

10 Common Themes Describing Healthy Men

These 10 common themes have emerged from the extensive research undertaken by Peer Power Australia Ltd & Peter Janetzki & Associates on defining and discussing the issues surrounding masculinity in and out of the classroom



1. Understand and embody the overarching components of manhood.
 - Warrior- courage, stamina, perseverance and devotion to a cause. It is critical that the warrior has focus, clarity and absolute allegiance. For a warrior to be good, he must have a good king, and without this foundation, the warrior becomes naive, self centred and dangerous. His goal is always beyond his own ego. He has a fighting spirit and makes the necessary sacrifices to protect what he has been entrusted with.
 - Lover (Friend)- helps enjoy and appreciate the beautiful, right, good and true things. When it is healthy it allows man to see the colour and deep down things as well as valuing things for themselves. They are seen in the poet, the musician, the artist or the romantic. The lover gives life it's flavour and colour. It allows him to be/draw close to others; to weep with the weeping, celebrate with the celebrating, play with the children, be vulnerable in relationships of intimacy and trust.
 - King- centred and secure within himself. A symbol of creativity and fertility. Confident enough in their own skin, they can recognize, affirm and encourage goodness in others. He is not threatened by the growth and maturity of others because he knows who he is and likes it.
 - Court jester or Holy Fool (Wiseman)- the image of awareness, consciousness, growth and transformation. Again the jester needs to be grounded in understanding their role and place in the scheme of things in order to avoid being derailed by the allurements of spiritual power and ego. He sees he has a vital role in training the next generation in the ways of wisdom.

(sourced from Richard Rohrs book, "The Wild Man's Journey" p.197-208)
2. Accept responsibility for actions, words, thoughts, their lives and all that's been entrusted into their care.
3. Will use initiative and take action in an appropriate manner, rather than being passive and uninterested.
4. "Your power is not your own" - Recognize their power and potential is not for them to abuse and misuse, but rather to be used for the good of the friends, family, and people beyond themselves.
5. Recognize the importance, value and role of women as their full and complete equals and act accordingly.
6. Are comfortable in relating to mates in more than just the superficial "sport talk" kind of way. They are not "emotionally constipated".
7. Are able to honestly acknowledge mistakes and the "chinks in their armour".
8. Maintain and foster a sense of hope.
9. Understand and accept the "ordinariness" of life. It is not a series of "highs" to be sought after.
10. Embraces The Truth and live it out!

Authentic healthy masculinity which is Strong, Potent & Controlled is
'Strength in Action with Character'