

Divine Masculinity

a presentation by Gary Malkin

June 19, 2022

The following are notes on which Gary based his talk, with edits by Sandra Weil.

When the Sacred Masculine is combined with the Sacred Feminine inside each of us, we create the “sacred marriage” of compassion and passion in ourselves.

— Matthew Fox

Gary sang “The You That You Don’t Know,” by Leo Coulter. Click [here](#) for a link to a video of the song. Gary said the song is about not seeing ourselves accurately, and that seeing ourselves leads to self-acceptance. When we see ourselves more accurately, we come from the necessary state of self-acceptance, the doorway to self-love.

I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.

— Brené Brown

Why don’t we see ourselves accurately? Because few of us receive “balanced presence” from our parents, of solar/lunar energy. We learn from people’s modeling, not what they say, but what they do.

I cannot think of any need in childhood as strong as the need for a father’s protection.

— Sigmund Freud

Like so much between fathers and sons, playing catch was tender and tense at the same time.

— Donald Hall

We become imbalanced, and aberrations unfold over time.

The problem is that the parts of themselves that our boys have been banished from are not feminine traits; they are human traits. There is no such thing as a feminine quality, because there is no such thing as masculinity or femininity. “Femininity” is just a set of human characteristics a culture pours into a bucket and slaps with the label “feminine.”

— Glennon Doyle in his book [Untamed](#)

Here’s a lengthy quote from the book *Solar Light, Lunar Light: Perspectives in Human Consciousness* by Howard Teich. Click [here](#) to see it on Amazon.

At the present stage of our myth-making, we've found ourselves at a time where the solar principle is the dominant operating system. We are out of balance. Solar qualities of assertiveness, linearity, and rationality are over-emphasized and lunar qualities are emphasized. We have designed capitalistic systems that reward solar competition and neglect caring for others. We have created nations and religions from solar principals of unchanging, fixed ideas that we should live and die for. We have literally extended the sun's life with electricity.

We think men are the forebears in the hyper-solarization of our current reality, but it is both sexes who are under the spell of solar-power. Both solar and lunar have an addictive quality to them if not held in balance by their opposite (think of the orgiastic, Dionysian lunar rituals on the other side). Both men and women are consciously or unconsciously addicted to the ambitious, capitalistic, solar machine that by its nature of rationality, only allows for one truth to exist. You don't build monotheistic, capitalistic nations on the lunar principle; you build small tribes who live in accordance with the rhythms of nature and are guided by the inner world of dreams.

As an example, young men have to deal with issues of conflict in their early years, and they are pressured (mostly by their peers, but also unconsciously by their parents and supervisors) to resolve conflicts by "being a man." This is code for standing up for what you believe in, holding firm to your convictions, and fighting back — solar. Alternate methods of conflict resolution rely on surrendering what you believe in, receiving another's point of view, and understanding your beliefs to not be fixed — lunar. Both of these methods, and often a combination of the two, have efficacy depending on the conflict, but neither has anything to do with gender. We've merely applied "male-ness" to standing firm, and "female-ness" to letting go. When we consciously or unconsciously instruct our males to be "men," we reinforce the qualities of maleness and femaleness as opposing and carried only by gender.

The way back to balanced presence is to accept our vulnerability, to expand our feelings for grief at never having had parents who saw and reflected and supported us to be ourselves, to cry, feel, play, grieve, love, appreciate, forgive, be grateful.

Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage.

— Brené Brown

Balancing and grounding the solar leads to the establishment of an inner father who brings me:

- More self-confidence
- More groundedness
- Enhanced ability to be objective
- Improved critical thinking/analytical skills
- Emotional balance
- Connection to the Warrior within
- Increased ability to set strong personal boundaries

- More self-assertiveness
- Enhanced will-power
- Improved self-discipline
- Mental clarity

Gary led us through an exercise in dyads, where each partner looked into the other's eyes and said "I see you; I honor you; I'm with you; I love you."

Go deeper past thoughts into silence past silence into stillness. Past stillness into the heart. Let love consume all that is left of you.

— Kabir

This fosters the seeds of belonging. When we belong, we start remembering who we are.

Gary sang the song "Do You Remember Who You Are?," music and lyrics by Gary Malkin.

Our thoughts, creativity, and personal relationships reach their full potential only when both solar and lunar aspects of the self are developed. When they are, these two sides work in concert. They guide us toward the decisions we need to survive and the perceptions we need to enjoy being alive. When one aspect of consciousness remains underdeveloped, we are likely to encounter serious problems and failures. Without emotional insight, for instance, logic easily becomes cold, if not merciless. Without the ability to analyze a situation, our emotions alone can deceive us, and lead us to chaotic or even disastrous consequences

... By claiming both aspects of our consciousness we reclaim a fullness of being that is our birthright. With the restoration of both solar and lunar modes of consciousness, we can recover dimensions of our "selves" that have been lost.

- Internalizing the only unconditionally loving father and mother we'll ever have. Developing obedience, self-stewardship, self-love, self-caring, action towards personal well-being.
- When we're in harmonious relationship with our internalized mother and father, we restore our agency, our equilibrium, our internally referent selves, our coherence, our interdependence, our humility, and fluidity.

What's most disappointing to me was that none of the adults in my life stepped in to stop any of this. In fact, they implicitly encouraged it. We were "toughening up," "becoming men," or "just being boys." And this message was reinforced everywhere... on TV, in movies, in video games, men were supposed to engage in and enjoy violence. The more violence they could endure, the more violence they could do to others, the better. Is it any surprise that men are so violent in our culture, when we are raised this way?

— Jacob Tobia in *Sissy: A Coming-of-Gender Story*

We're then led to greater desire to be of value to others, of service, a portal for positive change in our world, or the world.

Song: "To Change the Things I Can Change," music and lyrics by Gary Malkin.

To adore means to lose oneself in the unfathomable.

To plunge in the inexhaustible.

To find peace in the incorruptible.

To be absorbed in immensity.

And to offer oneself to the fire of one's transparency.

Laugh when you can. Cry when you need to. Scream when you want to. Apologize when you should. And love whenever you can. You can always love.

– Anonymous

