



# The Masculine Wound And How To Heal It | TCM #147 (Part 1)



Podcast: [Play in new window](#) | [Download](#) (Duration: 52:41 — 36.2MB) | [Embed](#)

Subscribe: [Apple Podcasts](#) | [Spotify](#) | [Android](#) | [RSS](#) | [More](#)

There is a crisis of healthy masculinity that has been building up with distorted ideas about what it means to be a man. There is a pseudo or hyper-masculinity that is a knee-jerk reaction to feminism and the “feminization of men” and a distortion around what the mainstream calls “toxic masculinity.”

It’s also common to label men as beta males and alpha males. However, they are two sides of the same coin of unintegrated wholesome masculinity.

As a result, there is a crisis of healthy relationships between men and women, and many men suffer from depression and loss of meaning and purpose in their lives despite outer accomplishments or never living up to their full potential.

They can also get stuck in “hyper-masculinity” as compensation for inner emptiness or over-simplified roleplay and personality behavior, as seen in the Manosphere and the Polarity Movement.

For men who want to integrate their healthy masculinity, it is going beyond beta or alpha male labels, mindset, or personality behaviors. It’s an inner journey of integrating the feminine archetypes within a man.

In this podcast, we explore the different feminine elements within a man, particularly the mother complex (which is not to be mistaken for his physical mother) and the Anima, which Carl Jung related to a man’s soul.

We will show how the lack of integrating these inner feminine figures shows up in men’s lives and why integrating them is essential for a man’s happiness and relationship with the women in his life, be it his wife, partner, daughter, sister, or mother.

We also talk about what a woman needs to be aware of and how she can support a man if she genuinely wants him to shine in his masculinity and receive from him what supports her.

In the second hour, we explore Parsifal’s search for the Holy Grail from the 12th-century King Arthur legends. The grail myth speaks of masculine psychology, depicting three stages of psychological development for a man.

Modern society has lost its connection to these ancient myths. They are often taken too literally, missing the deeper message of internal transformation. These myths provide guidance and profound insight into archetypal psycho-spiritual processes.

Engaging in this inner alchemy is more important than ever for a man in a world devoid of spirit and deeper meaning. Surface appearance, obsession and identification with the physical body (or complete dissociation from it), mindless consumption, and materialism overshadow the profound loss of meaning and higher purpose in a man's heart.

Women will also be interested in learning about male psychology and the secrets of the Grail myth to learn more about the men in their lives, whether they are fathers, brothers, sons, husbands, or boyfriends.

## Show Notes Part 1:

- Hyper Masculinity as a defense mechanism
- The Manosphere and the Polarity Movement
- Role play based on superficial gender roles and personality behavior don't address the deeper inner masculine wound
- The lack of a conscious rite of passages that initiate a boy into manhood
- The six primary relationships a man bears to the feminine world
- Integrating his Anima and conquering the Mother Complex is one of man's most important inner work
- Nothing is as dangerous to a man as an unresolved mother complex (not to be confused with the physical mother)
- How the mother complex can show up
- Slaying the dragon of the mother complex
- The Anima and the feminine component in every man's psychic structure
- The unintegrated Anima and Anima possession
- How to integrate the Anima
- A man's need for feminine validation
- How a woman can support a man in his process
- What a woman needs from a man's masculinity
- The danger of a man projecting his Anima on a real woman

## In Part 2 (only for members), we go deeper into:

- The Holy Grail Myth in the King Arthur Legends
- How modern men have lost their personal myth and guidance to the inner process
- Women would also benefit from understanding the secrets of the Grail myth

- There are three archetypal stages of the psychological development of a man in the Grail myth


[Home](#)
[About](#)
[Articles](#)
[Podcast](#)
[Coaching](#)


- The Fisher King wound is the hallmark of modern man
- Getting in touch with the inner fool
- Parsifal's Journey and call to adventure to become a knight
- His mother's gift of a homespun garment resembles the mother complex
- Parsifal finds his way to King Arthur's Court to become knighted
- The Red Knight and the Necessity to Integrate the Shadow Side of Masculinity: Aggression
- Gournamond, the archetypal godfather and male mentor
- The three most important messages for Parsifal
- The Mother Complex
- Parsifal frees the fair maiden Blanche Fleur (his Anima)
- The symbolism of the roundtable of the Knights in King Arthur's court
- Many religions and myths are taken literally, missing the deeper message and symbolism
- The chastity vow of Parsifal and what it symbolizes
- Parsifal's first encounter of the Grail Castle
- Parsifal is not able to receive the Grail due to his mother complex
- The Hideous Damsel at King Arthurs's court and Parsifal's dark night of the soul
- Parsifal encounters the hermit and the process of individuation
- Parsifal is ready to receive the Grail, for he asks the right question
- What the Grail represents as a symbol for the fully embodied man

Go [HERE](#) to listen to Part 2 if you're a member or [REGISTER](#) to become a member to access the membership section (including the membership forum.)

Visited 866 times, 88 visit(s) today

**Share, email, or print**

Categories: Part 1, Podcast Episode By Bernhard Guenther February 2, 2025



[Home](#) [About](#) [Articles](#) [Podcast](#) [Coaching](#)

Author: Bernhard Guenther



<https://veilofreality.com>

[Videos](#) [Courses](#) [Contact](#) [Membership](#) [Login](#)

PREVIOUS

[The Masculine Wound  
And How To Heal It | TCM  
#147 \(Part 2 For  
Members\)](#)

## Related Posts

The Masculine Wound And How To Heal It | TCM #147 (Part 2 For Members)

February 2, 2025

Soul Purpose Vs. Ego Desires: Finding Your True Path | TCM #146 (Part 1)

January 17, 2025

Soul Purpose Vs. Ego Desires: Finding Your True Path | TCM #146 (Part 2 For Members)

January 17, 2025

How To Thrive In 2025: A PsychoSpiritual Guide | TCM #145 (Part 1)

December 29, 2024



Home About Articles Podcast Coaching

How To Thrive In  
2025: A

How Your Inner  
Work Fuels A

PsychoSpiritual

Collective

Videos Courses Contact

Membership Login

Guide | TCM #145

Awakening | TCM

(Part 2 For  
Members)

#144 (Part 1)

December 29, 2024

December 16, 2024

Log in or sign up to become a member

Username

Password

Remember Me

[Lost your password?](#)

**Log In**

Don't have an account? [Register](#)

Search Website

Type and hit enter ...



Subscribe to Newsletter

### Subscribe to Newsletter

Sign up to receive notifications of new content & events

**Full Name**



[Home](#)

Email\*

[About](#)
[Articles](#)
[Podcast](#)

[Coaching](#)



[Videos](#)

Please verify your request\*

[Courses](#) [Contact](#) [Membership](#)

[Login](#)

 I'm not a robot
 

reCAPTCHA  
[Privacy](#) - [Terms](#)

Submit

Marketing by

### Do-It-Yourself Courses



[Home](#) [About](#) [Articles](#) [Podcast](#) [Coaching](#)



[Videos](#) [Courses](#) [Contact](#) [Membership](#) [Login](#)

# Courses

# Webinars

# Masterclasses

**PIERCING THE VEIL OF REALITY**

**LEARN MORE**

Popular Posts



[Home](#) [About](#) [Articles](#)

[Podcast](#)

[Coaching](#)



[Videos](#)

[Courses](#)

[Contact](#)

[Membership](#)

[Login](#)

[#147 \(Part 1\)](#)

[The Masculine Wound And How To Heal It | TCM](#)



[#147 \(Part 2 For Members\)](#)

[The Masculine Wound And How To Heal It | TCM](#)



[Navigating The Timeline Split | TCM #142 \(Part 1\)](#)



[Path | TCM #146 \(Part 1\)](#)

[Soul Purpose Vs. Ego Desires: Finding Your True](#)



How Your Inner Work Fuels A Collective

Awakening\_| TCM #144 (Part 1)



COVID Vaccines – Consequences For The Soul,

Spirit, And Life After Death



The Psychology Of Being “Black-Pilled” & The

Social Media Armchair Conspiracy Theorist



Organic Portals – Soulless Humans



[Soul Purpose Vs. Ego Desires: Finding Your True Path | TCM #146 \(Part 2 For Members\)](#)



[How To Thrive In 2025: A PsychoSpiritual Guide | TCM #145 \(Part 1\)](#)

Subscribe to The Cosmic Matrix Podcast (only Part 1 of each episode - for 2nd hour sign up to the membership)

- [Apple Podcasts](#) →
- [Spotify](#) →
- [Android](#) →
- [by Email](#) →
- [RSS](#) →
- [More Subscribe Options](#) →



[Home](#)

[About](#)

[Articles](#)

[Podcast](#)

[Coaching](#)



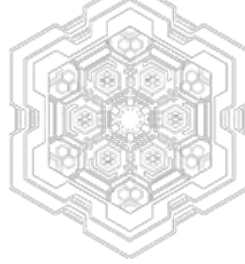
[Videos](#)

[Courses](#)

[Contact](#)

[Membership](#)

[Login](#)



# VEIL OF REALITY

Piercing the Veil of Reality," offers a wealth of content ranging from spirituality to the occult and hyperdimensional realities

## Sitemap

[Articles](#)

[Podcast](#)

[Coaching](#)

[Videos](#)

[Courses](#)

## Other Links

[Get Free E-Books](#)

[Membership](#)

[Contact](#)

[About](#)

## Social Media

© 2025 All Rights Reserved.