



Alexander Cottle: The Unmasked Man



Alexander is a yoga & meditation teacher, transformational coach, and founder of the Unmasked Man & Unmasked Tribe. He is deeply passionate and dedicated to guiding men and women to step into their power and fulfil their potential. Learn about Healing the Wounded Male through men's circles focused on noticing the masks we wear, giving them expression and unveiling our feelings.

TOP EMBODIMENT TIP: Cold showers and exercise that is good for the body.

Men Wear Masks to Cover Wounds:

- 85% of men consider it wrong to share emotions.
- Under age 45, except for cancer, suicide is the main cause of death.

Four Archetypes:

- The **archetypes** are: Lover, Warrior, King, Magician.
- All of these have positive and negative expressions and provide road maps to connect with masculinity.
- **Archetypal characteristics:** competing and dominating or sharing and supporting.

Masks:

- **Types of masks:** people pleaser, sarcastic, judge, critic, tyrant.
- **Acknowledging the mask** allows us to discover feelings that are not expressed.
- Men's circles can create safe spaces for removing the masks.

Men's Circles:

- Men's Circles offer a brotherhood of support to notice emotions with curiosity and trusting mirrors to call participants on their bullshit while normalizing the Father Wound.

Start a Circle:

- Circles are necessary spaces.
- Start one with friends.
- Ask for help.
- As support builds, consider opening the circle to include both men and women.

Resources

- ❖ **Book:** [Iron John](#)
- ❖ **Website:** [alexandercottle](#)
- ❖ **Reference:** [Four Jungian Archetypes](#), [Robert Bly](#)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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