



*The Mankind Project
Presents*



HEART STORM

The MKP Pulse of New Mexico

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FROM THE CENTER DIRECTOR

By Carl Rosenberg (Forest Man)

I have been having a terrible time getting this article started. Whenever I have trouble figuring out how to move forward, I look to mission. Just as in my weekly I-Group, stating my mission gives me a barometer to look at both how I am doing and if I am on the track I seek. That is one of the many features that make this work so valuable to me. It always gives me a focus and direction from which to move.

We are a passionate community of initiated men, supporting the healing and growth of men by fostering mindful action and service.

That is the mission statement of the New Mexico Mankind Project. Let me check it out. How does it fit for me?

“We are a passionate community of initiated men”. It almost goes without saying how well this work connects each of us to our passion. Certainly for me, I am thrilled with the love and passion I feel for the work and you men, and the new men, and women getting involved in this work and in this world we are creating. This work has actually brought me alive and awakened my passion. I try to not let a day go by without a prayer or blessing of some sort, connecting me to my passion and the greater universe beyond my often petty little world.

CHECK IN

Fellow Warriors!

I'm delighted to take on the role of editor. I see the editor role as that of a channel. It's **your** material, **your** heart, and **your** soul that fills these pages. My role is to shine a spotlight on your creation and what a wonderful job that is! A vibrant newsletter such as our own reflects the aliveness of the community that it serves. I invite you to consider that our newsletter serves not only its readers but its contributors as well. Through expressing ourselves in writing, I believe, we get in touch with our feelings, our dreams, hopes and aspirations. I know I do.

I invite you to read this newsletter slowly, to take in the words, the ideas, and the feelings expressed in each piece and to silently bless the writer of each piece for being willing to be vulnerable enough to share his depth with you.

Enjoy these pages.

In service and gratitude,

Sol Lederman (*Smug Poodle*)
S_lederman@yahoo.com

“Supporting the healing and growth of men”. This is another wonderful part of this work for me. I absolutely love learning of, using and sharing the multitude of tools, practices and ideas around this mode of work. From our weekend protocols, to I-group exercises and beyond, I am regularly seeing myself heal and grow in myself and see how I can share and assist others in the same. I would love to see more of a forum between this community a place to share all the other, non-MKP methods and ideas in tangible ways. I realize many of you have had or currently have spiritual teachers, gurus or paths that have helped you greatly and would love to hear about it. From the Power of Now I have learned about the three powerful options to engage in my Now. Accept it, change it or leave it. From Byron Katie and “The Work” I have learned skills on how to use my judgements as a tool for growth rather than a shovel to pile it higher and deeper. From Marshall Rosenberg and the practice of Non-violent Communication I have learned how to continue to hone a practice similar to our clearing round as a sharp tool to truly learn how to identify and meet my needs in beneficial ways. Then there is the “Center for Attitudinal Healing” and on and on. I would also love to see someone compile a bibliography of most valued books on health, healing and well being.

“Fostering mindful action and service”. I have always been aware of how much more I get with the more I put out. The year after my initiation, I volunteered to do the kitchen and materials for the next NWT. The next training I was being mentored as weekend coordinator. A number of years later Douglas and I started hatching the idea of a MOS team. As Center Director I am also working to fulfill our New Mexico mission. I am always looking for ways to support the healing and growth of men, and I am also trying to help foster mindful action and service.

One thing that really excites me is helping to support men who step up to serve our community. Sol Lederman, after joining us as an initiated man this past year is taking on the role of editing this Newsletter. Thank you Sol. Victor Gibbs, after serving in that role for the past few years is now stepping over to serve as our membership coordinator, helping us take the next step to a web-based, interactive system that will help us continue to grow and serve. Thank you Victor. Charlie Crane has stepped

up to serve as our longest running chief of our MOS team. He is taking that program and putting meat on its bones, as well as meat on the table on the trainings. Thank you Charlie.

The other many tasks and details of this past year have been effectively carried out by many of you. Our current governing council continues to serve our community, and still we have a few vacancies for those of you looking for a way to serve. Specifically roles of Communications Coordinator, and Shadow Chair are open. Contact any council member for more information, if you feel it is your time to step up and give back to your community.

I'm looking forward to hearing from you.

IS LEADER TRACK FOR YOU?

**By Douglas Maahs
Co-Leader, MKP-NM**

In any NWT, one of the goals is to mentor men in leadership of their lives and the weekend. For those men who specifically choose a formal path of MKP leadership, this process is titled “leader track”.

Within the leader track is a series of required trainings, which include BSDT, LT1, LT2 and LT3. These trainings are designed to deepen the leadership experience of the weekend by teaching us more about ourselves and how we show up in our lives in general. In other words, who we are “out there” is who we are on the weekend.

So, what does leadership mean to you? Define the word and then apply it to your life. How do you show up, or not show up in leadership? Webster defines the word “lead” as follows: “guide, conduct; persuade; serve as a way, conduct people. Be or go or play the first.”

Is leader track for you? Perhaps you hear the call to serve as an elder or to serve in LKS. Many men choose to lead in the community by serving on the council. For others, the call is to choose leader track as the means of service. LIT's (leaders in training) challenge themselves to step boldly into the weekends and their lives, standing consciously on the threshold between shadow and light, fear and joy, anger and peace. It is a stretch like no other.

What I personally experienced being on leader track was an enrichment of my life, my work and my relationships that exceeded anything I ever expected. What I learned on the weekends and the leader trainings gave me tools to take into my everyday life to create an ever renewed and different way of being a husband, father, employer and friend. And now, as a certified co-leader in the project, the work continues. I am a more powerful leader in my life due to this work.

Currently, our LIT's in New Mexico are Ken Reid, Drew Semel, Burke Denman, Chet Wright, Mark Whitehead and our Coleader Candidate, (CLC), Fred Snoy. Want to know more about leader track? See these men or email me at dmaahs@earthlink.net

VERY WELL TAKEN CARE OF

By Sol Lederman

The guidance was becoming more insistent. Just a couple of days before it had started nudging me to receive an important message from it. I knew that meant I was to journey. Not too long before this insistence I had been guided to learn to journey in shamanic space. When I had a question I wanted Spirit to answer I would take it into non-ordinary reality and guidance would speak to me through my power animal. This time was different. This time I had no question so I resisted the nudging to journey. Guidance would often give me information and help me to develop insights in ordinary reality so I thought I'd wait.

Waiting didn't pacify the insistence. I gave in. I lay myself on my bed, turned on the now familiar drumming music that would bring me into the shamanic state and entered non-ordinary space. My power animal greeted me. I started asking questions. They must all have been impertinent to why I was called to journey because Power Animal became impatient. I stopped asking questions. Power Animal asked that I go into my body, to feel my body. I put my hands over my heart and belly and began to focus on softening into my body.

Spirit spoke through Power Animal. "You have been inquiring in your heart about distant pieces of your soul. You want to reclaim missing parts of yourself. And you aren't drawn to have help from others in this. You want to know if you can retrieve these pieces yourself." Spirit paused. I waited impatiently for it to continue. I had nothing to say since Spirit knew my mind and my heart.

Spirit continued. "A number of parts of your being left your body early in your life. Yes, you can reclaim them yourself." I was elated. I imagined willing the lost parts of myself back into my being. It was not meant to be that simple. "The soul parts that left did so because you were not able to protect them with your heart. They will return when your heart is open and your awareness of feelings is deep and powerful enough to hold and cherish and protect them for these parts hold tremendous power and vulnerability and need the same to hold them." I was crushed. I became defiant. I so desperately wanted to will back into my being these vital pieces of me.

I demanded that Spirit bring me one of the fragmented pieces. I would force it back into being. A couple of animals appeared holding a small baby wrapped in a blanket. I looked at the baby. I tried to muster up enough heart energy to coax the baby into my heart. I tried energetically to draw the baby back to me. No luck. Spirit, as always, was right. There were lessons yet for me to learn and experiences for me to have before I was ready to reclaim this part and others.

Defiance turned to sadness. I had read pitiful stories of soul parts that were lost and wandered aimlessly, and others that were stolen by other souls. Spirit felt my sadness and softened. "The missing parts of you are not lost. They are safe. They are happy. They are very well taken care of. The animals of this reality are taking excellent care of your little ones. When you are truly ready you may reclaim them in your own reality. In the meantime, spend time with them in journey space when your heart is called to them."

"One more thing. Fill your home with animal totems. Create a menagerie of every imaginable kind of animal. Love and cherish the animals for they serve you well and can teach you much. Now go."

BUILDING AN INVITATION CULTURE

By Paul Fiske

We men are so blessed to have found this work and each other. We come back from the training with so much potential for change in our lives and much promise for each new present moment. Do you remember how you felt at the end of your training and during the weeks that followed? Was there a new fire in your belly? Wouldn't you love to share that feeling? I have discovered after 5 years of steady attendance to my I-group and following my first staffing at Camp Monikiwa that a passion for this work has emerged that longs for expression.

Inviting Men to explore deeply what it means for them to be a man is a service to the man, to us and to our community. We move ever closer to a future where compassion, truth and integrity are what we experience in our everyday lives. We become and share the change in the world that we want to see. Our thoughts, words and deeds have impact. I invite each one of us to bring men into our community and to share the gentle and sometimes fierce warrior spirit that lives in us all. Invite them to share a new vision of what this world can truly become, a blessed and peaceful place.

I call upon you who feel passion for this work to share it with those who present themselves: Bless the man wherever he is in his life. Ask permission to talk with him about what is going on in his life. Build a relationship, Listen to his story, but remain neutral. Don't get dragged down or in. Establish the gap in the story, "This is where you are now, and this is where you want to go, how are you going to get there?" Invite the man to an I-group meeting or an Open House and remain detached. If his answer is yes, talk logistics. If it is no, ask permission if you can ask again. He may just not be ready at this moment.

Men come to this work in their own time and perhaps not at all. We are simply guides. Our integrity and our compassion are the best qualities we can share to attract those who are willing to go deep and come out the other side with some tools to better navigate their lives with grace and awareness.

Paul Fiske has been a New Warrior since September 1998 and is currently the Invitation/Enrollment chair of MKPNM. He can be reached at pfiske@earthlink.net or at 505-466-7333.

THE TRAGEDY OF PASSIVE HEART

By Benjamin Stake (Charging Boar), 1982

I feel echoes in my body
of sharp voices all around me.
Love hunger mandates venture
where heart wanting never dares.

Ripples from live pebbles
vibrate sinews meant for concert.
What song can play me-not me?
Is there one my shadow knows?

Like thunder fear world trembles,
Shatters crystal dreams most fragile.

Im poss i ble
Im poss i ble
Im poss i ble

RIGHTEOUS ANGER

By Benjamin Stake (Charging Boar), 1982

Impulse
Rising slowly
Unknown history rumbles deeply

Hidden long ago
Given faces sad and surly
Love within was made off limits
Do Not Enter!

Active passion
Fearless warrior
Fed by hunger, kindles glory

Phoenix born of wanton hatred
Unquenchable

Then water, then wet fur,
Which I hugged to my chest.
I shouted. Daddy hauled
the wet rope. I gagged, and pressed

my neighbor's missing dog
against me. I held its death
and rose up to my father.
Then light. Then hands. Then breath.

NEW MEXICO NEW WARRIOR WEB PAGE UPDATE

By Victor Gibbs
Membership Coordinator

In the coming months, the New Mexico web page will see some additions and changes. One of these changes will be a password-protected membership directory. This directory will allow men of our community to connect with other New Warriors. Members will be able to update your profile, including address, phone numbers and other information, as well as choose what information will be visible to other initiated men. I wish to thank the community at large for helping to make this a reality. The directory we will be using is active in other MKP communities already, including northern California (see <http://ncal.mkp.org/index.php> for more details). Note: to see the northern California site, you need to request a password from the webmaster.

IN THE WELL

By Andrew Hudgins

My father cinched the rope.
A noose around my waist,
And lowered me into
The darkness. I could taste

my fear. It tasted first
Of dark, then earth, then rot.
I swung and struck my head
and at that moment got

another then: then blood,
which spiked my mouth with iron.
Hand over hand, my father
Dropped me from then to then:

A POEM

By Jeff Hood

What if God came up
out of the Earth
in the form of ripe apricots?

How about the soft silk
of my dog's ear?

What if God came
through the story you told
of your parents marriage
and how you didn't want
to be like that and by some
miracle I just listened?

And what about the ants
crawling up my hibiscus
to milk aphids as they suck
the juice from aspiring buds?
And my attempts to thwart them
with soapy nasty smells that kill them?

What if God came through a soldier
returning from war with photos
of children he had killed?

And the scruffy gleeful guys stashing beer
in their packs in the grocery store lobby
as it starts to rain after a successful day
of panhandling on the corner?

Then how would I explain
my black and white self to the rainbow.

I-GROUPS IN NEW MEXICO

Data contributed by Victor Gibbs

Please do call the contact for a particular group to determine accuracy of listing and to learn policy for visiting the group.

Albu-Querque	Sunday 6:30-9:00 pm	Norm Segel	505-897-7709
	Thursday 7-9pm	Ray Griffin	505-255-6006
Durango	Thursday (two groups)	Geoff Laughton	970-884-1140
Las Cruces	Monday 7-9	Mark Whitehead	505-527-0961
	Tuesday 7-9	Martin Romero	505-524-9355
Santa Fe	Thursday pm	Douglas Maahs	505-992-8382
	Wednesday 6pm	Steven Barela	505-989-9940
	Wednesday 7-9:30pm	Jeff Hood	505-983-8420
	Tuesday 7:15-9:15pm	Stanton Eads	505-983-7799
	Thursday 7-9:30pm	Sol Lederman	505-988-2888
Taos	???	Rob Hawley	505-758-8176
Truth or Consequences	???	John Wheeler	505-894-9870

THE SHADOWS ENVY, GUILT AND SHAME

by Arthur Panaro

Envy

Carl Jung stated, "When [my] inner situation is not made conscious [when it remains misunderstood or unexamined], it appears outside of [myself] as [my] fate." Envy was my fate once upon a time. From within the gloom of my shadow and shame, I looked out at what appeared to be a sunny world of people who looked happier than me --- people seeming to live freely as themselves. Everyone but myself looked as if they had achieved the goals and freedom that I wanted, through some miraculous strength and self-determination of their

character. I did not feel that I would ever get the freedom, power and sovereignty to express myself. And so I began to experience a lot of the following:

Envy and disdain, jealousy.

I could feel fear about my unfulfilled personal desires, and resentment of not having.

Spite, malice, ill will and nastiness would stream through my thoughts.

I could feel malevolent envy, covetous of what others were doing and I was not able to do.

I could feel bile, indignation, bitterness, pique, and umbrage.

I could do a lot of blaming.

I might feel ire, fury, crossness, and self-righteousness, and arrogance. I was judgmental.

I could start projecting on others things that have nothing to do with them.

I could feel wrath, rage, and temper, vitriol, spleen, ill temper, annoyance, malice and bad temper, bad humor.

I may use sarcasm mockery, satire, and zingers.

I may feel snappish, irritable, touchy, and testy.

I might call people mocking nicknames.

I may use insults and cuts.

The most striking, juicy archetype of envy I have ever seen on the big screen is the Penguin in Batman Returns, played by Danny DeVito. See this film for a real treatment of inverted feelings of worth.

My New Warrior Training Adventure (NWT) weekend finally brought me to my primal affirmation. I was finally able to proclaim my arrival. Old, heavy shadows and shackles dropped away. With the benefit of some three years of I-Group work, (I was initiated in September 2000), I have jettisoned lots of crap. Here are some thoughts on my envy, guilt and shame.

Guilt, Shame

Guilt has been defined in the words: "I made a mistake." Guilt can be followed by the 'postscript' "... but I'll make up for it." Admitting a mistake is the first step towards balancing things out again and life goes on. People at times use the words "I'm ashamed of what I did." "Ashamed" is closer to guilt in connotation and nuance, than to **shame**.

Now comes the harsh word "**shame**". **Shame** can be defined as the severe and drastic state of

mind, much more painful than guilt. In contrast to the explanation of guilt, **shame** has the deeper, more terrible nuance of "I **AM** a mistake." A person in **shame** walks around feeling worthless, hopeless, empty, desperate, discouraged, and doomed to total failure. There can be no worse state of mind. The person in **shame** is the walking wounded. Grief and dread follow on the heels of **shame**.

If I am not well defended by my own internal sense of self-worth, then **Shame** begins to sit in my soul brought on from external forces, which then become part and parcel of self image and psyche. I am **shamed** by being banished, excluded, unknown, unexplored, lost, suppressed, wounded, disowned, criticized, disdained, repressed, cheated, fearful, unconscious, neglected, mistrusted, betrayed, mislead, discounted, devalued. A person with these wounds is mourning and grieving. He or she might believe that there is no joy in life because life cannot be expressed. This is life in the **shadow**, a term Carl Jung used to describe whatever we have lost, denied, or hidden.

I always wanted to be alive, to enjoy and to express. I probably did not get everything I needed and wanted as I grew up --- enough love, acceptance, honor, praise, healthy admiration, respect, wholeness, understanding, trust, approval and permission to be myself. I probably didn't have the guts to stand up for myself. When I awakened to the nature of this problem, then my challenge was to claim and possess the powers on my own, by myself. And here again, NWTA moved me forward astonishingly. In the presence of caring, self-realized men during the weekend, I awoke to my self and left the weekend conscious and renewed in ways that I am still coming to understand.

And at last there is a self within me that is beyond envy, beyond being wounded or admired. If I can awaken to this self or soul, then I am in touch with my higher self and higher power. This is the self that accepts everyone and everything --- the self that forgives all the wrongs and mistakes I have made and that others have made. This is the self that is understanding, compassionate, and loving.

LAS CRUCES HAPPENINGS

By Chet Wright

Things are cookin' 'round Las Cruces with 4 groups going.

The Monday night group is test driving the new 10 week initial protocol and has been impressed with it. Last group was the 'Play' week, where we chose to have dinner and ride go carts (boy, some men get competitive!)

The Tuesday group has been working with Eckert Tolle's Power of Now, intermingling those philosophies.

We are currently having a Wed preweekend group, open to all men, and are using themes for the evening including the 4 archetypes.

The T or C gang seems to be doing well, though they haven't been to our once a month community meeting.

We have been a part of the public radio fund drive this spring, held community yard sales to raise money for training fees, and hope to work the annual Renaissance Fair in the fall. We have also been active in the 'Weed and Seed' program that helps renovate depressed neighborhoods.

The winter Las Cruces camp out and Sweat event will happen again when it cools down a bit

HEARTSTORM is published four times a year by the ManKind Project New Mexico. Submission of articles, poems, stories, artwork, book and movie reviews, events, and other MKP related materials are always welcome and encouraged.

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