



Lee Stagles: The Singing Bone, Naivety and Consequence: a Journey in Manhood



Lee Stagles is an embodiment coach and menswork leader who helps men to achieve their goals, overcome obstacles and make positive changes in their lives. Join Lee in finding archetypes within ourselves from myths and fairy tales.

TOP EMBODIMENT TIP: Get to know and love your body, take an interest.

The Story from an Embodied Perspective:

- Every character is an aspect of ourselves.

The Wild Boar:

- A wild boar killing, from the Grimm tales. Raging, causing havoc. How does that boar present itself in our bodies?
- People are afraid of the wild boar; have you experienced people being afraid of you?

The Two Brothers:

- The innocent younger brother: pure of heart, innocent and naive. A part of us remains this. He is given a tool, and believes it will work. Have you taken advice and believed it? He faces the boar, he is stoic.
- The older brother wants the reward, the prize. His motivations are different. Are both brothers within you?
- The hero dies for the warrior to be born. That part of us is killed in order to reach maturity.

The Shepherd:

- The shepherd is often alone. He is outside in nature, he walks, he wanders. He is a maker.
- Within the story he notices something and thinks it may be useful. Is there part of you that is like that?
- Curiosity in the shepherd. His lifestyle allows him to look around. (Embodied Yoga Principles (EYP); Curiosity pose.)

The King:

- The authority figure, the advisor, the container. The king in me and you; the king knows what to do.
- The king tries to get away with offering money. Eventually he must give away the thing most precious to him.
- He must protect everyone and make the ultimate sacrifice.

Understanding Archetypes:

- This is the entry point to find resonance within self.
- The narrative for character might be one's own past/behaviours.

Resources:

- ❖ **Website:** [Lee Stagles](#)
- ❖ **References:** [Embodied Yoga Principles Training](#); [Embodied Yoga Principles YouTube](#). Iron John, Robert Bly, Women who Run with the Wolves, Clarissa Estes



Lee Stagles





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