

YOUR MIDLIFE CALLING IS...



THE PEACEFUL WARRIOR

Great warriors are not hot headed muscly brutes. They embody a calm, focused determination which steadies and steels the nerves of their brothers.

When we feel most like our will power has waned, our motivation is lacking and our temper flares out of control, this is sign that we are being summoned by **The Peaceful Warrior**. You are now being invited to harness and temper the anger that has led you to burn bridges in the past. To be less ruled by the lost cause of fighting with reality or succumbing to feeling powerless. Instead, you are being invited to reignite the scared fire within you...

You are being called to abandon trying to *control* yourself and others and to show up more as a **warrior of true power and inner strength**.

Whether you need to be making hard choices, shifting your lifestyle, curbing immature behaviours, or standing up for others, it's about becoming more courageous and strong as a man who responds to what is not working in this world by bringing more of **your** capacity to move through obstacles and get important shit done!

When we truly heed the midlife calling of **The Peaceful Warrior** and integrate him in a mature way into our existing lives, we find ourselves being more productive and feeling more proud, which sparks the fire in others to be more pro-active and determined to do whatever the moment demands...

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 **power** and influence. When we deny this call, we become frustrated and listless, slowly sapped of our sense of inner power and agency. We may tell ourselves that our anger is destructive, but trying to be the good guy who tries to show a calm front - while eating shit - only depletes our power and confidence.



Indirectly, we can become passive aggressive and seek to over-control situations and other people, over fussing as perfectionists and/or collapsing into giving up too easily.

MEN WHO FALL INTO IT HEADLONG...

Feeling frustrated and pent up for too long, we look for ways to deal with the pressure inside by trying to manage and numb the frustration through sex, over working, drugs or by stirring up conflicts. Unfortunately, this leads many men to act out like teenagers who blow up the most vital parts of their lives.

A couple of cautionary tales...

Randy was always told he was a hot head. His dad was a rager and a cop. His mom the quiet complacent one. Despite wishing he would be different, he found himself getting so worked up at his wife and kids that his teenage son had to restrain him. The shame and guilt ate away at him...

Then, there was **Victor**, who was the stay at home dad, used to playing the submissive, good guy with his dominant wife. He promised to never lose his temper, but the resentment in him grew, making him withdraw into online porn. One day, he discovered that his wife was having an affair...



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

THE PROMISE...



IF YOU DARE TO HEED THE CALL OF THE PEACEFUL WARRIOR,
YOUR LIFE EXPANDS IN THESE THREE WAYS....



1. FOCUS & FOLLOW THROUGH

You are able to sharpen your mind, zero in on what matters and needs doing. You can stay on the ball for longer periods and track things to completion more often. Your ability to focus helps others to stay on topic and task.



2. STRENGTH & SKILL

Day to day, you feel a growing sense of capacity to learn ways to do things with greater efficiency and finesse. You have more power to work through frustration and set backs and get things done with more mastery!



3. COURAGE & GRIT

You are able to face your fears and stay in the zone of discomfort longer and with more bravery. This inspires your colleagues and family members to also turn towards the things that are easy for them to avoid, encouraged by you to face the harder things head on.

"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 the peaceful fire 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 **Randy** and **Victor** (page 2) whose lives were ravaged by shame and rage were able to evolve their hard feelings. Doing so drove them each to build new lives with more integrity, genuine fulfillment and respect from their loved ones.



Hi, I'm David Jurasek

If you are ready to **identify** your biggest emotional blocks and form a **plan** to flip your feelings into powerful fuel for a more impactful 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