



# **The Bones and Breath: A Man's Guide to Eros, the Sacred Masculine, and the Wild Soul**

*L.R. Heartsong*

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In *The Bones and Breath*, Heartsong asserts that we each have an essential gift to bring to the world and through actively embodying the soul—primarily via the body and our expanded, physical senses—we undertake a profound, transpersonal journey; one that serves humanity and the Earth at a crucial phase of our collective evolution. Our life task is not to transcend the body but to become fully human by descending into the bones and breath, to there discover the gift our soul has to offer to the ‘more-than-human’ world. Heartsong seeks to bring men out of their heads and down into the bodysoul, there to discover their personal authenticity as a wild soul.

Eros is the key. Eros is something much more than romantic love—it is the elemental force of allurements that plays a pivotal role in our evolution as conscious beings and pulls us towards our destiny. The Sacred Masculine is an important archetype now making a much-needed return to assist humanity, as mankind shifts from being the most destructive force on the planet to a life-sustaining one. Interwoven with personal stories and seven primary Soul Skills and embodiment exercises, *The Bones and Breath* is "how-to" manual for a soul-centered life.

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