

Man, This Is Your Year

BY BILL RUGG

Man, This Is Your Year.

To heal, restore, and reclaim,
your sense of pride, your sense of self-worth, and your
masculine name.

This is your year, to let go of the past,
honor and respect it, but stand tall – a new mast.

This is your year to be carried by grace,
out of the labyrinth, to a wide open space.

This is your year, man,
To speak your clear, tender voice,
To redefine what it is to be a man, and permit your own
rejoice.

This is your year to choose to live,
to dream of kindness and truth; find purpose – forgive.

This is your year to show all how to lead,
to release, accept love, and to no longer bleed.

Photo by [Joshua Earle](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [Love Yourself Like Your Life Depends On It](#) .

Sip a little more:

The Death Knell of Love: I Need a Man Who...

Dear Men, You Are Warriors – And You Are Already

Worthy

"When one is wounded
the whole is weak, when
one is sick the whole is
affected, when one is
injured the whole will
suffer. What is in the One,
is in the Many."

ANDREA MAXINE
FRADE

THEURBANHOWL.COM



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#YOURMASCULINENAME

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