk, drive or fly places. It is our physical health as we can only do so much as our bodies are limited. Not that we choose that these laws exist, but we must choose to place ourselves under them. The choice comes as we choose not to experience natural consequences by jumping off a cliff or driving into an abutment.

Moral Law is also a choice we make since there are consequences here as well. These ideas are what forms our sense of right and wrong, of what is just, what is wise and what makes sense. It is our values that we have chosen to make our own. It is what rules or codes we have chosen to live by. We all have these, what is important is that we consciously choose them.

Civil Law are the restrictions that the local, state or federal government has placed upon the people of its jurisdiction. These are the traffic Laws, domestic laws, contracts, limits in behavior (violence, aggression, abuse, etc.), money, taxes and thing like that. Here it is our choice to vote for certain people, try to make changes in the laws or to move to a new place that better fits us. This choice is like the fact that every time a new President is voted in, people threaten to move to Canada.

Religious Law are very specific laws that we chose to follow because of our belief system. There are tons of faiths and denominations one may place themselves under. All these could include things

Solid Man® Integrity Group

like following the 10 commandments, experiencing different traditions or behaviors like fasting, prayer, tithing, service attendance, community service, feasts or wearing certain items of clothing. These we have taken in as an Internal Resource to guide us toward wise living or lifestyle we seek.

Responsibilities

Marriage is a significant responsibilities people choose. It is making a covenant with one woman. It requires negotiating needs/wants, conflicts, and well-being. When you choose to be married your life changes because you now have a completely new set of internal boundaries and priorities you did not have as a single person. You have chosen to be responsible for another person.

One of the responsibilities we choose is family. Family includes taking care of kids, not getting enough sleep, and making sure everyone's health is ok. It is ensuring all are being educated from pre-school to college. It is choosing that your resources are going to domestic upkeep, protection and providing. Along with sleep deprivation, you are choosing time limitations, money limitations and energy limitations. But you are also choosing one of the most fulfilling endeavors a human can choose. It is a choice, and it becomes a powerful Internal Resource.

Another responsibility we choose is work. We choose how much we work, our commitment to a certain company, to submit to a certain boss, or to be self-employed. We choose where and when to build or abilities and competencies in this field or that. We choose the jobs that have the perks we want, whether vacation or sick days, bonuses or salaries, insurance or retirement plans, we choose what we want and this choice also dictates our choices in life.

We choose the restriction that school brings us. The classwork, class time, submission to teacher's whims, submission to school's requirements are all things we choose when we choose to become more educated or pursue certifications or a new career. During these seasons of life, we place ourselves in situations that we must consider as we choose and choices like this have strong implications as we listen to our Internal Resources.

We also have various limitations we may not have chosen, but we must accept as realities as we learn to choose and live. Things like physical needs (food, air, water, etc.), physical problems (hearing/sight loss, IBS, arthritis, etc.), mental health (any diagnosis like OCD, Bipolar, etc.), intelligence, wealth, ugliness, weight, upbringing, racism are all possible limitations in our lives that affect how we choose and move.

Other possibilities in this category are when we choose certain disciplines or restraints like eating well, exercising, any moratorium we might choose to overcome an addiction or spiritual disciplines. We may listen to wise people or mentors who will give us good insight to living. Listening to these wise people will help gain understanding about life through podcasts, books or coaching. Regardless how we do it, these are all things we choose to become internal realities to guide us toward Wisdom.

Solid Man® Integrity Group**Dark Side - “That Which is Hidden”**

The Dark Side is the conglomeration of all those aspects of your life that don't seem to be ok and not the best parts of you. It's the darkness or aspects of you that can be mean, ugly or just plain wrong. It's those bad decisions that come from a place in you that is afraid or controlling. It's what comes out when you are self-protective, forgetful or living in scarcity.

These are what you do when you are uncertain with fear. It is your history of wounds, trauma and the pain you have experienced. The Dark Side is the things you are or have been addicted to or what is commonly called your “Drug of Choice”, which could be anything. It is the mistakes and embarrassments you have had in your life.

This Dark Side stuff is the shame you have held and all secrets you hold. They are limitations that you refuse to acknowledge. It is your Shadow Self and how it shows up. It is the Void with all its emptiness and possibility of death.

We need to be able to address these parts of us as real and part of the process of listening to your Internal Resources. Especially because we know these things are all floating around down inside us beneath the surface. If we disregard them, we will miss some really good information, even if it is tough to observe these things inside of you.

Denying that anything dark is there or resisting the thing usually just hides it and then it has a way of creeping in somewhere with negative influence. To include it in your pursuit of Wisdom, just call it out, name it and let it be part of the decision process.

For instance, it would be recognizing that there is something inside of you that wants to have sex with a hot co-worker or to steer into oncoming traffic or to scream at a referee at your kid's t-ball game or that you feel really insecure about your job. Just noticing and owning the fact that something is there is a huge part of the battle; observe it and call it out.

So, when you allow any of the Dark Side stuff into the decision-making funnel, it is not so that it has a huge influence, but to allow yourself to see it, challenge it and then make the wisest decision. You may want to have sex with the co-worker, but you know what wisdom would say, “All desires are not meant to be fulfilled.” Just recognize that it is part of you and make wise choices.

Here is a list of possible Dark Side categories.

Difficult Story Themes; Wounds, Trauma, Abuse, Losses/Grief, Lost Dreams, Abandonment, Alienation, Rejections, Unfulfilled Quests, Humiliations, Hard knocks, Counterfeits/Addictions, Lies I have Believed, Mistakes, Regrets, Foolishness, Failures, Near Misses, Consequences, Penalties, Unexamined Stuff, Hidden Secrets, Forgetting who you are, Uncertainty; Fears, Anxiety, Insecurities, Taboos, Shame, Distortions, Meaninglessness, Boredom, Self-Doubt, Doubts, Questions, Ambiguity, Confusion, Unanswered Questions, Chaos; Mystery, The Unknown, Out of

Solid Man® Integrity Group

Control, Desire to Control or Manage, Attachment to Outcome, Panic, No Boundaries, Discomfort, Exposure to Fear, Things that really Stretch me, Limitations; Disabilities, Challenges, Weaknesses, Enemies, Disease, Privilege, Prejudices, Restrictions, Mental Illness, Chemical Imbalances, Family of Origin Crap, Inner “Demons”; Shadow Self, Violence, Abusive Tendencies, Monstrous Capabilities, Evil Thoughts, Immoral Ideas/Desires, Lusts, Ruminating Thoughts, Compulsivity, Impulsivity, Neediness, Need for Validation, Reactivity, Feeling like a Fraud, Fantasies, Void; Emptiness, Death, Desert, Wilderness, Dark Night of the Soul, Obstacles, Excuses are just a few things that could be included in the Dark Side for consideration.

The Decision-Making Funnel

The final step with internal processes is to funnel all your good internal information to make good, wise decisions. Intentional decisions come from your Wisdom as your mind processes your Internal Resources to determine the best action for the best outcome.

To live an integrated and intentional life you must choose everything; what you do, what you eat, what you say, everything. You create the life you want, by choice. Choose what you do, where you set your personal boundaries, what to believe in, how you want your life to go, the works. You have the power to create the life you want, and your choices make that life happen.

☞ You always have a choice with everything.

Externally referenced men have a difficult time with choice. The word “decide” explains some of this angst. I am not sure where he heard this, but my friend Danny Ballard pointed out to me that “Decide” ends with “-cide” the same as suicide or genocide. When you de-cide something dies. All the other options die.

When I decide to choose one woman, my options with other women die. I choose one career path and for now other career options die.

☞ Life is uncertain, therefore deciding requires courage.

Masculinity, by definition; moves, chooses and leads. Masculinity is action and intent. The masculine decides to do and say the right thing. A man chooses and lives with his decisions with strength and honor. An internally referenced man moves and chooses from his deep internal realities with wisdom.

Our goal is to be integrated where all our internal resources are working together to guide us into wisdom. But often life will bring times of confusion and uncertainty. Sometimes we will experience a “Shame Grenade” which dis-integrates and blows all our resources away so we cannot hear them.

Solid Man® Integrity Group

You know the feeling when you are giving a speech and you stumble with your words or something happens; you get cottonmouth, you stammer and entirely forget what you were going to say, that's dis-integration. You no longer have access to anything, and you lock up. When this happens, you must just gather your resources back. Just take a breath, ask for a drink, take a timeout and then check-in and remember, "I've got this."

Choosing answers the questions, "Where am I going?" or "What do I want to accomplish?" "What is the best thing to do or say right now?" A man does life on purpose. Most of us have lost connection with our ability to choose and lead, because we have lost touch with what we want. We are more concerned with pleasing others; what does my boss want, what would make my wife happy or what is expected of me?

☞ **You are responsible for your sense of well-being.**

During the decision-making process it is especially important to be aware of the Shadow Self. The Shadow Self will try to hi-jack your decisions. You will end up making decisions out of fear or confusion. Take your time, build awareness and attend to whatever it is you are afraid of or confused about. The more you recognize the Shadow Self, the less it will interfere.

☞ **There are always two options: do the right thing or say the right thing.**

The two most powerful parts of a man come from these two moves; Presence and Voice. When we are externally referenced, we have no choice. We have no will. We have no intent. Procrastination takes over and we lose our personal power. Being a powerful man requires being present and speaking clearly.

Choosing requires that I know what I want. Externally referenced people don't even ask themselves, "What do I want?" To live from the inside-out you must know what you want. When you begin to choose you will finally be able to lead your own life in freedom.

☞ **Listen to your Internal Resources and you will find Wisdom.**

Freedom is the "End Game" with the Solid Man Process and the ultimate goal of the internally referenced life. As a masculine virtue, freedom is essential in the life of every man. Freedom is the ability to act freely, doing and living as you want, without undue restraints or restrictions. Freedom is creating the life you want, leading your own life and expanding into multiple arenas of presence.

Choosing is the expression of freedom and will keep you on the road of the internally referenced life. Every choice comes from an internal process of asking yourself what you want or what is right. It requires awareness and consciousness of what is happening in your internal world. It requires that you are in touch with your identity, emotions, desires, well-being and interaction with your environment.

☞ **You always have a choice.**

Solid Man® Integrity Group** Choice Directive –**

Listen and gather wisdom from your core resources, then choose your best course of action with wisdom and courage.

How have you been reluctant to make decisions?

What would help you have more courage to choose?

How could you become more responsible for choosing your own sense of well-being?

What is your plan to become proficient at mastering the art of living from the inside-out?

List five things you could do today to begin living inside-out?

CONCLUSION

In Part One we identified the source of the problems that men face today as an externally referenced life. The externally referenced life exists when a man's identity and worthiness are defined by external categories and when he is driven or motivated by what would make others happy, what others want and what people expect from him.

The Solid Man Process is here to reclaim that presence for you and all other men. This process begins with the solution of shifting the reference of your life from external to internal.

Part One identified the ways men are externally referenced. Part Two showed the pathway to becoming internally referenced, to awaken your deep internal life by listening to your internal resources.

Awakening your internal life is the pathway into personal freedom. Freedom is developed as a man moves from being enslaved to the expectations of others to living from a life of listening to and moving from his internal core.

The internally referenced life exists when a person is defined and driven from the internal resources that exist within that person's being or core. The definition (value, worthiness and acceptance) of the person comes from the truth about who he is as an individual with precise characteristics and personality.

Dignity and value exist for every person and worthiness exists inherently in every man. The drivers or motivation comes from the good internal resources that are designed to guide and lead as a man moves through life.

Internals guide a man well as he creates good, wise choices in life. This is what wisdom is all about, making good choices so everyone can thrive. Wisdom is seeking the best possible outcome in life. A man's Internal Resources guide him to those good choices.

All the components of a man's heart are there for him to listen to and to follow in real time presence.

 **Your internal resources will always guide you well.**

Now, go master the art of living from the inside-out.

Solid Man® Integrity Group**Overview of Concepts****Outcomes and Goals**

Primary Outcomes – Wisdom (Optimum Judgment for Optimum Action), Freedom (Unapologetically being who I am and moving with intention) and Mastery (being good at being a man)

Secondary Outcomes – Healthy Relationships, Valuable Experiences, Safe Environment, Expansive Lifestyle, Influential Leadership, Creating the life you want, Increased Personal Power, Solidness, Masculine Presence, Life Purpose, Life Balance, Full Integration of Self, Confidence

Primary Process Goal – Integration; All of your internal resources working together as one solid unit to provide you with the best information you can receive at any given time.

Primary Process Obstacle – Shame Grenade or Dis-Integration, Perpetual State of Dis-Integration; Where all of your internal resources are blown to bits and you are lost in a mass of confusion and chaos. Either in a perpetual state of disintegration or a short period in which you consciously gather them back one, by one.

Part Two Practices:

- 1) **Remembering:** Remember that you have what it takes, you are more than enough. Remember that you are not broken, and you can live in freedom.
- 2) **Check-In:** Notice what is going on in your world, both external and internal. Check in with yourself, often. Stay awake and conscious.
- 3) **Seek Wisdom:** In everything that you do take time to gather wisdom in your life so you can determine the most optimum path in your life. Seek wisdom in everything that you do.
- 4) **Open Heart:** Live with an open heart as much as possible. Listen to your internal resources as much as you can and allow them to guide your interactions and decisions.

Remember the Directives

Shadow Self Directive – Stay conscious and aware of how the Shadow Self comes alive in your life. When it raises its ugly head, notice it and then regroup.

Wisdom Directive – Seek the optimum action for every decision in your life.

Mind Directive – Use your mind to gather information and to discern your optimum action.

Core Directive – Always live with a conscious, open heart from your core, by listening to all of your Internal Resources.

Choice Directive – First listen and gather wisdom from your core resources, then choose your best course of action with wisdom and courage.



All Your Internal Resources

Heart – That Which Moves

Intuitive; Gut, Humor, Instinctive, 6th sense, “Blink”
 Passion; Emotions, Desire, Wants, Well-being, Love, Compassion, Empathy, Sacrifice
 Spirit; Faith, Beliefs, Worship, Connection w/the Divine or Source, Transcendence
 Humor; Laughter, Fun, Enjoyment, Gratitude

Soul – That Which Doesn't Move

Identity; Personality, Personal Value or Worthiness, Confidence, Masculinity
 Intention/Volition; Will, Choice, Common Sense, Discernment, Decision Making
 Purpose; Calling, Interests, Pursuits, Vocation
 Motivation; Drive, Priorities, Initiative,
 Character; Moral Compass, Discipline, Values, Conscience, Boundaries
 Integrity; Integration, Wholeness, Internal Structure

Mind – That Which Notices

Intelligence; Logic, Pre-Frontal Cortex, Understanding
 Imagination; Creativity, Worry, Ideas, Vision, Goals
 Interpretation; Narrative or the story I am telling myself, World-view, Beliefs,
 Memory; Anxiety, Triggers, Your History,
 Consciousness; Attention, Focus, Awareness, Time Presence (Past-Present-Future), Awareness of
 Environment and Surrounding Contexts (Safety, Danger, Systems, Culture), Sub-conscious

Solid Man® Integrity Group**Strength – That Which has Power**

Authority; Mastery, Skill, Competence, Command
Influence; Voice, Presence, Leadership, Collaboration,
Body; Instinctive, Senses, Nerves, Muscles, Physical Well-being, Amygdala (Fight-Freeze-Flee)
Sexuality, Sexual Energy, Sex Drive, Relational Connection, Intimacy, Vulnerability, Reproduction
Energy; Pace, Capability, Skill, Power, Masculinity, Confidence
Frame; Posture, Physical Presence, Courage, Masculinity

Laws/Responsibilities – That Which is Chosen

Laws; Natural, Moral, Civil, Religious
Responsibilities; Family, Marriage, Work, School, Limitations

Dark Side – That Which is Hidden

Secrets, Uncertainty, Fears and Self-Protection, Difficult Experiences, Wounds/Traumas,
Addictions, Mistakes, Limitations, Shadow Self, The Void

Group Presentation Questions; The Solution

Wisdom is simply Optimum Judgment for Optimum Action; how can you begin to implement the intentional pursuit of wisdom in your life?

In what ways do you get stuck in your head or try to figure it out? Or how has your mind tried to be the boss in your life?

Of the categories; Heart, Soul, Mind and Strength, which is your strongest or weakest?

Of all the categories under these four, which are your favorites and which ones are difficult for you?

Of the Laws and Responsibilities, which have you chosen and how do they impact your decisions?

Solid Man® Integrity Group

Of the Dark Side categories, which ones hold the most weight in your life? Which ones have you hidden too much?

How have you been reluctant to make decisions? What would help you have courage to choose?

What internal areas in your life could you become more proficient in?

When do you most commonly feel dis-integrated, when the shame grenade hits and it all falls apart?

Share your most profound insights from this lesson.

Share four intentional changes you could make to move toward being more internally directed.

Books and Resources

Waking the Dead by John Eldredge. In this book Eldredge gives a strong argument from a Christian perspective that your heart is good.