

The Difficulty of Being A Man

A Theatre-Based Exploration of Shame & Rage

In a world that often expects men to be stoic and unemotional, we invite you to join us on a transformative journey of self-discovery and emotional exploration.

Why Explore Your Feelings?

As men, we're often taught to suppress our emotions, particularly those deemed "unmanly" like vulnerability, fear, or sadness. This suppression can lead to:

- Increased stress and anxiety
- Difficulty in forming deep, meaningful relationships
- Unresolved anger and potential for destructive behavior
- Challenges in understanding and expressing oneself fully

By exploring our feelings, especially the complex emotions of shame and rage, we open doors to:

1. **Improved Mental Health:** Understanding and processing emotions reduces stress and anxiety, leading to better overall well-being.
2. **Healthier Relationships:** Emotional awareness allows for deeper connections with partners, friends, and family.
3. **Enhanced Self-Awareness:** Recognizing our emotional patterns helps us make conscious choices in our lives.
4. **Authentic Living:** Embracing all aspects of our emotional selves leads to a more genuine and fulfilling life.

Zensei Method

At Zensei, Hariprasad Varma uses an integration of theatre-based exercises, principles from Applied Behavioural Sciences, and Yogic reflective practices to facilitate a safe, non-judgmental and deeply reflective space for men to:

- Explore the roots of shame and rage in their lives
- Express emotions in creative, constructive ways
- Learn from shared experiences with other men
- Develop practices for ongoing emotional awareness and expression

Join us to break free from restrictive emotional norms and embrace the full spectrum of your humanity. Together, we'll forge a path towards healthier, more authentic manhood.

Understanding Shame and Rage in Men's Lives

At the core of our program lies a focused exploration of two powerful emotions: shame and rage. These feelings often intertwine in complex ways, significantly impacting men's mental, emotional, and physical health.

The Weight of Shame

Shame is a deep-seated belief that we are fundamentally flawed or unworthy. For many men, shame stems from:

- Perceived failures to meet societal expectations of masculinity
- Childhood experiences of criticism or neglect
- Struggles with vulnerability and emotional expression

The impact of unaddressed shame can be profound:

1. **Mental Health Challenges:** Shame often leads to anxiety, depression, and low self-esteem.
2. **Relationship Difficulties:** It can create barriers to intimacy and authentic connection.
3. **Self-Destructive Behaviors:** Shame may drive addiction, workaholism, or other harmful coping mechanisms.
4. **Physical Health Issues:** Chronic shame can contribute to stress-related illnesses and weakened immune function.

The Fire of Rage

Rage, often fueled by underlying shame, is an intense emotion that many men struggle to understand and manage. It can arise from:

- Feelings of powerlessness or inadequacy
- Unmet needs or expectations
- Traumatic experiences or prolonged stress

Uncontrolled rage can lead to:

1. **Relationship Breakdown:** Explosive anger can damage personal and professional relationships.
2. **Legal Consequences:** In extreme cases, rage may result in violent behavior with serious repercussions.
3. **Career Setbacks:** Difficulty managing anger can impede professional growth and opportunities.
4. **Health Risks:** Chronic anger is linked to cardiovascular problems, weakened immunity, and shortened lifespan.

The Healing Journey

By exploring shame and rage in a supportive, creative environment, men can:

- Identify the root causes of these emotions

- Develop healthier ways to process and express feelings
- Break the cycle of shame-driven behaviour
- Transform destructive rage into constructive assertiveness and boundary-setting
- Cultivate self-compassion and emotional resilience

Our theatre-based approach provides unique tools for this exploration, allowing participants to:

- Embody and externalize these emotions safely
- Gain new perspectives through role-play and character work
- Practice vulnerable expression in a supportive community
- Develop a physical and emotional vocabulary for processing difficult feelings

Join us to unmask the power of shame and rage, transforming these challenging emotions into catalysts for growth, connection, and authentic living.

About the Facilitator

Hari Prasad Varma is an internationally certified leadership coach, facilitator, and yoga therapist. He is the founder of Zensei Leadership Pvt. Ltd. & Yogaśāla. His passion lies in creating self-exploratory and healing journeys for individuals and groups through an integration of reflective arts, interactive theatre, and yogic practices.

Hari was born and grew up in the Southern tip of India in the State of Kerala, popularly known as the God's Own Country for its beauty. Currently, he is based in the city of Hyderabad in India. He has worked with clients in over 25 countries over the past eight years in coaching, leadership development and yoga therapy spaces.