



Rise of the Feminine Radio <http://www.voiceamerica.com/show/2581/the-rise-of-the-feminine>

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Episode 7 Feature on The Huge Shifts Disrupting the Balance of Relationships

Featured Guest Susie Heath

<http://susieheath.com/>

Gina: Hello Susie, welcome to The Rise of the Feminine.

Susie: Thank you very much Gina, lovely to be with you.

Gina: Lovely. Great to talk with you and as an expert in relationships, I thought it'd be great to speak with you about one of the many changes happening in relationship, In the terms of The Rise of the Feminine, we see, particularly in later life this rising energy among women who are becoming **more empowered in later life** and **making choices that are different** to the generations before later life choices. What is retirement? What are we heading towards?

Susie: I'm laughing because I don't know anybody actually in our generation, in our area of work who even considers the idea of retirement. They [boo?] it, they don't want to retire.

Gina: Yes.

Susie: Because we know from old that retirement tends to mean just waiting for death quite frankly.

Gina: Yes. It's a terminology related to the industrial age, you work flat-out, non-stop for years and *then* you stop. It's a bit of a nonsense. Older years

is our third age and what can happen is we have seen happen in the circles of women that we've known is that when the last child has gone to further education, university, there is no need to be around holding the fortunately? family structure, and this is a choice point, isn't it? Quite a few women are making the choice to go.

Susie: Yes. Very much so. I think this is a time when women are suddenly coming in to that. Then it spread on by what's happening in the media, spread on by with what's happening with entrepreneurship and business and women with potential now to start their own business. Where we used to need factories and teams of people, we've now opened to a different market. There is this opportunity for women to step into their own energy and perhaps do what they've always longed to do while their children have left home. Or for those who aren't biological mothers [while?] that era passes, where they are just desperate to create something of their own. It's just opportunity.

I think also, the **hormonal shift makes a massive difference** as they're coming towards the menopausal years or postmenopausal years, everything changes in the woman's body. We can't dismiss this hormonal demand, it's like this ... **the wise woman is demanding to be seen**, to be making a difference, whereas, in the olden days and I call the olden days, last century which isn't that long ago. My grandmother sat down at 50, she was done as far as she was concerned. She died when she was 82 but she sat down at 50 that was it. She was an old lady as far as she was concerned.

Gina: She was much less visible in society. Older women are still less visible but that is changing, let's break it through. Talking about entrepreneurship, I'm inspired by women in their 70s who I know, who are starting up new business - this is unheard of. This would be. In the wake of this shift as you're saying, **women waking up**, leaving their relationship, that does leave men who haven't decided to leave the relationship cut adrift doesn't it? In your relationship counseling, you must be speaking to these men so, I'm interested to hear the other side of The Rise of the Feminine. **Men left behind**, what happens for them, is it good or is it bad?

Susie: It's very challenging to men, often they come home, they are retirement age quite often or coming towards it and then there is this horrible fear of men coming home for lunch which is terrifying for women because that's our private time. It's really not a joke and men are often expecting to just spend their days golfing. This sounds awful but I see this over and over again. That they are looking forward to a relaxing time and being on cruises or just golfing and the women are raring to go do something different.

Again, when we're talking about this hormonal shift, the men are becoming more overlaid with estrogen and that's not just because their

hormone pattern changes. They're losing their testosterone as they are ageing but also they are bombarded with estrogen in the plastics and in the food and in the water we drink. A lot of their energy is shifting in a way that has never happened before since history began and we're living longer than we were in caveman times. This is unprecedented, we haven't got any practice in this era as to how we should behave. For men, they're challenged with their women suddenly coming into this amazing power and **the men don't know what to do.**

Often they go and then choose younger women who are prepared to be more dependent on them which gives them their ego a little bit of a boost, but [crosstalk]

Gina: That's not going to last for long.

Susie: No, it's not long-lasting. The age gap, this is something else that I'm seeing, I'm seeing men becoming fathers at a much older age, in their 60s. Which means, by the time the child is 15 and the mother is early 50s, say, she's again raring to go and he's become the equivalent of a relatively older man. The whole thing happens again and it's really tragic.

Gina: What can we do?

Susie: What can we do? We can't give it up because we're going, sorry. This energy is rising and is demanding. It's demanding that we make a difference and **this feminine is demanding to make a difference in the world.** We really do notice. I'm noticing, a lot of men are noticing and a lot of men, thank goodness for it, are acknowledging that it's the feminine that's going to make a difference. It is the feminine that's going to create the changes in the world.

What I'm requesting men to do is to actually go and reclaim what I call their **authentic powerful masculine.** A lot of women will freak at this and go, my God, some men are bad enough. Anyway, I'm not talking about being macho. This is the difference between authentic powerful masculine and a macho. The macho is the bit that goes into pornography because the relationship is not enough, and the macho is the bit that is dominating and cruel. We see this all over the world in various different societies but what I'm asking **men to do is go and raise their testosterone levels by becoming more masculine.**

This is right down to caveman and cave women. We haven't changed Gina, we still got the same makeup that we had in caveman and cave woman time, and we haven't had an upgrade yet. Our computers have but we haven't.

Gina: Humans 3.0.

Susie: We haven't had an upgrade. What we need our men to do is go out and chop wood, literally and **get that masculine strength back**. Because men have become very cerebral with- worshiped, if you like. The brain in the last half century and the way the mind is able to construct and learn and become like a computer and all the information from the information age, but we've lost connection with our bodies. When a woman looks at a man, she still looks at him the way she would have in cave woman time.

She still looks and goes, has he got strong shoulders, can he lift me up and carry me out. For example, we've just had this horrific earthquake in Italy and we still have this primal need to be cared for and looked after. We still need to know that sad? man can chuck us over his shoulder and carry us away from a danger zone. Because, although we are strong and tough and all the rest, we can't do that. Our bodies are not constructed that way as women. We're still looking for the masculine to be able to look after and **be the container for us as women**. When the man can't provide that, then women feel we have to do it all ourselves or we're going to find somebody else. Does this make sense?

Gina: It's wonderful. It is practical. I've this visual of chopping wood.

Susie: This is what we need to do, men please- don't tell me how good you are at SEO on the computer. I might go, yeah, that will be very helpful but [crosstalk]

Gina: Or write angry letters to the times. This is-

Susie: Or write angry letters to the times.

Gina: Angry old man. This is what people do.

Susie: The archetype of the man is actually the Guardian and the Warrior, so the guardian who protects and the warrior who defends the vulnerable and the defenceless, and that's what we are unconsciously wanting from our men but there's not the place that the men know that's what we want. We need them to embody that, not become cleverer in business or computer science. That's not what we want. It is very practical. This is our hormones, our body, our mind still looking for that masculine energy to provide the- it's like providing the riverbank so that we can flow within them with all our glory and **be everything that woman needs to be with the container of the masculine**.

Gina: Sounds beautiful. I'm feeling that for older women and older men, there's this reclaiming of connection with body, nature, practical, where as in younger couples, where the shift is, they're both earning the same money, they both got professions or even younger women earning more money and primary breadwinner, if we still want to use that term breadwinning. Those choices that younger generations have of being out in the world and one of them on a more money, woman has the child, goes back to work,

father stays at home with the home business or looks after the family, they're not so engaged mentally. They may well have [stable?] jobs but they are more hands-on.

Susie: More hands-on, yeah.

Gina: It looks like that what we've had now with disconnected masculine, this hyper- masculine that's only expressing itself in one area is dysfunctional later in life but it would seem to me that the younger generations aren't going to need the kind of corrective shift that you're talking about. Going out and reclaiming and reinventing this third life "retirement".

Susie: I think that's really true. I know when we were talking earlier, we were talking about how women, once the offspring has gone off, they've fled the nest or they've left the nest, flown the nest and very frequently a woman will now go, let's either leave this relationship or let's try and create something you. It is about going, this relationship is finished. Shall we start a new one together? This is what I'm working with couples to do, is not go where it doesn't work anymore. I'm saying, end that relationship. Just go, that relationship is finished because it was a relationship of domesticity, it was a relationship of bringing up these children into the world and the difference between who you were when you started out and who you are 23 years later, having brought two or three children through is totally different.

Your expectations are different, your body is different, your mind is different, your life experience is different. It can be the most exquisite time to say, let's end **this** relationship, let's meet again as ... "who are you?" Let's start again, stop making assumptions. You know this [block?] just go and start all over again and give it a year to create a new relationship. It's almost like every night you go to bed and uncreate everything you've ever known about this person apart from the loving bits, but completely uncreate all the negativity that you have about each other.

Explore. Who are you, what are your dreams, what are your goals, what about your passions in life, how do you like to be touched, what does love mean to you, what's it look like, how would you like it to be? Because you are meeting somebody totally new and we forget that. We take all the assumptions into the next day and we assume that they are same as they have always been and they're not. **They have changed** and as we have changed just in different ways.

Gina: Been there, done that. That's a big game, isn't it? That's not a few sessions with a therapist, it's months, it's years and there's a commitment to reinvention, isn't it?

Susie: It is.

Gina: It's both of you engaging with that which is a very exciting conversation.

Susie: It's incredibly exciting.

Gina: -coming at it a new. Susie, we've come to the end now of our time and we just begun, really.

Susie: I know.

Gina: It's a great insight to have, if anybody's listening who is in this phase of **entering third life** and feeling spent in what they've got, as you say, come at it anew with all these questions about who - not who are you finally, but who are you now, who could you become, who could be both become? I think that's very exciting. Susie, thank you. Thanks for your time, it's wonderful.

Susie: Very welcome. Thank you very much. Lovely to talk with you Gina.

Gina: Thanks. Bye.

Susie: Bye.