

My Journey

By Brian Mueller

I have several roles within Illuman, the most important being learner and participant. I do my best to attend meetings and events within Ohio, and also to interact with other chapters as I am able. Beyond these roles, I also offer my skills in service. I am a member of the Illuman Marketing Committee and have been privileged to create some design and communication tools for several Illuman Chapters.

How and when were you introduced to male spirituality?

My introduction to male spirituality came quite rudely in the form of divorce. When my marriage ended, I was at a dead end, physically and emotionally. As I struggled with understanding, it slowly dawned on me that the only way forward would be through spiritual and mystical growth. I was fortunate to have many supportive men and women in my life who helped show me the way. With a newfound humility, in August 2014, I made the snap decision to attend the MROP in Illinois. From that seminal experience to this day, men's work has become a foundational piece of my life.

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

My participation within Illuman/M.A.L.Es has helped to open my mind and my heart to something greater. I cannot overstate this. My involvement has helped me to see my gifts and skills with an entirely new perspective. I no longer view myself as a cog in some great economic machine, but rather as a man doing my best to love and be loved in the many roles I must take throughout my life.

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

Most recently, I attended *Soularize 2016/Drawing from a Deep Well*. During this event, I had the privilege of serving as a Council Bearer. Over the years I've sat in many circles, and yet I wasn't confident I would be up to the task of facilitating for my group. Nonetheless, I sat down with the other men and, through open and honest sharing, as well as empathetic listening, I believe we were able to create a sacred and transformational space of healing. It was incredibly powerful.

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

Humility. For me this is paramount in just about everything I do—and I'm not speaking about some faux modesty, but rather a deeper understanding of my limitations with respect to seeing and to knowing. Humility has allowed me to come to grips with my powerlessness, thus freeing me from any greater responsibility than I can handle. I am now comfortable among the broken, because I accept that I am broken too.

What's the best thing about doing this work?

Without a doubt, the best thing about this work is relationships. Since embarking on my spiritual journey, I've met many other men and women on the same road. The opportunity to meet and spend time with others on a deeper level is profound. It impacts all of my relationships as well as many other aspects of my life.

Concluding thoughts?

These are indeed difficult times. I sometimes struggle to keep my own faith in the face of my fears and the very real challenges we are all facing. Nonetheless, I remain optimistic because I have seen and experienced the Transcendent in this world, and I trust the power of love. This holiday season I wish everyone this same great love and happiness.