

# Imagine a Man

By G. Raymond McCullough

## Introduction:

The poem that follows this introduction was inspired by a poem “Imagine a Women” by Patricia Lynn Reilly. Over the course of many years I have given this poem to many women I have counseled in the hopes they would find hope and inspiration in the words. I was so impressed with this simple poem that I searched for a comparable poem titled “Imagine a Man.” My quest was driven by my extensive work with men and experiencing their struggles to discover what it means to be a man. I wanted to find something equally powerful to share with men in hopes it could serve as an inspiration. My search failed to yield a similar poem for men. Hence, after a long search, about 5 years ago I decided to make an attempt to write my own version of “Imagine a Man” based on my personal experiences and awareness. It was only recently, I finally accomplished my task after finding inspiration from a client--before I lacked the proper inspiration. During a recent session with a young man I read “Imagine a Woman.” I decided spontaneously to give him the assignment of writing his version of “Imagine a Man.” The following week he shared his writing. I was very impressed. This was the final act that served as the catalyst to write my version. My client’s and my version of the poem, though different, reflect where we are and where we have been in our lives.

May you find inspiration in the poem that follows. Hopefully, it will inspire you to explore what it means to you to be a man. If you are woman and/or mother reading this poem perhaps it will serve as a palette for you to juxtapose your current beliefs about what it means to be a man.

Imagine a man who understands and honors what it means to be a man.  
Who doesn't elevate himself in physical, mental, or spiritual stature simply because he is a man.  
Imagine a man who is Humble and views humility as an endearing quality.

Imagine a man who is invested in the rearing and future of his progeny.  
A man who regards his offspring as sacred gifts and treasures.  
Imagine a man who values being a father.

Imagine a man who strives to learn and master intrapersonal and interpersonal skills in his quest to be authentically engaged with the world.  
A man that does not confuse emotional and sexual intimacy, who understands enduring love.  
Imagine a man that understands that emotional and physical intimacies are powerful partners.

Imagine a man that is not exploitive or aggressive by nature.  
A man who experiences and expresses deep empathy and compassion.  
Imagine a man who expresses both with kindness and generosity.

Imagine a man who is skilled in using the emotional and intellectual mind as partners.  
Who resists allowing one mind to dominate the other and integrates two to make wise decisions.  
Imagine a man whose wisdom is expressed in words that is consistent with behaviors.

Imagine a man who does what he says.  
A man whose word can be trusted.  
Imagine a man of honor and integrity.

Imagine a man who understands and appreciates gentleness and tenderness as strength.  
A man who does not use his strength and power to dominate and control others.  
Imagine a man who uses whatever perceived strength and power he has to empower the disempowered.

Imagine a man who can appreciate beauty in its delicate, resilient, fragile, transitory, or permeable forms.  
A man that is not compelled to lay ownership to what he considers beautiful.  
Imagine a man who relishes the idea that beauty is for the sacred enjoyment of all.

Imagine a man who is a teacher and a student and retains an unquenchable thirst for knowledge and understanding  
Who values being a student in his endeavor to become a teacher of profound lessons.  
Imagine a man who understands the most effective teachers are those that continue to be students.

Imagine a man who understands and practices respect through a reverence for life.  
Who even when disrespected remains respectful.  
Imagine a man who is not enticed by fleeting moments for self-aggrandizement and retaliation.

Imagine a man who understands responsibility.  
A man who does not wither under the weight of challenging responsibilities.  
Imagine a man that embraces responsibility as a measure of their growth.

Imagine a man who is clear about the image he projects.  
A man who projects the truest and untethered image of himself.  
Imagine a man whose self-image is not a distortion of reality beyond his own mind.

I aspire to be this man. What type of man are you?