



Boysen Hodgson: The New Macho- a 21st Century Credo For The Mature Masculine



Boysen Hodgson is the Communications Director for the ManKind Project USA, part of a global brotherhood of nonprofits conducting transformational initiation programs for men at every stage of life. He is the author of *The New Macho*, a credo for the mature masculine shared over 50,000 times and published in numerous blogs, magazines and books. Discover some of the biggest obstacles that get in the way of healthy masculinity and how to overcome them.

TOP EMBODIMENT TIP: Transform toxic masculinity into living a healthy life by coming back to the body and to community.

Man Box Culture: Toxic Masculinity.

- Toxic masculinity narrows the range of perspectives and is emotionally restrictive.
- It's about wearing a social mask - this can be your persona you give off to the world.
- Toxic masculinity promotes the suppression of feelings in boys and men until they either implode or explode.
- **Implode:** all feelings are bottled up inside and cause physical and emotional distress.
- **Explode:** can be seen as violence, crime, or inappropriate behavior.

Obstacles to Men's Emotional Growth:

- **Lack of Connection** - Chronic isolation and depression are dangerous for men.
- **Emotional Toxicity** - The trap of toxic shame perpetuates the idea that something is fundamentally flawed with a person. Disconnection from emotions.
- **Poor Integration** - Being stuck in an ego state, lacking self-awareness, and being a slave to external circumstances.

Keys to Emotional Growth:

- **Create Community** - Find like-minded individuals to do this work together.
- **Cultivate an Emotional Practice** - Notice where feelings show up in the body and create a mind-body connection.
- **Create a Growth State** - Practice shifting perspectives to view the world in a new and wider perspective.

The ManKind Project: Trainings and Groups to Support Healthy Masculinity.

- They help men move back into their bodies through embodied being and building community.
- It's a slow and steady practice to experience authentic emotion, discover a personal mission and purpose, create accountability and responsibility, and to do the deep inner work of confronting and changing belief systems.

Resources

- ❖ **Website:** mankindproject.org
- ❖ **Courses:** New Warrior Training, ManKind Project Trainings, Men's Groups - See Website



❖ Social: [Facebook theManKindProject](https://www.facebook.com/theManKindProject)

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**