

The Voice; The Most Powerful Part of a Man

1) What is the Voice?

- a. The Spoken Word
- b. Definition; **1a**: sound produced by vertebrates by means of lungs, larynx, or syrinx *especially* : sound so produced by human beings
b(1): musical sound produced by the vocal folds and resonated by the cavities of head and throat
(2): the power or ability to produce musical tones
(3): SINGER
(4): one of the melodic parts in a vocal or instrumental composition
(5): condition of the vocal organs with respect to production of musical tones
(6): the use of the voice (as in singing or acting) *studying voice*
c: expiration of air with the vocal cords drawn close so as to vibrate audibly (as in uttering vowels and consonant sounds as \v\ or \z\)
d: the faculty of utterance *lost my voice*
2: a sound resembling or suggesting vocal utterance
3: an instrument or medium of expression *the party became the voice of the workers*
4a: wish, choice, or opinion openly or formally expressed *the voice of the people*
b: right of expression *also*: influential power

Notice that the idea of “influential power” is tucked in right at the last. This is what we will talk about.

- c. Men’s power is normally seen as expressed in his muscles or his ability to do something. This is true, our physical presence and capabilities are a significant source of our power as men. But most of us do not recognize the power we have within our voice. The Voice is a man’s most powerful aspect of his being. As a man ages, his influence (power) shifts from muscles to Voice. He becomes a Sage, giving his wisdom and blessing to the one’s he loves and those he chooses to influence.
- d. The Voice is the powerful verbal, non-verbal and/or written capability that can empower others and create healthy changes in our sphere of influence and in our world.

2) Why is it Powerful?

- a. Is a creative force.
 - i. Whether you believe the narrative of the Bible or not, it doesn’t really matter. If it is true, great. If it is a story with a metaphor, that is significant as well. The creation narrative speaks to the creative power of the voice.
 - ii. Psalm 33:6; By the word of the LORD the heavens were made, their starry host by the breath of his mouth.
 - iii. Psalm 33:9; For he spoke, and it came to be; he commanded, and it stood firm.
 - iv. Genesis 1:3; And God said, “Let there be light,” and there was light.
 - v. The voice has the power to create, to make something out of nothing. It also has the power to destroy, to make something into nothing.
 1. Blessing or Curse; Speaking into your child’s personal narrative
 2. Speaking Truth or Lies
 3. Creating connection
 4. Creating environments of safety
 5. Setting Boundaries and the Power of “No”
 6. Telling Stories
 7. Expressing Vulnerabilities
 8. Changing our World
 - a. Great Voices in History
 - i. Jesus, Apostle Paul, Abraham Lincoln, MLK, Confucius, Churchill, and dare I say Hitler who used his voice to influence negatively.
 - ii. There are hundreds; who else do you think of?

- vi. How most of us have missed having the Voice of our Father?
 1. Absence and Silence
 2. What do I still long for? Let yourself feel the sting and use that to motivate.

3) How do you “Find” your Voice?

- a. Remember that the Voice is the powerful verbal, non-verbal and/or written capability that can empower others and create healthy changes in our sphere of influence and in our world. Our Voice is a Force for Good or as I said last time, the Voice can be used for evil or just being a dick. You get to choose.
 - i. Most of us have lost our Voice or maybe we have never had a strong Voice. We will talk about how we have lost our Voice or how your Voice has been shut down /silenced next week.
 - ii. Regardless, if you lost it or never had it, you must find your Voice if you wish to express your masculine power to the greatest degree you can.
 - iii. Many of us are walking through life without our greatest superpower. We are just moping around hoping to be understood or heard. How is this true for you?
- b. How do you find something you may not have known you have? Nobody tells us we have a hidden power since the world would be happy if all men would just shut up and do your friggin job.
 - i. First you must believe you really have a Voice and that it is a powerful, influential thing.
 - ii. Second you must begin to search the depths of your heart and soul to find what...
 1. ...is truth.
 2. ...is meaningful.
 3. ...is important.
 4. ...reflects your values.
 - iii. Take what you find and translate those truths into your own “manifesto”. Here’s a definition from M/W; a written statement declaring publicly the intentions, motives, or views of its issuer or it is a statement in which someone makes his or her intentions or views easy for people to ascertain.
 1. Write down who you want to be.
 2. Write down what you want in your world. It could be anything; I want more adventure, I want my family to know they are loved, I want more sexual intimacy, I want to make more money, I want to have more fun, whatever it is hiding inside of you, write it down.
 3. Write down how you want to create change in your sphere of influence.
 4. Write down how you want to expand your sphere of influence.
 5. Write down what you believe, what you know to be truth regardless if some people disagree. Actually, you know you are getting this right when some people disagree.
 - a. You might be a flat-earther or a young-earther or that the Earth is a bazillion years old, if it is yours, run with it. Politically, you might be Democrat or Republican or Independent or completely indifferent, be that unapologetically. Who cares if someone thinks you are wearing a tin-foil hat. The key here is to be yourself, so have your opinions.
 6. Write down what you intend to do, how you want to “make it so”, to make what you imagine, a reality. Make a plan.
 - iv. Just start talking.
 1. No one will ever hear you if you remain silent.
 2. Face your fear of speaking. What is your greatest obstacle?
 3. Use any and every platform to throw your stuff out there.
 - a. Speaking opportunities
 - b. Social media

- c. Conversations
 - d. Podcasts, Blogposts, Reviews, etc.
 - e. Write; Journal, a book, letters, speeches, ideas, lists, whatever it is get it on paper (or digitally on your computer), just log your thoughts.
 - f. Argue.
- v. Practice, Practice, Practice
 - a. Use your voice to share your thoughts and feeling with your loved ones.
 - b. Practice the art of Blessing or Empowering others.
 - c. Fail, reboot, try again. Allow yourself to be clumsy and awkward with the “beginners” mind. Be humble and speak.
 - d. Remember how the great voices spoke; “I have a dream...”, “Blessed are the...”, “Fourscore and seven years ago...”. They all knew what they believed, translated those ideas into words and then spoke it into the universe. You may not have that great sphere of influence but start with what you have, your sphere will expand. For now, you have your family and friends. You have your community or church. Just start saying your words.
 - e. Make your manifesto reality. Create your World. Use Your Voice.
- c. Shut the F up! How does your voice get silenced?
 - i. Silence; Complete absence of sound. Silenced; Cause to become silent; prohibit or prevent from speaking.
 - ii. Whether it is our own Inner Critic our culture or someone specific, there are many reasons why we get silenced or shut up.
 - iii. Perception; What I believe about myself and my voice. I shut myself down.
 - 1. Impostor Syndrome
 - 2. My voice is not important
 - 3. I don’t have anything to say.
 - 4. I don’t deserve to speak.
 - 5. It won’t do any good anyway, so why even try?
 - 6. What is the truth about my perceptions?
 - iv. Risk/Danger; If I speak, what risk am I taking? Is speaking up worth it?
 - 1. If I speak there will be potential conflict or tension, I hate conflict and tension.
 - 2. I manage moods, speaking up what I need or want, may piss someone off.
 - 3. Cancel Culture, Doxxing; I could lose my job or worse.
 - 4. Somehow, “they” will make you pay if you speak up.
 - 5. What if someone pulls a gun or gets aggressive when I say something?
 - 6. What am I really scared of? I get manipulated with my fear.
 - v. Nerves; Speaking is not a pleasant experience.
 - 1. I am bad at speaking or just speaking up.
 - 2. I get cottonmouth, sweats and even the runs.
 - 3. I have choked before, so I don’t want that to happen again.
 - vi. Messages; What have I been told in my life that keeps me from speaking.
 - 1. Be nice. Don’t be offensive. Respect your elders. Children are to be seen and not heard.
 - 2. Don’t tell me what to do!
 - 3. I have been trained to not rock the boat, makes waves and to fly under the radar.
 - 4. If you can’t say anything nice, don’t say anything at all.
 - 5. Men need to stop “mansplaining”
 - 6. You are a man, you have all the power, so sit back, be quiet and let women come forward.

- vii. Gaslighting; When someone says something that makes us second guess our sanity.
 - 1. You can't do that.
 - 2. You can't say that to me.
 - 3. You don't know what you're talking about.
 - 4. That is not the way I see it.
 - 5. I feel crazy, like I cannot trust my gut or intuition
 - 6. I second guess or question myself and if what I say is really that important.
 - viii. Shame/Judgment/Labels
 - 1. What will people think?
 - 2. Who am I to be the one to speak up? Someone else needs to.
 - 3. I suck, so why would people listen?
 - 4. The "Shame Grenade" always dis-integrates me when I try to speak.
 - 5. Name Calling; Racist, Nazi, Misogynist, Rude, Pathetic, Pervert
 - ix. Marginalized, Powerless, Shunned in society.
 - 1. You may be part of a group that has no voice in our society.
 - 2. What is holding you back? How can you empower others?
- d. Empowering ourselves and others to Speak and use our good Voice.
- i. Empowering Yourself
 - 1. Becoming a powerful man requires that you want to become powerful and influential.
 - a. If you have a hesitation or question about being strong and having power, take the time to resolve this issue. There are many reasons why men question their power or being strong.
 - i. Many men are uncomfortable with being powerful and strong.
 - ii. Power has been modeled poorly
 - iii. Zero-sum power models tell us not to be strong
 - iv. We have been told to be "nice"
 - v. We have been told we have "privilege" and power/strength creates more privilege.
 - 2. You must believe you really have a Voice and that it is a powerful, influential thing.
 - 3. You must begin to search the depths of your heart and soul to find what is important and meaningful. Then begin to write your manifesto.
 - 4. Be prepared to speak when needed in any appropriate moment; to set boundaries, to say "NO", to bless people, to give wisdom, or just say "wait, what's going on here?".
 - 5. Practice, Practice, Practice
 - ii. Empowering Others
 - 1. Teaching others about the power of their voice
 - a. Your children
 - i. Teaching your kids to speak creates confidence
 - ii. Creates a solid identity in them.
 - iii. The voice is the greatest deterrent to abuse.
 - 1. Kids with no voice cannot speak against grooming
 - 2. The voice creates confidence against bullying
 - b. Your Woman
 - i. Teach her to be clear with her speech. Give me the "Gold Nugget".
 - ii. Helping her to own her feelings and her bad choices.
 - c. Helping marginalized, disenfranchised or disempowered people in your community.