

The Language Of The Knight

Knights of the 21st Century uses a language that is outside of the norm; “The Language Of The Knight” is meant to help a man understand himself at deeper levels, use internal self-talk in positive ways, develop his potential to the fullest, and serve others more effectively, all of which will honor God. The word *man* will be used interchangeably with words such as knight, king, lover, warrior, friend, squire, and hero; these words are used to highlight and describe specific aspects of a man’s identity.

Armor - The knight is aware that he must defend himself within his interpersonal interactions on both an emotional and a thought level. The defensive function that his armor provides can either help him or hinder him within his relationships; the ways that a knight uses his armor is dependent on the personalities of the people he is interacting with.

Attitude - The attitude that a man chooses is the most powerful choice he can make; it is the foundation upon which all of his other life responses rest. A man’s choice to have a positive attitude ensures the highest probability of his personal development and success, as a man.

Brain That Feels - This part of the brain uses a man’s awareness of emotion and intuition to assess and understand the environment which then provides information to his “Self” for an appropriate response. The feelings that a man experiences are widely varied, as based on his daily life, and can be either pleasant or unpleasant.

Brain That Thinks - This part of the brain is used for a man’s cognitive functions. It provides logical thoughts and ideas that help him figure out how to approach life. As he seeks knowledge, the rules of logic are applied and details are noted, all of which assist him as he navigates through the forest.

Calling - This is the uniquely individualized mission that God has chosen for each man. A man's potential can be fulfilled at its highest levels when he forms relationships with the right people and serves them according to God's plan. His calling requires him to expend his best efforts on loving others and fulfilling the mission God designed for him. A man's calling can be defined broadly and can include any number of knightly actions: fixing someone's car, saying a kind word, giving his resources, sharing his heart, coaching a team, loving a woman, being a positive role model for a child, feeding the poor, or by simply doing his job well.

Campfire - This is a time designated for the personal growth experience that a man chooses for himself. It is a time during which he purposefully chooses not to be alone, but instead meets with a group of men in order to develop relationships with others who support his manhood journey. A man's campfire time motivates him to make an ongoing commitment to the manhood journey; he learns by sharing and listening to others; this group of men help each other understand a new manhood language while also encouraging each other to follow God's call to manhood. Each man uses his relationships with other men to practice the intimacy skills that are a key component of leading others well. Together, men are able to face "what is" and change it to what they want it to be.

Chain Mail - This secondary defensive structure allows a man to change his perceptions of reality and make them fit his preconceived expectations. A male's chain mail affects the way he perceives life; his perceptions of life are based on the development of his personal belief system and the filters through which his life experiences are internally processed. A man can change his perception of reality by developing restorative filters and adding positive belief links to this important perceptual process.

Choice - This is the most powerful of all human capabilities. The actions that a male or a man chooses affect his approach to life: how he loves others, the goals that are achieved, the challenges that he faces, the tasks that are completed, and the level to which he actualizes his potential.

Core - This is the innermost part of a knight's personhood. A man's core is made up of several distinct elements: the body, the mind, the soul, the spirit, and the shadow. The core is a mixture of the characteristics which a man has the potential to develop and those that he portrays consistently; a man's core sends messages to the various internal elements of himself from varying perspectives. As the governing executive of the man's core, the "Self" makes decisions about which one of the core element's messages will be heard by the man in response to a given forest event.

Core Voice - This is the expression of the deepest yearnings of the core's potential; it is representative of the divine image of God seeking fulfillment within the man. A man's core voice encourages him to become his best, develop meaningful relationships, and interact with God. As part of a man's soul, his inner voice is constantly present; it helps him recognize how he fits into the bigger picture. A man's inner voice is a gift from God; it prompts him to seek personal fulfillment through a God/man relationship.

Emotional Affectionate Regulatory System (E.A.R.S.) - This process, which is necessary to manhood, emphasizes the healthy expression of emotion. Males stunt their manhood by failing to develop this part of themselves which is a part of God's image within them. A man's E.A.R.S. require him to develop an ever-increasing awareness of his own emotions which encourages flexibility in his responses to others. As a relational being, a man must control and modulate his emotions; this enables his ability to establish deeper interpersonal bonds with others. Through tenderness, compliments, and caring expressions of love, a man influences others. A man should have big E.A.R.S.

Elders - This Trail Marker represents a specialized segment of a man's community which is often comprised of men who are older than him. The importance of elders in a man's life is based on the unique hunger within him to be mentored by men who have already experienced important parts of life. The affirmation of a positive role model can be a significant blessing to a man who is pursuing manhood.

Forest - Forest is a word symbolizing life, culture, world, or the environment, as each entity presents itself to the male. The forest has both positive and negative aspects. Some environmental influences, if left unchecked, will control the male, limit his potential, and harm others. A goal-oriented, self-initiating manhood approach is required when facing forest challenges; only through this type of approach will a man achieve his full potential.

Friend - This response pattern describes the themes that surround the companionship a man establishes with others by “living life together.” It is often the basis for what is defined as “committed love.” This interpersonally expressed, connecting energy encourages a man’s socialization process; it frequently involves play with others and supportive interactions. Communication skills, such as listening and sharing, are helpful when initiating and developing friendships; these positive manhood skills are crucial as a man grows, learns to support others, and feels the comfort that positive relationships can give. To live life well, a man needs others in his life with whom he can practice friendship response patterns; this, in turn, will allow him to feel the comfort that positive attachments provide.

Genetics - Our genetics are portrayed through the internal and external attributes given to us by our Master Creator, God. Each person is created with their own individualized patterns which are expressed through his/her unique giftedness. God made us with the specific intent that we would follow His call for our lives; because of this, we must learn to accept who we are and how we are made. We must develop an awareness of the ways that our genetic attributes can be influenced by our choices and actions.

Hero - This is what a man becomes when he works to fully develop his potential, follow his calling, and lead others through his servanthood. The heroic nature of a man is part of his DNA; nothing less than the expression of his nobility of his manhood will bring fulfillment.

Instincts - These are primitive reactions, connected to our biological make-up, that encourage “adaptation.” We experience these primitive

response patterns to life when we have the instinct to fight or flee, preserve our “Self,” bond with others, seek pleasure, avoid pain, and express our sexuality.

King - This form of leadership response pattern focuses on the pursuit of justice; it is evidenced as a man chooses the right responses for the situations he faces in his daily life. Righteous energy fuels his thoughts, feelings, and behavior patterns, as the king theme motivates a man to lead according to the rules, choose what is good for all, establish goals, encourage task completion, and support the values and standards that are required for manhood.

Knight - This is the first level of manhood; when achieved, it differentiates a male from a man. This manhood level is only achieved when a male is willing to do what is hard and step out of his comfort zone; when a male accepts this challenge, it increases the level of his self-awareness, self-discipline, self-control, and self-understanding. A male must make a definitive choice to apply himself to new learning and different life choices, if he wants to obtain knighthood status.

L.A.R.G.E. C.A.R.E. - These are the love skills that must be practiced regularly in order to develop the feeling of love between yourself and others: Listening, Attention, Respect, Genuineness, Energy, Communication, Affection, Responsibility and Empathy.

Life Map - In order for a man to fulfill his potential, achieve his goals, and become relationally skilled, he must develop a life map. When a man integrates the actions of his thinking and feeling brain, he creates dreams and goals for his life which are consistent with what he wants to become and how he wants to be defined in the lives of others. When a man creates a life map for himself, he helps himself avoid a directionless life. By taking responsibility for the development of his life map, he is able to achieve his calling, limit the detours he makes, and stay on course with the goals he has set for himself.

Lover - This response pattern describes the theme of a deep, sacrificial, openly vulnerable, honest, and caring bond between two people.

The formation of this bond is a matter of choice and is based on a person's commitment to the practice of "love skills" (L.A.R.G.E. C.A.R.E.). Romantic (or poetic) energy fuels this intimate level of attachment. Romantic energy creates a special bond, described as a best friend or soul mate, which in the normal course of events, leads to a marital commitment. When poetic energy fuels an attachment bond between two special friends of either gender, or with a relative, the interpersonal attachment is best represented by the word "love." When the love that is part of a strong friendship bond is combined with commitment, it makes a relationship even stronger and more significant.

Manhood - This is the goal of every male; it is defined by Dr. Robert Lewis as "one who rejects passivity, accepts responsibility, leads courageously, and expects God's reward." Because the state of manhood within the world is approaching extinction, the culture is even less dignified, as positive leadership within the forest is lacking. It is only the male's achievement of manhood that will begin to make a difference, first in his life, and then in the lives of those he serves. Manhood is an attitude and a "state of being," not a stage that is once and done.

Mind - This is a larger, more inclusive concept which emphasizes the fact that our responses to life are never completely forgotten. The mind also catalogues the potential responses that we think about, but have not given, which are ready for us to utilize when needed. These response possibilities are based on at least four different perspectives, including those of a man's King, Warrior, Lover, and Friend. These terms describe the different response patterns from which a man can choose when he wants to respond to others at deeper levels.

Oracle - The discovery and pursuit of wisdom is essential to the knight's manhood journey; he must learn to intentionally apply it throughout his daily life. The forest is in need of men who act wisely; their wise actions and responses immediately make life better for all. The third year of the **THE HEROIC MAN'S JOURNEY** curriculum, *ORACLE: THE WISDOM OF THE KNIGHT*, is based on the importance of

Godly wisdom within the manhood journey and the ways it is used to strengthen his manhood, as he develops his relationship with God.

Principles - Principles are standards of behavior which a man establishes through forethought; a man consciously chooses to be committed to his principles. When a man is following his principles, he is also actively choosing not to follow his shadow's messages; by doing this, he does not act impulsively by doing what he feels like in the moment. A man's principles help him guide his instincts, limit the automatic responses he gives which might be negative, and assess the type of relationships he develops. A man thinks in advance about the principles and ethics that he wants to establish for his life; they are used to guide his decision-making process during ambiguous forest experiences. He also follows the 15 Principles Of Manhood, as well as the personal principles he has developed specifically for himself.

Round Table - This is the large gathering of men who have made a commitment to help each other develop their strengths, and together, change the world for the better. It is a time for relaxation, laughter, and fun; it also includes intentional activities which are aimed toward challenging men to strengthen their manhood. The round table ends with a campfire experience, which encourages each man to apply specific manhood principles to his daily life.

Rubik's Cube - This is used as a metaphor to demonstrate the continuous interaction between the six parts of a man's core. Based on messages provided by a man's body, mind, soul, spirit, and shadow, his "Self" chooses the ways he responds to life. A man is internally integrated in such a way that the choices he makes ultimately affect his entire being, whether he recognizes it or not.

Rut - This is the neurological tendency to follow the same previously established actions, thoughts, and feeling patterns, over and over again. Ruts help us conserve energy, quicken our response time, limit distractions, and allow our personal efforts to be placed elsewhere. When these kinds of automatic behaviors are helpful, ruts can be of great assistance. Ruts are harmful when they help a man resist change

and require conscious effort from him. Ruts are ingrained habits; when a rut is formed, it can take a considerable amount of energy in order to establish new patterns; once a man changes a rut, he must be aware that he can fall back into using his old ruts at a moment's notice.

Self - This is a man's chief executive officer and the identity he chooses to portray to himself and others. A man's character is based on the decisions that the "Self" makes from the many messages it receives from the various parts of his core. These choices define the patterns of behavior by which a man is known. A man's "Self" is known more by his actions than by his words.

Shadow - This is a self-destructive element that is a part of each man's core. A man's "Self" must be vigilant regarding the constantly active nature and negative influence of his shadow. A man's shadow attacks his "Self" and his core elements in a variety of ways by creating internal conflicts within the parts of himself that are good. A man's shadow is part of his sinful nature and can only be truly defeated through the rebirth of his spirit, through Jesus Christ.

Soul - This is the aspect of a male that seeks a life theme around which to orient his decisions; it adds a sense of meaning to his existence, while also encouraging the development of a relationship with the Divine God. Described in Romans 1, or by Pascal's concept of "a God-shaped vacuum," the male's soul is aware of his need for a spiritual revival. The nature of his spiritual life is ultimately determined by how his "Self" listens to his soul's messages. The "inner voice," found within the man, is his soul speaking to him and asking, "What are you going to do with God?"

Spandex Male - This describes the immature state within a male which he must challenge in order to achieve manhood. It is a male's natural state until he purposefully chooses to grow and fulfill his manhood potential. The spandex male flexes with whatever the forest demands, instead of developing an intentional plan which pro-actively molds the forest. A spandex male's actions are self-focused, impulsive, and

arrogant; a knight's spandex male behaviors can re-occur at any time when he is not vigilant.

Spirit - This is the active, spiritual connection point within the male through which a personal relationship with God can be formed. When we are physically born, our spirit is dead; our spirit remains dormant until we choose a spiritual rebirth. This is only possible through the acceptance of Jesus Christ's payment for our sins through his death. After a spiritual rebirth is chosen, the human spirit can join more fully with God's Spirit. Through a man's connection to God, God's guidance becomes more available to him for his manhood journey.

Squire - This is a male (or man) who has the intention of becoming the great man he was called to be. This man courageously enters the manhood journey with other men and demonstrates his learning spirit by being an open, vulnerable, and humble student. He makes a commitment to become more aware of himself, to grow in ways that positively impact others, and to make a difference in the forest around him.

Trail Marker - There are five Trail Markers that point a male in the direction of achieving manhood. Although advice from others is not always perfect, a male can listen to the advice of his community (tribe), as well as the older men (elders) around him by following well-established life principles that others have followed. A man can also learn to listen to the inner voice that God has placed within him (image of God); by developing a relationship with Jesus Christ, he can follow the Spirit of God in his life.

Transcendent Stage - This is the final stage of manhood which is entered at a person's time of death. In this stage, what was believed during life through faith will be fully realized. A man accepts the reality of his death because he has attempted to consistently live according to the beliefs and standards that he has established for his life.

Transparent Stage - This is a stage of manhood during which a man temporarily leaves his knighthood status to do something that is

over and above what he is normally capable of, in order to make a miraculous difference in the forest. A man enters this stage when he takes a leap of faith and acts in ways that are beyond the human strengths he believes he has; by choosing to enter this stage, he creates new capabilities within himself. A man can enter the transparent stage by: acts of sacrificial giving, facing and adapting to significant life challenges, learning to understand anything beyond his previous levels of experience, developing new and diverse relationships, all of which can lead men into this stage temporarily.

Tribe - This is one of the Trail Markers that reinforces a man's need for the sense of community that others contribute to his life. This special group of people, often referred to as his team, contributes to a man's life by providing feedback, resources, and opportunities for service.

Warrior - The response pattern of the warrior focuses a man on the theme of managing life's challenges through the pursuit of self-discipline, self-control, and personal strength; a man uses these positive attributes by directly applying them to his daily life. The conquering energy of the warrior encourages him to move outside of the safety of what he already knows and to confidently take risks in the unknown parts of life. A man's warrior response helps him when there is a need for confrontation or for the aggressive defense of others; it increases his ability to meet life's challenges and his willingness to take the risks that are needed to establish new goals; it motivates him to steadfastly apply his capabilities at moments of crisis in the future.