

Foreword

I feel both humbled to be asked to write this foreword and excited to be a small part of such a thoughtful and thought provoking book.

I'm excited by the challenges facing men at this time in history since man has literally had it his own way for millennia. Finding a new way for man in society involves a dance with ourselves and our challenges, as in every walk of life we are increasingly finding ourselves at a loss, out-competed, left behind at school, outshone at work; it seems the remorseless challenges facing man just keep on piling up with no sign of an end in sight.

We live in a time when the definition of what it means to be a man needs redefining as our position as bread winner, often measured by the strength of our arm or the power of our social status, is rightly coming apart.

It's no surprise to me that more than ever in the history of humankind a crisis of identity and confidence has emerged to define manhood in a modern era where traditional roles have crumbled. The evolution of manhood has stalled yet we persist with old thinking that fails to contribute to the movement towards a transformation to a more conscious and spiritually connected male.

Martin H. starts this book with prisons and prisoners, but equally these insights can be applied to the internal prisons that prevent modern males escaping to the freedom of spiritual consciousness and the journey towards their higher selves. Too often we measure ourselves by what we do and what we own rather than who we really are. I express gratitude to Martin in asking me to write this foreword and to a remarkable front-line community organisation, Granby Toxteth Development Trust, for bringing us together.

Martin's book is a compilation of personal experience, as a witness, of wisdom and insightful thinking that leads to both natural manhood and a more enlightened role for the male of the species in the twenty first century and beyond.

Natural manhood explores how men, particularly those locked in our prisons, need a complete overhaul with new thinking and a recognition that if we do not seek the divine in all our lives, we are unlikely to resolve the issues we face in a rapidly changing world. What is needed is new thinking and a dose of ancient wisdom. This book provides both.

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