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The author is a dynamic therapist, trained mediator; and educator since 2000. She is also a certified Employee Assistance Programme (EAP) Professional. It was out of her passion for holistic development of all and her compassion for the human condition, intermingled with her being a life-long student, that the eBook Put 'em Up! was born.

Put 'em Up! is a targeted informative thought-provoking suggestive intro and invitation to males, regardless of age, ethnicity, race, class or location, to take a fresh look at common issues and forge forward. It moves the reader to that place of reflective thinking, with a touch of humor, respecting the readers' autonomy as it recognizes that each man's journey is essentially his own, yet highlighting that there is a commonality within one and within all.



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Pride & Physics

Che looked at his friend Ron with all the experiential empathy within. Che had been where Ron is and wondered just how to help him to understand what was really happening. Che had an idea, he got up and asked Ron to help him by shifting the large mirror so it would be directly in front of them both. While Ron was hesitant he was willing to be open minded. And so they sat looking into the mirror and Che began.

Che began: “ Man they call us ... look at us the sub-species considered to be physically strong, yet we are over-represented as abusers, addicts, anti-social behaviours. What is really happening to us bro?” Che offered his two cents on the matter: “Physically strong yes, might be by comparison. But what about our ‘physics’ Ron? Our physics seems to be working against us.” Ron looked up at his friend, “Physics Che what the heck are you talking about?”

“Our Physics is our male energy, where we are focusing our efforts and how it is manifesting in physical form, in all the areas where I mentioned earlier we seem to be over-represented. We seem to have lost ourselves Ron ... lost ourselves in the pursuit of being PROVIDER Lost ourselves in the portrayal of being STRONG. We seem to have mistakenly seen having the more physically strong attributes as a suggestion that we must also portray ourselves as PSYCHOLOGICALLY strong too ... and this seems to be tearing us down both on the individual level and as a group.” Ron and Che looked at each other and there was an exchange between them a depth of understanding. “But where do we go from here Che, where do I go from here?”

“Bro might be a great idea for you, for me, for us to discover a different kind of PRIDE. We have been taught to be proud of our stuff but not so much PRIDE as SELF-RESPECT.

Pride & Physics

“What if we focused more on self-respect, on considering our uniqueness in terms of the social pressures faced, and considered our rights more ... and let me push this idea of rights a bit further .. Talking rights in terms of what might be ‘right’ for us ... what might better work for us ...” Now Ron looked absolutely frustrated, Che seemed to have lost him at this point. “Che, listen some might call me a pessimist, but I do believe that there are forces beyond our control set up to NOT work in our favour and honestly, do not know if me, you, we can change that.” Che laughed a knowing laugh. “I have one question for you Ron, when the teacher teaches, he/she knows not everyone is going to grasp the idea right away and in the same way and that any thing can occur for individual students as well as for the group as a whole that might impact the results ... should he/she not teach then?” Ron laughed.

“Ron you, me, we, might be needing to try to P-U-S-H Pursue Understanding Self Honestly On an individual level we are different and first and foremost that needs be respected, what about each taking time to know self build on strengths but MORE importantly develop a culture where being a STRONG man includes learning your weaknesses and actively pursuing means to manage it ... for example .. For some of us its poor-impulse control, embracing self-acceptance, managing a harsh internal self-critic, situational depression due to a performance complex and on and on” And P-U-S-H ... Purposefully Understand Social Harnesses .. The expected social norms existing that burden our psyche our mind and we need to be conscious and critically evaluate it.

Men & Mind Men & Mind

Malcolm sat looking around curiously at all the men at “The Male Matrix Seminar.” Ernie was Centre stage now looking straight at the crowd he began; “Man who the hell are you? Yes you, who the hell are you? They call us men, but what is it about our nature that makes us who we are? ... Okay guys so you know we don’t do the small talk so here goes

Have you ever asked yourself these two questions ... i) who do men say that I am? & ii) who do I say that I am? ... Look around and it seems that whatever it is the ‘men’ are saying we are has not been working out so well for us men on a whole .. We are what you say ... the LEADERS, PROVIDERS, PROTECTORS ... okay well please let us purposefully improve our vision today so that the blind will not lead the blind, let us protect our species for we seem endangered, let us provide a new way forward. Okay so it would seem for each the second answer is “I am MAN-MADE!” If we are each MAN-MADE ... my next question is how are you defining success .. Is it your bank account? Is it your status, the respect of society? How many of us are really using our own minds, our own mental energy and taking time to put in the effort to figure out what success is for us? And might I be so bold to suggest men that that is our first business for tonight ... since it seems many of us are being taken for a ride in this life with promises of success only to realize we were hood-winked and joined the ‘men at-risk’ category. So define success yourself, let it be a MAN-MADE definition!!!!!!!!!!

Malcolm wondered what now. Ernie sure was different. The lyrics of the song were blasting in the auditorium ... “Hold on ..wait a minute” “Come on guys let me hear you” prompted Ernie. Before you walk out thinking defining success is all it takes .. Hold on since most of you are sure to include in a major way your net worth.

And of course, being man just like you, I know that is important. But also let us be mindful, that it is over-relying on this factor that seems to be setting us up. Life seems to be having us chase the dough and then Taxing us heavily with costing us our sanity, health and well-being, our children, personal relationships, marriages and so much more. So wait a minute and consider our EXISTING ECOSYSTEM when defining success.”

Malcolm could hear in the silence, everyone wondering what this meant. Ernie continued, “Listen guys, our ecosystem is simply how we are impacting each other as men, how our actions are impacting our children, women and society. Simple! And how is it? We race after success and greatly reduce our impact in the home, in a time when females are out in the work-force. How conscious are we of building up a legacy mind field, fortifying our offspring with mental toughness to survive and thrive? For we can leave the riches and the fortune which can be easily squandered. Is it not the unseen that makes things seen? How conscious are we of safe-guarding our relationships, and investing our time there as well as into chasing the paper? And what about health ... riches might get ..itches and money might talk ... but is not health wealth. So do consider guys your biology and inter-personal systems.” “You heard!!!!!!!!!!”

“And last but not least get over this darn self-consciousness that you don’t admit too. People will think what they want to about you no matter what .. So as you leave here find a way for NECESSARY NEGOTIATIONS in how you will get through this mind field, this mental battlefield ... each day be conscious and deliberate in reminding yourself that success is holistic & personal, draft your mission statement and be about it, be about it!!!!” Applause filled the air. Malcolm was sure glad he came.

Sex Secrets & Society

Sex Secrets & Society

Shem wanted to pass him by and ignore his biddings to come closer. But today Mr. 'S' biddings to come closer really got his attention. Mr. 'S' got his name as all his sentences began with 'Shh' ...

"Shh ... Shem, finally finally my boy... I watch you daily and you seem so full of potential" ... "Shh .. But Shem .. As you go along remember our club secrets" Shem looked up at Mr. 'S' confused.

"Shh .. Yes, Shem it is the secret that many of us know yet don't know that with all our supposed male privilege of being hunters and so an unspoken excuse for our promiscuity and infidelity ... beneath it lies ..." He stopped, noticing Shem's look of disbelief. "Shh .. Wait hear me out, underneath many of us are terrified of sex!" Now Shem could not be restrained, he burst out in fits of laughter. "Shh .. Ah young boy, 'tis true it's easier for us guys to be casual than to be consistent with one, see we know that therein lies real risk, a real test for us, and many of us with all our bravo do not dare, just because we think we cannot handle if the person is untrue, some of us work the 'player privilege' and deep down long for someone to really see us, love us, but just don't feel that love-worthy at all" Now Shem was alert. "Shh.. But we dare not do what we can to deal with it and so we keep up the bravado of being male .. Oh but in the quiet some of us know, but then its our secret."

Shem responded, "Mr. 'S' are you trying to tell me I am afraid of sex .. That is ridiculous!" "Shh.. Ah Shem when the student is ready the teacher will appear and when you are ready you won't have to ask what I was trying to say."

"Shh.. But listen up more, of a little burden of some young men like yourself. Now not big on the psychology, yet over and over have seen young men like yourself rob themselves of being what they might because there is this unspoken deep loyalty to that first role model male. It's like some of you hold yourselves back waiting and waiting on permission from your dads to do your own thing, be your own guy, even surpass them if you will .. Others look on and see all the potential and wonder .. But some of you know, and some of the dads know too and dare not give that sort after 'permission' .. Son please do not fall into that trap" ... but just know this too is our little secret.

"Shh.. And there is one that hides in open view.. It's how, we are naturally hard on ourselves and so are more vulnerable for taking disappointment hard, self-blame and by extension depression and unfortunately suicide.. Yet tending to emotional health remains a lady thing.."

Shem maybe you might be the light to start creating that awareness but be careful some might fight hard to keep us as we are.

Sacred Space Sacred Space

Today was the day when 'Sacred Space' would finally open. It was years in the making, finding the right location, format, generating interest among a wide catchment so that it did not become branded as being only for a specific kind of guy. Dug felt nostalgic. He could not help but retrace his steps that led him to discover the need for 'Sacred Space.'

He remembered the boy, just five years old, and how humongous his temper was, such a tiny thing too, yet when angry, time-out was nothing, and even the giant-sized adults felt like running for cover. What was done? Talk and more talk among the adults. Talk about the unfortunate circumstances, talk about imagining if he were older. Now, Dug saw in his mind, the fourteen year old who had this look in his eyes. It was a look that Dug was yet to get a word to describe. But Dug knew it was a plea of some sort, but to whom and for what. Would anyone else notice it? And finally, his times in the support group for guys in his position at the time. Dug was so thankful there was a group for this. It was then that he started to look around and notice that there were a few groups for a few things. Yet the groups were mostly targeted at some existing issue. And after Dug was exposed to the idea of visioning for the future, after he was exposed to different ages, groups, guys from varied walks of life, it finally hit him ... the need for that 'Sacred Space.'

He viewed the play room to the back, and the self-contained rooms that were available for work-shops and focus groups. He viewed the most recent Annual Programme Schedule that detailed the age-group of the support groups with days and times and the 4 quarterly topical Seminars. 'Sacred Space' was in its seventh year now and the response was great. Unlike what people said it would be. Dug just knew that the missing piece of the puzzle was in being proactive in the steady delivery of a variety of support forums for all ages and stages, for males only.

It was absolutely no shocker. The murmurings of Dug being a money-hungry guy. Trying to suggest something that was hardly important in light of all the urgent matters facing his community. Dug could not help but laugh to himself and think how the culture was stuck on 'Reaction-Repair-Repeat, Reaction-Repair-Repeat.' And no one stopping to ask if its working for all the effort being put in.

Dug wished he could emphasize to the right people how vital it was that from the time a boy is born some sort of affirmative action be taken on the part of the care-givers. Women have said it over and over, yet the point seems to be missed, they are naturally psychologically stronger and with a culture to support it too. Yet guys are always on duty sometimes as early as four years, to act like a guy. It's like that nurturing phase is short-lived. When would the consciousness awaken of the critical role of bonding and interacting from birth to those first three years to build up that psychological fortitude. Where these little ones are concerned its the 'baby & build' that is needed from birth and even into teens ... with the 'baby' part morphing as they grow showing support as appropriate to the age reached. The 'build' part has to be a plan from even before conception or not too long after .. Where there is a clear vision as to the inner traits considered needful and a deliberate approach in dealing with this person to 'build' it.

Yet Dug thought of the pressures that will inevitably come. And it was so that he noted the 'baby & build' must be encouraged so that as an adult, the person takes action to 'baby' himself finding healthy ways to self-soothe when times are tough and then 'build' up himself again by finding ways to strengthen for battle. In this way the child's entire development would have been a 'Sacred Space' where he was trained to develop his personal 'Sacred Space' routine to show up and give of his best. Finally, the day was here when 'Sacred Space' would open.

Persistent Practice Persistent Practice

The shouts could be heard around the ring, mixed with the looks of absolute horror. It was as if no one could get how O'Connor was being dominated in this match. Many of us like myself were first time boxing spectators and only because O'Connor had talked such a good game. O'Connor literally educated everyone on the science of boxing, as if anyone ever thought such a thing existed. But he did it so well that people got curious, curious to see his theories in action, to see him win this match. But it was not so.

Third round and people were turning and walking out. As for me, I refused to leave. This was my first time after all, I was going to get my monies worth. But O'Connor had me lost in my thoughts of how sometimes we talk a good game, get loads of information, know what will work and still we keep entering the ring of life and living a hard-knock life. Wonder what O'Connor's story would be. There is always a story. Funny thing though, no one even knows his opponent's name really and it does not matter. All that matters is that he that guy, his opponent is a guy of action. O'Connor spoke well but this guy whoever he was, whatever theory or not he subscribed to, he just kept finding ways to make contact and progress through the game, he just kept showing up and putting 'em up. Everyone here today if nothing else would remember this guy and how he taught us, reminded us to be a doing guy, a guy of action.

The bell went indicating the end of the match. On the drive home all the radio stations were doing their own version of the match review. As I settled on a station, they began to tell the journey of 'The Phantom of the Match' that's what they were calling the winner, who seemed to be almost invisible before and even well into the match as persons still thought O'Connor would some how deliver. This Phantom it would seem came from a tough life, listening to the number of things he had to overcome to be in that ring today, it was no wonder that he showed up.

It would seem that this phantom learnt that its not enough to talk about it but to practice persistence. Seems phantom has made it a lifestyle; practicing of persistence. One can only imagine then that even if O'Connor did show up that even then the phantom would have given him a good run for his money. And even if O'Connor. Wait, just thinking of O'Connor, now makes me laugh, but it's a sad laugh, and yet it makes me angry all at the same time. So much potential, this O'Connor. Anyway, even if O'Connor did win that match today, somehow it might be a sure bet that the phantom would have dusted himself off and put 'em up again ... living to conquer on another day. Really wish the best to the O'Connor's of this World but as for me think I am going to put 'em up and keep on for as long as need be. Yup, put 'em up! Let's put 'em up guys.

Self
Truly

Revealed

Openly

No

Gimmick



True

A Real Shocker