

SARAH TYLER-WALTERS  
TRANCE MEDIUM

## Men: A Spiritual Reawakening by Master Chou

The spiritual path, for many, is about self-discovery and connecting to your soul and its plan. Sadly in the world today balance, personal responsibility and knowing thyself have got lost or morphed beyond recognition by the ego and social constructs. Humanity is driving itself further and further away from its innate knowing. As the world shifts and social constructs get more entrenched and more divisive, the polarisation between the sexes has become extreme.

The world today is a harsh place for a man, full of judgement and conditioning. Seeking to follow a spiritual path or become more self-aware are not seen as manly pursuits. Whereas history will tell you it was the male domain, but with the advent of the new age movement, it has become increasingly a female dominant pursuit. But that has no balance. And, balance is key.

Spirit works with humanity; equally, we do not differentiate between male or female; we understand the purpose of both, the choices that have been made and why. Sexuality aside, the physical form is a beacon of the choices and lessons the soul is here to learn from. You are in a male body for a reason; it is part of the soul's experience. Being masculine, however, is about more than just the body. The male form provides access to lessons that the female form does not and visa versa.

These differences need not define you, but they are a part of you. Humanity has built up networks and behaviours that help women safely explore their emotions, dilemmas, morality, and thinking; sadly, these have been eroded for men. The notion of being strong, the warrior, showing no emotion and being the provider are part of the history of humanity and their collective evolution. That does not mean they have as much importance in the world today, yet many of you still work from a mindset or a belief system built on these ideas and ideals.

Being a man today is about much more; the variety and breadth of the human experience need to be available more to both sexes. Spirit will always step forward and assist humanity re-establishing balance and harmony. Sadly, we are not given equal time by both sexes. Females will often seek us out more. Men, we are here, we are listening, we can help.

SARAH TYLER-WALTERS  
TRANCE MEDIUM

Turn your minds to the possibility that there is more available to you. Spirituality can be a calling, but for most, it is a path of healing that leads you back to yourself. It does not require dogma, rituals or obedience only an openness to experience, to try. Many of us have walked on your world in both forms - men and women. We understand both. Let us share that insight with you.

Men face different challenges to women, not all of which are obvious. Spirit has long understood the need to explore the extremes in order to return to the centre, the place of balance. Humanity is verging on being at its most extreme in all aspects of life. Let us help you see that and guide you back to the centre. As the pendulum of life swings from one extreme to the other, gaining momentum and getting higher with each swing so human life pushes further into chaos. There is a solution. There is a choice to be made.

See the extreme. Watch the pendulum swing. Step to one side of its influence. The battle of the sexes, the battle for equality, these fuel the extreme. You have lost sight of the fact that you are all one - all human. You are already equal. The inequality is not within you; it is within your social structures - the world outside you. The world within you knows its value, knows its place and knows it is equal to the task at hand.

Do not let greed, power and the pursuit of wants distract you from you. The soul knows what you need, knows how to provide it and will, if allowed to. You have lost trust. Trust in yourselves and then in everyone else. Balance requires faith. Faith in Self. Faith in your SOUL. To be in harmony with self, you must first acknowledge the power struggle the conflict within linked to identity. The "Who am I" question.

Women have been pursuing the answer to this question for a long time. Your modern history is littered with their drive to get the answer, to redefine who they are, what they can do and what they want to do. But their drive to get the answer has not been matched by men. In fact, you have stood by and watch, baffled by their actions. But, now the reality is dawning on you. The need to answer that question is burning within many men, and it will be in many more. For your souls are pushing it forward, they have waited long enough.

The need to know thyself is as key today as it was the first time Spirit told humanity about it. Much has changed, and, so little has changed. The act of knowing yourself is the most important part of any spiritual journey. For if you do not know yourself,

SARAH TYLER-WALTERS  
TRANCE MEDIUM

how can you know us? Humanity has built an unlikely relationship with us. Once we were part of your belief systems, aligned to your religions, now we are to one side of it, a face in a long list of beings and entities you look for advice. You look to the stars for answers and do not wonder about the origin of the reply; you merely assume it is us, and it is safe.

One of the aspects of masculinity is practical, forthright, straightforwardness; it is a trait that is not nurtured enough for it leads to discernment, a balanced point of view. This is needed. This would help ground humanity and its relationship with us and other beings or consciousnesses that you are speaking to and that are replying. It would help balance out beliefs, so extreme views are recognised as such. It would assist in harmonising faith and alleviate blind faith.

You are essential to life. Your world has multiple sexes and sexualities, not because one is better than the other but because they complement each other. Each sex balancing out the traits of the other collectively creating a whole. You are part of the whole, an essential part. As your world turns to chaos more and more, the role of men becomes increasingly important for it is your role that is out of balance the most.

Step into your masculine energy, honour that you also have feminine energy within you; see it as a strength, not a weakness. The physical realm is built on duality, yin and yang, light and shade, equal yet opposite. That is a core principle. Please do not lose sight of it. For every man has a purpose, a soul path to follow as an individual and part of the whole. Do not let society, prejudice, ego and fear guide you down the path of extremes; let your soul guide you back to the centre.

Your emotions are no different to women, your experience of pain no different, your basic needs no different, your bodies need no different, your value to the world no different, your value to humanity no different. So do not live as different.

Live as human. Live in harmony. Centred and knowing thyself.

**Published:** Initially on Master Chou's WordPress blog - 12 April 2016

**Hashtags:** #Men #Spirituality #FemaleEnergy #Sexuality #PersonalResponsibility