

My Journey

By Paul Meister

Paul Meister serves as the Pennsylvania Convener.

How and when were you introduced to male spirituality?

The very first time I was introduced to male spirituality was at my church in State College, PA, where the associate pastor (Joel Blunk) started a men's covenant group about 18 years ago. Those meetings planted the seeds and it has branched out from there.

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

My initial involvement in Illuman/M.A.L.Es was the 2011 MROP in Harpers Ferry, WV, run by a great group of men. Meeting like-minded men at various Illuman events inspires me to explore what I can do to help guide other men to this important inner work that heals so many things in so many ways.

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

Most recently I attended the 2014 Soularize conference in New Mexico. Seeing old friends, making new ones, and being inspired by the sense of community still resonates in me. In talking to a couple of men there, I learned a lot about what I want to do and who I want to be for the rest of my life.

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

Sorry, I can't narrow it down to one. Surround yourself with good people and find a mentor or spiritual director. Spend solitary time in nature. Commit to daily contemplative time. Practice presence. And read...read a lot. Books on spirituality and those who practice it will open up the cosmos to you.

What's the best thing about doing this work?

Knowing it's time well spent, the journey is endless and wonderful, and the need is great.

Concluding thoughts?

I'm just so very grateful to all the men in my life, from childhood until right now, who have cared enough to hold space for me in so many ways. I hope I can live up to what they did for me.