



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 Nick Haines

Gina: Nick, as a father, as a business owner, as someone who has been working in the healing arts as well and also businesses on the leading edge, you have three sons and I'm interested in exploring **how sons are brought up for this new era**, in The Rise of the Feminine where feminine energy is rising, women are rising. We've already talked before about how young men, older **men can feel displaced**, very young men too, young boys. You've got three boys growing up to adulthood, **how have you prepared them to be men**, fathers in this new era in a conscious or unconscious way?

Nick: I think it is a mixture between being conscious and unconscious and some of my best things I've done have actually been unconscious rather than conscious in all honesty. I think the big thing I try to do or have done is **the acceptance of everything**, is everything is okay, **you're okay to cry**, you're okay to be strong, you're okay to be creative, you're okay to be analytical and they are okay as they are and just express who you are to its full extent.

Some of those traits might be classified as more masculine and some of them might be classified as more feminine but they're all okay and **equally valid** and are allowed to exist in that moment in time or exist within those relationships. Of course we've done some boy games because that's some of the games they wanted to play but in terms of **their emotional experience and expression** and their recognition of people, they are **incredibly accepting of whoever anyone is** or whatever traits that they show. **They'll show their full range of emotions because every single one is acceptable** for every human being to experience and show, that's appropriate for them.

Gina: How old are the boys?

Nick: My eldest is 25, Lewis and then I have two twins at 22.

Gina: What you're saying is you've given them an education as part of family life in **emotional intelligence**. We couldn't say that men aren't emotional intelligent but you talked about crying and tears, so in as much as we've had **old ideas about what men should be** and masculinity, certainly in the past, culture has not supported men fully expressing emotions and that's one of the problems now because men don't know how to feel. This aspect of trying or you said full expression, how's that come from you ... consciously teaching or is that coming because that's part of you and you've done that as a father or is that something you learned along the way? Were you naturally like that or is that learning that you had and then thought I'm going to teach my sons to be that way too?

Nick: My parents were very fluid within their emotions and my mother was very successful, both my parents were in their own fields were inspirational but they both did that full range of emotions. I think the other thing that is significant is within my marriage to my lovely wife Sue, there has been **fluidity in our parenting**, so when they were very young because of the physiology and how things were, she was at home and she nurtured and fed and I was away slightly more teaching and then as her career moved and expanded, then **she needed more support at home and I stepped into that**.

We have a fluidity as to who's cooking and who's cleaning and who's picking up and who's doing, there is no distinction in our marriage so **our children have not seen a distinction in parenting roles**. I think that's been very, very interesting for them to recognize that **all genders can play all roles at any moment in time**. My wife was also doing a PhD in looking at the gendered nature of occupations where we have nursing considered to be a female role and what are the challenges within a gendered occupation for a male or female within that thing.

We've had the discussions within our home about what's true and what isn't true and what's perceived to be one thing actually might not be true. We're quite open and challenging on what's normal and what isn't normal.

Gina: You talk about challenging the norm, I think we are in a **transition period where we are redefining masculinity and femininity** because those two energies exist in humans, don't they? We've had eons of culture appropriating things as being feminine that bare not exclusively applying to women but women have had either easy access to or ownership of that ... showing compassion but that is a human quality, human emotion. I know that you work with energies and profiling in business, so can you just speak for a moment about how those masculine and feminine dynamics as we know them now show up in people or show upsince we're looking at men, **how might they show up in men so that men might understand themselves more** or be **more freer to explore what a man is today**.

Nick: You touched upon earlier that transition, that phase when we're trying to work it out and when we're often trying to- when we're in between places, actually what we are is lost. That's the issue, we kind of-

Gina: No map.

Nick: **There's no map**. We're in between one place we knew and one place we think ... we actually don't know where we're going to. Actually, I think the reality, a lot of **people are really, really truly lost as to their manhood to their feminine** that goes for both genders, we're fundamentally lost. For me, where the energies are really, really useful is that you can say I have the propensity to be this energy type and that gives me these qualities and these strengths and these behaviors and these values to society and seeing them as an energy rather than a gender.

So you can have this earth energy, this ability to nurture and listen, to be empathetic, to heal, to be People will say that's more female while actually it's more actual earth energy and men and women have that earth energy.

Gina: I know you're referring to earth energy as one of those five elements from Chinese medicine which is one of the modalities you've been teaching in the past, isn't it?

Nick: Yes, absolutely. It's one of those modalities so one recognizes that that in itself is a valuable energy and is not owned by a particular gender. And I can be nurturing and caring and listening and supportive and I could be male or female and it doesn't matter. Therefore, you can do those professions from you're doing that profession from that energy in that business and also one of the things I try and do with the energies is try and get away from loaded language. So Metal energy which is another one of the energies, one of their qualities is the ability to step outside and see things from a distance.

Often, we'll refer to men as being objective and women as being cold, cold and non-feeling but actually both of them has the ability to step. We're saying that metal energy is the ability to step outside. It's not cold, can be objective but it's certainly not cold. We sometimes see with our politicians, or these brilliant women we're seeing coming through, sometimes accused of being cold or unfeeling by what they have is a metal energy which is the ability to say, "*this hasn't been done and I know it hasn't been done*" because I can step outside the emotions to recognize what needs to be completed and what needs to be done and that doesn't make me cold, it just makes me I just have an ability to step out outside.

Gina: That would be a useful skill for politicians so do you see that exhibited in the new female leaders, I say new, Angela Merkel has been around for 10 years, Theresa May is a new leader and we're perhaps looking at her leadership style for the first time, are you seeing those qualities there in the complex decisions she's looking at now?

Nick: Yes I think we are and I think Theresa May was a really lovely example of where someone came in to what was a melee, a mass of different things going on, and very quickly was able to make some objective and very tough decisions and she made it because she was able to step outside and say what actually needed to be done. Nelson Mandela was another example, he was able to step outside the emotion and the different scenario he was sitting in to make a decision that needed to be done. I think we are seeing a group of politicians, **female politicians that are not courting love**. Sometimes men or our older generation politicians would have to court love and approval and whatever in order to be in power.

Gina: Talking about courting love, something that Theresa May refer to was touring the TV studios and that ... because Cameron, our previous prime minister was accused of that, of being concerned with his profile and what the media thought of him and currying good favor all the time with the headlines.

Nick: Tony Blair had that same thing. In moments in time, the ability to connect to the people and feel what's going on serves you brilliantly. Tony Blair, what happened when Princess Diana died, he felt the experience, the emotion, the feel of what was happening in the country and helped the royal family who would actually had to detach because their grief was so big and he was our fantastic bridge than other times that ability to be so wrapped up and how, what people think and whether we are approved or courting the love actually leads you into decision that actually, if you step out of it and see it from the perspective of hindsight, then you think, why on earth did you make the decision? Because it came in that same propensity to look for love and approval that serves you well in some areas, it doesn't serve us in other areas.

For me, it's recognizing that there are **lots of different ways to lead and everything is fine and appropriate within its circumstance**. I think we have this wonderful generation of female, I mean, imagine if we can have Angela Merkel, Theresa May and Hillary Clinton as a strong female leadership. But for me it's the qualities that they have within certain energies that make them brilliant. It is not to dismiss their feminineness because some of those are feminine qualities but it is their ability within those, their energetic state that the world

fundamentally needs in the same way that the world needed Nelson Mandela's collaborative, discussion, compassionate, forgiveness at **that** moment in time.

Gina: Just finally, we were talking initially about you being a father and just looking ahead, at the future for your boys and a generation of men, do you think that it's going to be easier for them and the society is more open now to men being able to express the full range of themselves and do you think that's naturally going to happen or do you think we're going to have to coach parents into coaching the generation?!

Nick: I think what the issue is, is actually **they are much cleverer than we were.** They're advanced, they're arriving with a completely different set of wiring, emotions and state than my post-war generation. We were kind of wired for something different and so I don't think we need to be fixing them in the same way that we need to be fixing ourselves because actually, they're fine. Majority of them will be fine. We don't need to do anything for them, I think it's us for my generation, we need to get us, we need to not be quite so lost and just enjoy being us and whatever range of emotions that is, it's all okay and enjoy our relationship with women and all their ranges of talents and skills and not put ourselves in boxes of this is male, this is female, this is good, this is bad.

We are actually not pretending to be I'm not pretending to be a woman, I'm not pretending to be a man, I'm just being me in this moment in time and it's doing what's required. I think they'll be fine, it's us. We've got to get us right.

Gina: Nick, thank you so much, that's brilliant, thank you.