

YOUR MIDLIFE CALLING IS...



THE POWERFUL CONNECTOR

Lone wolves die young, starved and leave nothing but a corpse behind. Despite this reality, the yearning for community and connection is often the most underestimated calling for men. We are taught to believe that being a protector and a provider are so primary that we often deny this primal and potent force.

When we feel most alone and unloved and like we don't belong anywhere, this is sign that we are being summoned to the calling of **The Powerful Connector**. You are now being invited to shed the skin of self-isolation and to stop believing the lie that you can and need to "do it on your own." You are being called to re-connect with the most tender and vulnerable parts of you: to bring the gifts of longing and deep care...

You are being called away from trying to please others or be a lone wolf to reclaim your power as a connector whose **love** can **heal** others.

Whether you need to reach out to prospective clients, deepen your friendships, or reconcile bonds with family members, it's about being a man who dares to reach out and to respond with an open heart, disarming defences and creating the space for powerful, true and lasting bonds to be forged.

When we truly heed the midlife calling of **The Powerful Connector** and integrate him in a mature way into our existing lives, we dare to feel ourselves more and openly invite others to become more honest and vulnerable with us, allowing new space for intimacy and deeper impacts to be felt between us.

FIND OUT ABOUT THE TWO PITFALLS THAT AWAIT YOU NEXT...

TWO PITFALLS....

MEN WHO REFUSE TO HEED THIS CALLING...

The core need driving this calling is one for **belonging** and **love**. When we deny this call, we are overcome with loneliness and the sense that we are separate from the world, unable to be loved. We tell ourselves that we chose to isolate in order to be "independent", and true to ourselves but the hunger does not go away...



Unmet, it drives us to self sabotage, making us distrust connection and any groups, seeking short term physical pleasure, avoiding vulnerability and the risk of rejection. In the extreme we become hermits. Most commonly at night, men turn to porn and self-soothing as we cling to whatever helps us escape momentarily our own longing.

MEN WHO FALL INTO IT HEADLONG...

The other way men go is to pursue connection at all costs, abandoning themselves. This looks like becoming a needy people pleaser who is terrified of rejection and cannot stand to be alone. This man wears a mask of happiness and hides their own desires behind trying to please and appease others. The facade eventually breaks when his resentment shows...

A couple of cautionary tales...

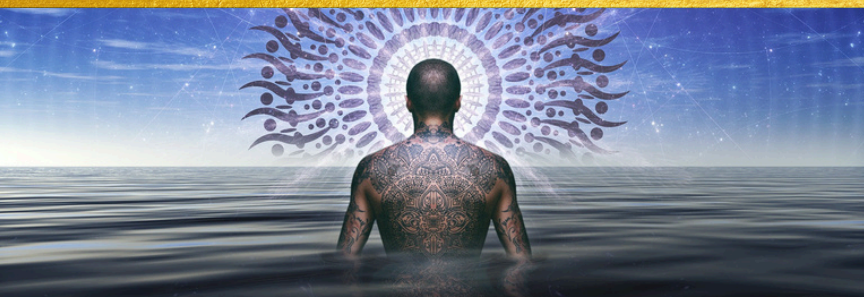
Richard became a recluse after his wife got cancer and died. He complained about the lack of depth from his friends, but kept them at a distance. Slowly, he drank a decade away, until he got sick himself...



Then, there was **Danny**, who was an actor, and a brilliant chameleon, the life of the party. But no one knew, including his wife and three daughters, that Danny was secretly depressed. He overdosed at a party after his latest TV show was panned and got low ratings...

DISCOVER WHAT'S POSSIBLE IF YOU NAVIGATE SKILFULLY...

THE PROMISE...



IF YOU HEED THE CALL OF THE POWERFUL CONNECTOR,
YOUR LIFE EXPANDS IN THESE THREE WAYS....



1. ACCEPTANCE & EMPATHY

Your identity becomes rooted in a radical acceptance of all that you are. You feel a growing sense of understanding and compassion inside your heart which is experienced by your friends and loved ones as deep empathy, radiant warmth and genuine care.



2. LOVE & BELONGING

Day to day, you feel more love around you and inside your body. You are more approachable and even magnetic to people around you who are wanting to strike up conversations and share themselves with you openly.



3. GENUINE GRATITUDE

The sense of rejection that used to sting now makes you even more considerate and caring towards others, as you count your blessings and feel great joy and gratitude for all that you have in your life at every moment.

"Knowledge is not power. It is the seed of potential."

*Take
a step...*

THE MISSING PIECE...

If you've read this far, you've likely had the *awareness* and the *desire* to awaken this loving force within you before...

So, why haven't you done so, **yet?**

Working with men for 25 years, I have seen that the biggest barrier we face at midlife is not mindset or willpower, but **powerful negative emotions** which either **blind us** or **hold us back** from pursuing our truest desires.



*The missing piece is learning the **how to evolve our negative emotions into powerful and positive fuel.***

REAL LIFE EXAMPLE: Fortunately, even **Richard** and **Danny** (page 2) whose lives took dark turns, were able - with support - to evolve their feelings of distrust and rejection (respectively) into a desire to re-connect and a sense of lovability at their core. Doing so drove them each to rebuild lives with more authenticity and love.

Hi, I'm David Jurasek

If you are ready to **identify** your biggest emotional blocks and form a plan to flip these hard feelings into love and compassion in your second half of life...

Let's book a focused 30 mins. call together!

Unblock me!

David is an proud father, author, therapist, Sensei, mentor to men and founder of POWERFUL AND LOVING (PAL) a private community of men committed to growing and thriving through midlife. www.powerfulandloving.com

