

# ♈ *Aries/Masculine*

## *Healthy*

Potent  
Identity created from within  
Purposeful  
Self-Disciplined  
Confident  
Energetic  
Takes Initiative/Innovative  
Faces and pushes the edge/limits  
Assertive  
Leader  
Trustworthy /Reliable  
Able to Commit  
Focused  
Hard/Sharp  
Self-Defined  
Strong/Solid  
Centered  
Powerful  
Courageous  
Inwardly Motivated  
Open Heart  
Remain/Face Ongoing Challenge of Life  
Guard/Protect those in need  
Live in the Eternal  
Decisive  
Loving/Generous/Kind  
Honest/Straightforward  
Listens to Criticism  
Practices Sacred Sexuality  
Gives 100%  
Present

## *Wounded*

Impotent  
Identity sought from without  
No purpose/Distracted/Led  
Disciplined from without  
Insecure  
Listless/Lazy  
Follows Convention  
Fears change and the unknown  
Passive Acceptance  
Follower  
Untrustworthy/Unreliable  
Unable to Commit  
Spaced out  
Soft/Dull  
Defined by Others  
Weak/Flimsy  
Blows with the Wind  
Powerless  
Fearful/Cowardly  
Pushed by external factors  
Shutdown/Closed Heart  
Run/Hide/Escape from Life  
Look Only After Self  
Become lost in the Temporal  
Indecisive  
Selfish/Miserly/Cruel  
Dishonest/Secretive  
Runs from Criticism/Defensive  
Profane Sex/Getting Self Off  
Gives the Minimum Necessary  
Lost in Media/Fantasy

## *Ways the Wound Manifests*

1. Hiding, feeling/acting small, self-deprecating, unable to receive thanks, praise, authority
2. Eternal Youth running, playing, in pursuit of self-pleasure, doesn't show up for others
3. Self-sabotages, gives away power, people pleaser, self-effacing, victim
4. Overcompensation to hide the wound by being:
  - a. Overly machismo, controlling
  - b. Violent, abusive, disrespectful (particularly of women/feminine) and aggressive
  - c. Overly defensive/reactive, won't listen, know it all
  - d. Showoff needing attention, ruthlessly competitive, opportunistic, greedy

## *Healing Practices*

1. Recognize, acknowledge and own the wound. Not as a victim but a student in training to heal/teach.
2. Deeply feel the feelings of helplessness, impotence, not being seen/heard/respected.
3. Don't wait or expect others to lift, support, strengthen, admire or love you.
4. Practice radical SELF-CARE beginning with the physical (sweat, workout, challenge yourself, climb rocks/mountains, adventure in nature.)
5. Admit you will probably screw it up and do it anyway, self-initiation.
6. Speak what you want to whoever is in front of you knowing you are speaking to the universe/spirit affirming that you are ready to receive.
7. Call on, rely on, and trust the Spirit within yourself. Feed your Spirit.
8. Spend time with men
9. Hold yourself accountable to your word
10. Be present and listen even when it's hard (maybe even wrong)
11. Take opportunities to lead, go first, be responsible for.....
12. Show up
13. Create and hold safe space for yourself, your partners, and others.

## *The Medicine*

1. To be an example of Indomitable Spirit
2. To empower others to empower themselves as you have empowered yourself
3. To experience and receive the love you have shared and worked for for so long.
4. To stand and walk tall with an open heart even when it hurts.
5. To initiate, experiment, and explore the world of sex and relationship with love, joy, and enthusiasm.
6. To be comfortable in your body, owning your sexuality and your masculinity
7. To understand, empathize, and assist others to embody the Divine Masculine.

*Closing down in the midst of pain is a denial of a man's true nature. A superior man is free in feeling and action, even amidst great pain and hurt. If necessary, a man should live with a hurting heart rather than a closed one. He should learn to stay in the wound of pain and act with spontaneous skill and love even from that place.*

- David Deida, The Way of the Superior Man