

***PRINCIPAL PRACTICES FOR YOUR REMARKABLE LIFE***

ACCESS  
POWER  
PURPOSE

# for **REMARKABLE MEN**

**COACH PAUL VELICK**

**There is a dimension beyond  
which is known to man.  
A dimension as vast as space,  
and infinite as time itself.**

**It is a middle ground between light  
and shadow — between our grasp  
and our reach; between science  
and superstition; somewhere in the  
pit of our fears and in the sunlight  
of our knowledge.**

**Perhaps it is the dimension  
of man itself ... our sense that  
despite all else, we are here  
to do something Remarkable.”**

**A REMARKABLE MAN, 1962**

# WAYS TO USE THIS BOOK

## MEN

**For Remarkable Men** is a practical guidebook for discovering wisdom, tools and actionable methods for change. Inside is a network of integrated practices for truth-seeking men who wish to choose a path toward becoming fully-expressed owner-leaders in their lives. It is a collection of principles and practices for stepping into a “Remarkable” version of your character and authenticity.

- **Let the material call to you - go wherever it takes you.**
- **Find a specific matter you’re struggling with and see how the men inside have handled it.**
- **Use it as a basis to begin your Remarkable Practice personally, or within a circle of men.**
- **Discover your own “way” or “gut-sense” for what you feel you really need.**

# WOMEN

I am often asked how the Remarkable Practice can help women. Many women who convert and adapt the practices inside, have benefited greatly from having a methodology that optimizes accountability and complexity in key life areas. Many women have found that it complements their innate temperament for managing multiple issues and events all at once, in clear and practical ways. Women also ask how the practices can help the men in their lives.

Women have witnessed their men (who trended toward somewhat needy, complaining, self-absorbed “boys”) upon embracing these practices, become clearer, stronger, and inclined to embrace the “mature masculine” as a leading path. Men exposed to Men’s inner work, find new tools for discovering and igniting their vision to lead and co-build a long-term connection and life with their women. I have seen relationships immediately pause, reset and re-balance once both men and women get clear about their unique and powerful roles for a healthy, cooperative, and mature union. In short, give this book to your man, it’s a gift for both of you.



“

**Every man is me,**

I am his brother.

No man is my enemy.

I am Everyman and he is in and of me.

This is my faith,  
my strength,  
my deepest hope,  
and my only belief.”

—KENNETH PATCHEN  
SAN FRANCISCO



“If we do not initiate our young men,  
they will burn down our villages  
just to feel the heat”

—A TRIBAL ELDER







**WHY**

## My Situation

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The year was 1993, and I was walking under the glaring sun across a hot, cracked desert ... fearful, uncertain, and very much on my own. At the time I trusted only a few people, who were certainly not men. My life was not working, and I had set out once again to the “crossroads” to try and figure it all out. After hundreds of steps, I found a place in the cracked clay floor that was still moist enough for me to begin etching/drawing very large circles with found sticks. I began sketching out every aspect, every want, desire and fundamental part that made up my life ... perhaps this time for the Universe to see.

On that day, on a lakebed of evaporated salt, the foundation for a Remarkable Practice was etched in place. I made a commitment to myself and to my ancestors and mentors, that I would embody these methods and live by them. Methods for performance, full expression, character choice and balance to devote myself to, so that I could finally realize the life I sensed inside I was meant to live.

### TWENTY YEARS LATER ...

My path led me into self-leadership coaching. It has become a way of living and expressing my higher purpose, which is to improve lives and the real quality and experience of being alive. This practice grew from





everything I captured on that day under the sun, and from the legacy and practices of all the men who brought me over a Remarkable bridge. I am forever grateful and in service to the ways these leaders, mentors, and teachers from my tribe, family, town, teams and circles have truly pioneered living self-actualized lives.

These were strong, loving, self-determined men who approached the adventure of life with “*the crown of individualism.*” They gave me open invitations to follow their paths for “*becoming so much more*” by learning from their collected ways. I finally found an inner truth to become my own man, and developed a sustainable system of Remarkable Practices that I live by.

PAUL VELICK

## WELCOME INTO THE FIRE!

# The Realm of Men

Imagine sitting around the fire in a cave preparing for the hunt. Glancing around the circle, peering into the illuminated faces of other hunters – real, true and powerful men who are determined, clear, committed, inspired, alert, raw, ready, and resolved – to take on whatever may come.

Welcome to the Realm of Men, hunters or not. It is a place for men who are willing to get close to the fire with other truth-seeking [souls] men. Among other places, it can be found in my private studio, where I witness



men remove their everyday masks, shed their business armor, and move into a powerful, deeply authentic context for personal expansion.

“While many traditions are laced in legacy, they can be turned into actionable rituals and methods for modern men to dissolve the tyranny of limiting thoughts, chronic mistrust, and inner untruths that keep so many men stuck in non-serving stories, beliefs and habits”

In my metaphoric studio cave, it is an exciting, confronting, vulnerable and “ancient” process to lead men into “the fire” to face their fears and so many defining deals, myths and core beliefs. As the fire grows brighter and hotter, I see men get quieter, braver and clearer. This is where “truth” lives and where each man slowly grows more present and engaged. This is where men start to see and face real choice for growing into their truer selves as hunting-providing-leading men.

The light and heat in this place beckons all men. In its warm bond we find new inner territories slowly becoming available. We find new space free from our false selves; we discover mythic tales that keep us from our full potentials. The Men come here to learn time-tested tools, strategies and wisdom for developing a true sense of self. And as we expand, so do our families and our lives. The fire signals our soul and slowly illuminates a schematic of our lives to witness. The other men become our “brothers” and allies in making the Realm of Men a place of disclosure, support, accountability, wisdom and power.

I honor all men who step into the heat of this Realm. In one part to initiate themselves into a deeper path of authenticity and self-authority, and in another, to partake in an ancient ritual for growth and location within themselves and with other men. Time after time I see that when we change the character of a man, so changes the dimensions of our families, villages and our world.

**Are you willing to stand in the fire ...  
to become the best version of yourself?**



## POWER FROM THE MEN

I grew up among self-made men who showed me that it's something special and great to be a man. My grandfathers, father, uncles, cousins and brother lived life distinctly their way; they each followed an inner compass and sense about being "their own men." They were self-grounded and self-worthy men who stood up for themselves by calling the shots in their lives and doing things as they saw fit. They showed me "men can do anything" by simply "figuring it out".

These men lived a mindset that it was cool, honorable and responsible to be men. They did not apologize or compromise themselves for the sake of social correctness or acceptability. They also championed younger men such as myself, and fostered a safe, natural camaraderie based on an unspoken code of respect and earned acceptance. Whenever they huddled together as a group, the energy was infectious, unpredictable, challenging, and fun, and lit always grew into something more, that attracted other men to get into the action, such as: racing cars, skiing, fishing, taking adventuring trips, building things, "getting into trouble" and leading family events. These men loved family.



**This place of power among men is real.** It is inside the code of male DNA. It is as old as the first two men hunting *together*. If you get one thing here; find your men and cultivate this power in your life”.

**Find your men:** It may be a buddy, a group, or a network who will go the distance for giving and getting the truth. I see it happen week after week: *men together can overcome any of the challenges and fears that take down those who go it alone*. Men in this realm of “accountability” go beneath “*daily appearance masks*” to reveal unsaid pains and reach deeper truths for deeper results. Men feel stronger and more capable just by being aligned with other men. The door to this realm opens when men seek more for themselves and learn a Remarkable step: asking for help from other men. This is the key to this kingdom ... the moment we are willing to trust other men to achieve our success.

## From Inside My Cave

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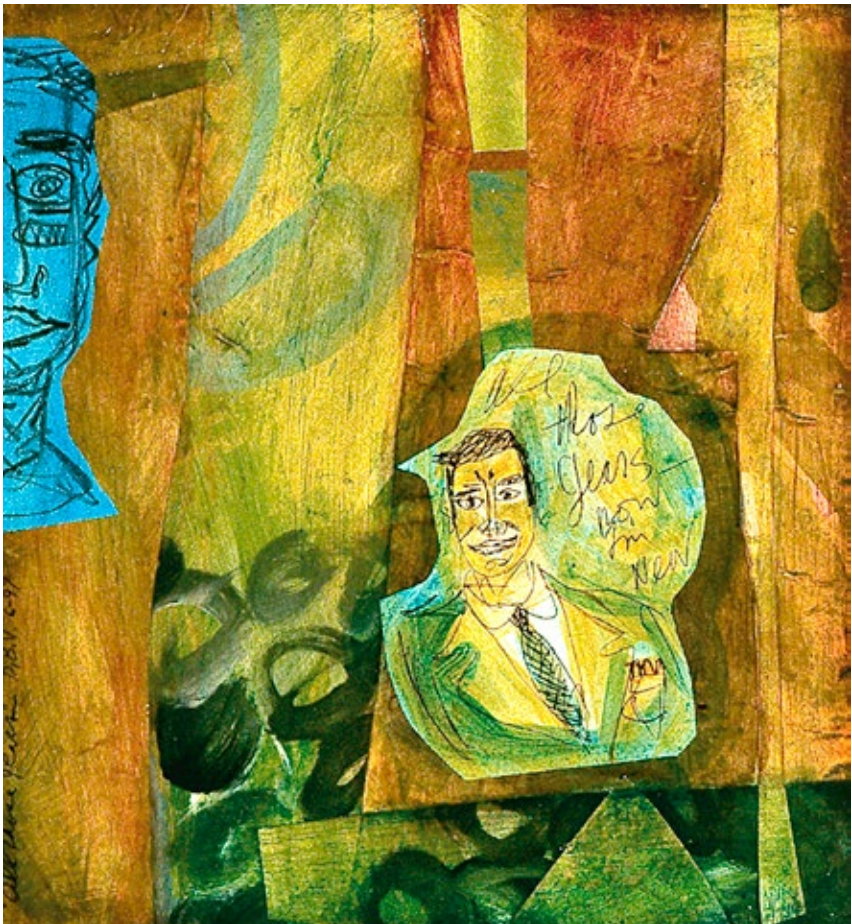
### ENTERING THE SOURCE FOR REMARKABILITY

*In the pre-technical days of hunter-gatherers, there existed a Remarkable fraternity of men who heeded a unique inner calling to set out with other adventuring men into truth-seeking journeys. They sought new territories and truths both inside and out. These leading men chose to leave the comforts of their caves and villages for a clear inner call; and outward journeys were essential not only for their personal expansion, but for the resulting advancement of their families and tribe.*

Can modern men pick up where these early seeking men left off? Can we leave our comfy beds before dawn and journey out to find new inner tools for producing “remarkable” outer results? Are there such men, such journeys, and territories left to discover for deeply leveraging our lives?



Can we really shift stagnant, counter-productive habits or re-set old family traditions or cultural patterns that keep us stuck or fear-based? I see so, I know so. Today there is a new fraternity of men engaged in building and practicing their paths of Remarkability. These modern explorers are emboldened to invest themselves into this process for creating the best version of themselves by their terms and measures all defined by self-evident truths and vision. They are questing into self-awareness and self-leadership with other self-seeking men under a context of *being the men they are truly meant to be*.



“This journey began centuries ago by men who first forged a path of vision, courage and self-discovery. Today it is enlivened with new discovery and collected practices essential for present-day men.

Men who are converting their own wilderness into self-leading lives.



As a present-day guide, I help men enter this masculine process to embark upon a journey for finding deeper truths, reclaiming their internal lives and changing the version of themselves.

*In the safety and support of my Studio Cave, men de-mystify their fears and doubts by disclosing greater truths over time. Truths that replace the old tales and bogus character faults that have shaped their lives. Deeper connections get made, and men begin to form a new vision for the next phase of their lives. In this place of vision, there is power and freedom to create a *new deal* for being the man they truly want to be.*

Do you have a place for safe disclosure? Is your vision currently in place given the life phase you are in? Are you willing to stand in the fire with one man or many? The Realm of Men is alive in this book. Use it as your guide to journey into your expansion, leadership and Remarkability.

## Remarkable men know:



“You don’t know a man ...  
... till you walk a mile  
in his clothes”

—NINE STICKS MEN’S TEAM



## OUR PART AS MEN, IN 2 PARTS

“We are men, we can do anything.” Under water, over land, dodging slings and daggers, faster than a speeding bullet and more powerful than a locomotive. Arrows in our heart from our fathers and other men, shredded guts from girlfriends or our mothers, tricked, fooled, cheated, betrayed, humiliated, shamed, beaten, bruised, blamed and blown up .... “Are we not men?”

As young men we are shown how to bandage, wrap, and pull out splinters caused by life’s sticks and stones. As men we graduate into bullets, bombs, lawsuits, divorce and perhaps peace accords. And what about the internal collateral damage along the way? How about the deep wounds that so many boys, young men and men carry around like loyal soldiers all suited up with pain medals?

How do we manage or express our internal wounds: shut up and stuff it? Shut up and man up? Shut up and take pills? As men we have a driving hunger and purpose to create highly productive lives across such life Domains that include: *self, health, home, work, money relationships, creativity, fun, spirit and purpose*. Most men are fully engaged in gathering endless external trophies from racing around the “proving track” that easily consumes our lives. So what becomes of the collateral “hits” that we endure along the way, both as laymen and as warriors?

### Our Part 1

Our first *real inner work* as men is to get clear about what is driving us and what is restricting us. Stepping inside ourselves reveals deeper access for answering those questions, healing old wounds and dissolving barriers. Do your wounds keep you “limping” in your performance? Are the barriers old distractions or unseen addictions? Getting guidance and intelligence about the truth that governs these forces inside of you, is a game changer. *Are you a game changing man?*

Choosing to be proactive in finding truth across your inner landscape is a Remarkable crossroads. Trusting one man in this process, or other practicing men on this path, is key for getting across. Men helping men to overcome inner and outer trials is an ancient survival alliance woven into the masculine fabric. How men do this is not preferential or conditional or cultural, it is anatomical and empirical to the bonding and surviving directive found in every man .... *"To live a life as only a man can."*

## Our Part 2

Our second part includes having a vision for our life and *character* as self-leaders. Are we men of higher purpose, men of adolescence, men of contribution? These kinds of character choices come from awareness and commitment to choose how we build the best version of ourselves.

Are we willing to heal our old false selves and resulting broken pieces? Are we willing to **grow up** and open the mature doors of Remarkability and meaning? For men who want this level of life, consider this: **all outward results in our lives, for better and worse, are tied to the net sum of our inner practices.**

Doing our parts as men accelerates rapidly when we enter the Realm of Men. It is in this context, cave or circle where men connect to the masculine fabric as a union, to heal, resolve, improve, perform, vision and SOAR.

## SO SIR, ARE YOU DOING YOUR PARTS?

### WHAT KIND OF REMARKABILITY?

*Having yanked on your Super-Flex suit, you burst out from a phone booth full of adrenaline ... just in time to save a man from being crushed by a runaway truck. The grateful man thanks you for saving him, as an admiring crowd roars in approval. You leave the scene, retreat into*

*the shadows, and quietly revert back into your everyday disguise as ...*

### **Good-Enough Man?**



**Who is this Remarkable Man?** He is you every time you choose new or different actions toward expressing your best self. He is every man who trades his default situational or circumstantial life, for a life by his design. I coach men who want much more than “good-enough.” These are men like you who finally get done with the *good-enough* or *less-than* life, both inside and out. Remarkable men, in this sense, simply seek different ways and means for expanding themselves into lives more fully lived. These are men very willing to trade their couch for a coach who inspires them to fly much further but, who also has a set of keys for opening new opportunities.

### **Remarkable men know:**

“Once we practice choosing our thoughts,  
we will stop being captive to our thoughts.”

—MY COACH

**How does he feel?** This kind of Remarkability that opens doors is balanced by a healthy dose of courage. Courage to include real heart and care into something or someone you wish to fully stand for. Having a courageous practice of heart and care is very different from being the automatic action-figure man, or an ego-fueled bravado-man, or being the righteous man via superior ways for being greater or better than other men. This kind of Remarkability must come from your authentic core.

**Remarkable Boy-Man?** Growing up is a Remarkable act in itself. Boys are here to learn how to be men, men are here to leave their mark and contribution for a life well lived. Are you still stuck as a young prince in a man’s body? Is your inner little boy or prince still running the show, calling the shots, keeping you from your mature phase of significance, meaning and contribution? Are you open to being the king in your life and growing into a leadership role?



**Remarkable Medal Man?** Men naturally keep scores and measures as they relate to other men. It is a form of acceptance and competition, which is a productive driving force when used with intention. Do you include *inner* scorecard with your *outer*? I bet you know your net worth, but do you also know your self-worth? I bet your outer scorecard includes all kinds of material gains, but do you know your inner landscape and measures for how you *are now*, as compared to the man you perhaps want to be?

I coach men who want to know the why and how they operate. This gives them choice and vision to build both scorecards—to achieve their truest potentials, inside and out. Men who want “Remarkability” on their terms. This path is like waking up and re-populating ourselves with new skills for bringing in the experiences we desire. This kind of scorecard trades the auto-ego path for the ego of discovery, teamwork, purpose, character and contribution.

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