



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

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Episode 9 50 Shades of Men

Featured Guest Kenny Mammarella-D'Cruz

Gina: Kenny, welcome to The Rise of the Feminine.

Kenny: Thank you so much, I'm really excited to be here.

Gina: This is an interesting conversation, The Rise of the Feminine it's all about women but it's all about the feminine and this energy is rising, women are rising, so my ongoing question is, **what's happening to the men**, what's happening to the masculine energy? Recently, we had an episode about relationships, interesting to hear. One of the things I remember Renee Piane from Los Angeles, a dating coach talking about these single women mega successful with their business and it gets to their 30s, early 40s and they haven't got their relationship, they're not able to have a family and the question is, **where are all the men?** Kenny, where are all the men? Where are they?

Kenny: That's a good question because I get that question in the men's groups and the men basically say, **where are all the women?**

Gina: Really?

Kenny: That's interesting for me. What I love about that as well is it's the men that say where are all the women because they are men and they want the women. Where the **boys don't really want a woman**, they're scared of women.

Gina: Boy? How old are boys? In your eyes, what's a boy?

Kenny: For me a boy is got nothing to do with age, it's everything to do with stage, self-acceptance, self-awareness and responding to life rather than reacting to life, taking part in life rather than surviving, a manipulating life and for me that is the fundamental huge difference. Whether it's my men's groups or wherever else, private clients whatever, the big

thing, the most important thing that I do is **get my men from surviving lost boys into self-aware men.**

Then they can make choices, then they can show up, be intimate, be vulnerable, be real, tell the truth, take part from their center with values rather than the boys who are generally second-guessing, fearful of criticism so staying away from there, fearful of abandonment, fearful of humiliation and **wanting to be what they think other people want.**

I would say it's got absolutely **nothing to do with age** and it's everything to do with stage. The **boys are scared of women** and some of the men have said exactly the same with women ... the girls want a weak man who might be pretty and manipulated and matches the furniture and the outfits **but do they want a MAN**, do they want challenge, do they want growth?

Gina: You don't think they do? I suppose what you're saying there with boys versus men is **an immaturity**, isn't it, they haven't matured in all senses of the word, in all aspects of life?

Kenny: Yeah.

Gina: So that's a natural progression but you're talking about men over 20, over 30 who at this lack of maturity are classed as "boys", so what you're saying, you can't really match the boys with the women, the girls with the men and a girl and a boy, if they're both immature, it's not a good match is it...? Or is it?

Kenny: The strange thing is it can be a very good match if what they want to do is **play out their issues and prove themselves right** about who they don't want to be and how they don't want relationships to be. With a lot of people, **they'd rather be right and in control than be wrong about life**, that life is good and full of love and opportunity and growth, et cetera but that's vulnerable, there are no guarantees, there's no control. People withdraw their schmaltzy co-dependent '70s love songs which I love but they believe and live them.

Gina: It's funny when you go back and listen to the songs and hear the narratives about what relationships were - I was listening to one the other day, sweet 16, I'm thinking, no. They were talking about adult relationship with a 16-year-old and I thought, that was the 1950s, this age is very different. Each decade, the songs reflect difference so you're talking about being in control here. I think what might be interesting ... do you think that most humans, as we grow up, we need a boy-girl relationship to get into. We need a **relationship like that to help us mature** or do we have to have one of those relationships *and* coaching. How do we grow up, is the question. How does a girl become a woman, how does a boy become a man? Or do we all have to sit in a circle. **Do we have to see a therapist?**

Kenny: That can help, that can definitely help and it's not for everyone. Therapy is not for everyone, groups isn't for everyone, books aren't for everyone. I would say, some of the most spiritual, wise, self-aware calm men I have met have done absolutely no personal development or anything; they just **come from a place of calm truth**. If it's there, fine. If there's something along the way and very often I find there is, where they reach something and they don't know how to get over it, it could be their need to control or their need to run away as soon it gets too good. Whatever the issue is, that's where they... probably, that's when I generally meet them. We get to know what this issue is, we get to know the source of the issue and it's gone.

The most important thing that I find, with everyone I work with is to get to know their belief systems, get to know the cycles and patterns that keep repeating. For example, for me, I was a mommy's boy so I was used to being loved by women and I had an enmeshed Oedipal relationship with my mother and it was wonderful. It made me incredibly sensitive because I

could second guess the needs of my mother, my god-mother, my grandmother, et cetera, so **I was a very sensible emotional boy.**

Then, my mother and I got even more enmeshed because we had to leave my father in Africa when the Secret Service were after us. We ran for our lives not knowing if we'd ever see my father again, so it was my mother and her little man and I was... even up until my '30s, I was **a boy pretending to be a man** and everyone liked the man that I was, apart from me. It didn't include me. The second guessing survival boys, they don't actually exist in their lives. There's so much panic and there's so much fixing and second guessing and what did they want to hear and how do I get out of this and how do I retain my position? etc. They don't even exist.

Once I know which patterns and cycles keep repeating, which personalities keep coming in for the same roles, then OK, if that's what happens, then how do we get over it, when did this start and how can the **life of connection, intimacy, presence, how can that begin?**

It is very much from boys to men, from survival into living, from unconscious into conscious and that's the way it goes. But I can't say that I haven't envied unconscious people who play their relationship dramas and roles and they're just blissfully ignorant and happy. If it works for them, that's fine but that's not everyone and it can be just as you said, it can be the thing that eventually brings them awake and they get over it. If that's the way they need to do it then that's fine.

Gina: When it doesn't work, the problem is. (We're going to go back to the Secret Service story another day I want to hear more about that but not today.)

Kenny: Sure. [laughter] going back to that my mother and I survived a lot without a father, there were soldiers and guns and all of that, there were refugee camps, there was so many things that happened that are really quite shocking and that I'm remembering more, now I'm reading a draft of my mother's book but with that, it was the two of us surviving life and **I needed to turn into my own man and meet my mother as a woman.**

Before that, I had this cycle of attracting wonderful women, having incredible love and intimacy and understanding and closeness, et cetera but after two years, I would need to run away because I would feel- I would project that I'm being smothered and I would be faithful with my non-existence. I needed to get over that and not be that surviving little boy to- the way that I turn this around, it seems I noticed that I've gone unconscious and I'm playing this game, as soon as I noticed, I don't think to the end of the sentence. I take a deep breath in and I say to myself inside, "*Thank you for reminding me who I used to be.*" So it's in the past. Then as I breathe out, I take part with who or what is in front of me, but at least I exist and it's simply that. It's not my fears of the future, it's not surviving and repeating the past, it's **being the present and authentic and taking part.** That's my little trick.

Now if that doesn't work and it doesn't always work, then generally, when I take a breath in, I can **follow the feeling and it takes me back to a situation or a scene** and I know that's what charging this situation and that's what I need to work on. On my own or with someone else or however it is but at least **I know the scene of the crime where I need to release myself.** It's almost like life is saying, you're stuffed up in this situation, in this relationship so I'm going to give you this situation because that's the next hurdle you need to ... the next thing you need to unlearn or the next hurdle you need to jump in order to get more out of life. I want more, I need to know, accept and include my baggage rather than giving all my energy to getting rid of it and avoiding it which is actually feeding it.

Gina: You're speaking there about how you're feeling, all these higher-level of self-awareness which not everybody has and not every man has in terms of looking inside and have the practice of it. It was interesting what you said about, two years in and you're fearful of your non-existence, I think many women would resonate to this idea of being with a man for a while and then think, the next level, OK, when are you going to propose or whatever the

conversation is for next and then they're off. Men aren't all the same, you can say every two years men go into a certain mode-

Kenny: This is just my cycle.

Gina: That's just your story.

Kenny: That's my cycle. I've been with my wife for what, 14 years now and I've never been so happy. My god, we grow.

Gina: It is this, this is what we were talking about with Susie Heath about the later life relationships and that last child leaves home, and the woman turns and go, okay, I'm off or looks away. Because that's the point where the relationship would go to the next level and the man, if he's completely not engaged or not used looking and acknowledging feelings because he's not been brought up like that hasn't been the era where it was the right thing to do to look at [?] acceptable. That's the urgency, isn't it? Really, it's difficult, isn't it, **moving into the next phase of relationship**. Do you think we all need professional help, do you think it's something that we should enmesh in society to have kind of intervention or more acceptable structures so people can talk about the most important relationships they have?

Because what I feel is people sit down, and this is a TV program in the UK, the evening soap opera EastEnders and that's programmed into people and it has to be the most dysfunctional relationships because when relationships end, there is hatred. They hate each other and they try to damage the other when quite possibly a relationship could just come to a natural end, there isn't anything to do to save it. Especially with children you need to move to another level and accept that because people- increasingly, if we're going to live to a hundred, it's not likely that we will be having one relationship for life, one marriage relationship or one key relationship and that survives for that length of time, we're going to have to rethink relationships, aren't we? Where do you think this guidance is going to come from? If you lived in a village and had a problem, you're going to see the vicar or the priest, so where in society-

Kenny: That's so hitting the nail on the head. To answer your question, I believe anyone who hasn't **got a community, role models, people** they want to be like, best friends, whatever it is. If people haven't got that, then yes to the professional help. A lot of people come to see me whether it's in groups or privately, they do have friends, they do have a community, they have all of that but it doesn't leave space for them. It's where they've come from or who they used to be. **It's not who they want to grow into**.

Gina: It's like, **who's going to lead you into your future self?** If we're growing all the time, growing in our capacity in relationship and our relationship to changing as each decade as our needs changes, we move from being professional woman to mother of young children, mother of older children, starting a business. The relationship we have, if we're lucky or if planned exceptionally well, we have a **relationship that can support us through each of those stages** and mature and adapt with it. That takes, doesn't it, to know that you're in another phase to have that level of dialogue.

Kenny: Permission from someone who's in that phase to say, welcome, this is how it was for me, this is my transition, this is who I am and how I am, who are you, how am I to be for you, how do you want it to be? Rather than survive this. Generally, **with boys there's very little preparation** and it's survive this, survive school, survive best friends, survive girls, survive sexual expression and it's just not helpful. I never expect that a woman can tell a boy how to be a boy in the playground with girls, etc this comes from the male, men with men, women with women. Much as.... I feel very lucky, I've got some **very good male friends** plus the groups and much as my wife can sometimes say, I haven't seen enough with you and now you are going out walking in the forest with your friends, it's not fair whatever. Then she'll also turn around to my friend when he comes to pick me up and say, I am so pleased he's going away with you for the day because I know I'll get him back better. That's wonderful.

Kenny: If I say to her, I'll cancel then I'll stay with you, I'm not sure I'd get a lot of respect.

Gina: Kenny, I go out to shopping sometimes, of course, and I'm in a big store and I see these poor guys wandering around behind these women, maybe holding a basket or reading a newspaper while these women shop and I'm thinking, I feel so sorry for you, why don't you just get in the hell out there, what are you doing? Unless they enjoy shopping, which clearly when you look at them they don't. They shouldn't be there, **you should have that separate time**, shouldn't you?

Kenny: There are two big differences I would say with men and women and these lessons when men grow older is **a boy doesn't know how to manage his testosterone, he is owned by his testosterone**. It could be sexual expression, it could be violent expression, it could be panic, it could be just running around like an idiot not knowing what to do. A man can own this to be blunt, a MAN can own is dick, a man can own his power, a man can own his creative expression, a man can share intimacy, where a BOY can't. With women on the other side, I would say women grow more masculine when they grow older as men grow more feminine, the testosterone goes down.

Gina: The levels change.

Kenny: Absolutely.

Gina: Kenny, in the last minute or so that we've got, where are all the men? they're there apparently, they're looking for us, what is it that women can do so they can be seen unavailable to men so the men go, I see you, your woman, you weren't there a minute ago and now you are, **so what can the women do?**

Kenny: When I have single people looking for a relationship, I get them to **write down a list of exactly what it is that they want** and how they want to feel, et cetera. When I see the list of what they want then I get them to own that list and **be those things rather than getting someone else to do it for them**. When they are coming from that place, they attract women. When they're coming from a place of unconscious or no one wants me, et cetera, they'll prove themselves right and **they'll attract whatever it is to prove themselves right**. Or when they feel, okay, I'm going to be used and abused and chucked, whatever then they'll prove themselves right. For me, be it and let that frequency attract it.

Gina: Brilliant.

Kenny: Do what you love, go where you want to go and be aware because very often people can say, it felt absolutely perfect with him, I don't know what went wrong. Of course it felt perfect because he is similar to all the failed relationships, so you know how to do this, you know how to survive this, you're in control. If it feels a little scary, this is like knowing the difference between a sign and a temptation. If it feels scary but right, if it feels like I could come alive here, then take part.

Gina: That's great advice.

Kenny, there weren't many men's circles but they are increasing, you've been doing that and that's fantastic work, I congratulate you, it's great that you're doing this because men really do need this, so this is brilliant and I'm sure and I'm sure we're going to talk to you again but thank you so much for giving us those insights into the difference between boys and men.

Kenny: Absolute pleasure. I wish we had more time.

Gina: I know. Another time.