



Ted Braude: Power, Conflict and Love: Engaging Boys on their Paths to Manhood



Ted Braude has a black belt in Aikido and is known as “the boys whisperer,” to help boys become the men they were born to become. Explore an embodied and theoretical understanding of the two fundamental forces of boys: play and strength, and a unique approach to power, conflict, and love.

TOP EMBODIMENT TIP: Be attentive inside and outside to be simultaneously embodied.

Boys live in their body: Play and Strength - All boys play and want to be strong.

- Play and strength are meant to evolve and develop over the entire lifespan for boys to become more beautiful, effective, and capable of bringing good and beauty into the world.
- Play is all about practice that's preparing the boy to grow into the “man he was born to become”.
- If there is stress and tension in the room, boys respond by moving quickly, acting up or quietly withdrawing to find safe space.
- Boys are sensitive bodily; so they resonate with vibes, rhythm, and energetic fields beyond the 5 senses.
- They express and show feelings in movement vs. emotions so will say “I don’t know” when asked how they feel.

Teenage boys & developing responsibility: How do you get him to do things he doesn't want to do?

- Young Boys: Engage with them through play and imaginative, creative ways.
- Teenage Boys: Move to the next stage of win-win games that awakens their innate ability to figure out how to become strong, and manage/love themselves instead of controlling and dominating someone else.
- They won't admit fear in order to become men, and are wanting more emotional power than the adults.
- Boys love to push buttons (phone, play console & adults) and get a reaction from a game with a predictable, repeatable outcome; then they are ready for something new and more interesting.
- Boys avoid losing at all costs; they even go to self destruction, as losing is a breakdown in their strength, self image, and integrity.

How do you end the repeated conflicts and control battles?: A Unique Approach to Power, Conflict and Love.

- The intention and outcome is to create something new and different, and help them to move into their young manhood.
- Power is a capacity and understanding to develop within yourself, if you will control and manage to build yourself.
- Love is a force in the world that is feeding into the dynamic of creating something new and different to happen.
- Use embodiment skills to move away from the tension, to become grounded and centered when uncomfortable.
- Inside space: Be in charge of your own behavior, speech, language because if the boy feels he can control your inside space, then it will explode cyclically.
- Outside space: manage how you are physically, and in relationship to him spatially.

Resources

- ❖ **Notes & Videos:** email: ted@boysworkproject.com
- ❖ **Website:** <https://www.boysworkproject.com>
- ❖ **Social:** Facebook: [Ted Braude](#)
- ❖ **References:** Calvin & Hobbes cartoons, Aikido federations



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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