

My Journey

By Wayne Stevens

Wayne Stevens is the Coordinator of the Australian Centre for Men.

How and when were you introduced to male spirituality?

While doing my counselling training I encountered the Centre for Men. I was intrigued and eventually did my rites in 2011. This launched me into a lot more reading about male spirituality and further developing my studies in this area. I joined the board for Centre for Men Australia in 2015. I became coordinator in December of 2018.

How has your participation in Illuman/M.A.L.Es fostered the use and development of your gifts?

I am a two on the Enneagram and this work has helped me see where I hold on too tight and where I need to let go. This work has fundamentally showed me my worthiness outside of what I “do” and my performance. This started at the MROP and has been a profound shift for me. Within my own small group, I have developed and learnt some important lessons about owning my own stuff and letting others own theirs.

Describe a recent Illuman/M.A.L.Es event you attended. What was the impact on you?

I was fortunate enough to attend the Illuman leadership gathering this May in Missouri and I learnt a lot about watching, listening, and engaging with nature. I learnt that, though we are very distant geographically, the men in this important work are brothers and I felt that while at the Illuman gathering. We all need each other and each man missing is felt like a wound and each man truly present is like a deep healing. May we be present to each other's wounds and healings. Our stories, our narratives, are written deep within our hearts. This has greatly impacted me.

What's one thing you'd recommend to a man starting on the spiritual journey?

The Journey of Illumination has a lot of wisdom within it. If there was one practice I would recommend starting, it would be meditation/contemplative prayer. This practice of letting go leads us to be able to let go within our everyday lives. This letting go helps us see that everything belongs and therefore everything is sacred, every breath, every mistake. I recommend starting small. I use the Insight Timer app, which has some great guided meditations to help ease you in. Happy meditating.

What's the best thing about doing this work?

Seeing myself and other men transformed. I think to be self-aware and transformed are two of our core purposes on earth—not so we can be comfortable or “happy,” but so we can do what is uniquely ours to do in the universe. I have men I work with, shoulder with, and they have become my closest friends. I would truly defend them in battle. I love them all dearly. I am an abundantly blessed man—of that I am sure.

Concluding thoughts?

I am constantly amazed at and in awe of what a small group of ragtag, broken men can do. We are all part of a special work that affirms all that is good and right in this world. The arc of history truly does bend toward justice, and we are a small part of that bending. I am honored and humbled to be marked a brother in this wonderful movement.