

EPILOGUE

Donna & Paul: Small Steps to Evolutionary Change

Where Do We Go from Here?

Rather than inhabiting a top-down, command-and-control world, where those at the bottom have virtually no power, we are living in a highly interconnected world with changes rippling up and through billions of “nodes” – that’s us and our communities.

Frances Moore Lappé and Jeffrey Perkins, *You Have the Power*

So you’ve taken the first cautious step, taken another and another. Now you’re in a long-term partnership of your own. What can you do to continue the shift that you have already started, with just these small steps, from patriarchy to partnership? It is a series of incremental advances that can be made by one person, whose example can be followed by another and another, until a social norm is created.

Here are some evolutionary changes and the small steps that can begin their implementation.

Evolutionary Change: Kick the Habit

One critical part of moving from patriarchy to partnership is to give up the habit of blame. Although patriarchy means men have more control than women, it's not a man-by-man phenomenon. Men living now did not create patriarchy, they simply are going along with what they have been conditioned to believe. Men have to be shown that there are benefits in the shift to partnership, because they are afraid of change and the unknown, as are most people. We all like our routines, our comfort zones, the bubbles we create for ourselves. We need great inducements to change our habits. So it is with the status quo of our society, in which men have held sway for millennia. That's quite a habit to kick! So – NO BLAME! When you're trying to change someone's mind, it never helps to put them into defense-for-survival mode. We need to prove that there is a comfort zone that will feel and work even better than the existing paradigm.

Small Step: Create Comfort

Make men comfortable in your company. Make your partner as comfortable at home as you would like to be. Make him amenable to respecting your opinions. Make him aware that your relationship takes two. Teach him gradually to think of your comfort as well as his own. Do not blame men for their inability to function naturally in relationship. They have to learn their skills from women. Whining is not an option, blame is destructive, the guidance of the Functional Feminine will make the most important, positive changes in his life.

Evolutionary Change: Expose the Mask

The Alpha-Mask men who display the Dysfunctional Masculine traits of aggression and machismo may not understand that their need to do so stems from the biological, sexual display to women of their genetic strength. The display is exaggerated by their

instinctive fear of rejection by women, as well as their inner knowledge of the act they are performing. Somewhere inside they know that they are not really the Alphas they want to appear to be.

To compensate they show a swaggering disregard for the damage they inflict on the people and the world. They feign indifference when they are rejected. They hide behind corporate and personal Masks to cut themselves off from any responsibility their real selves might claim. They socialize only with like-minded Alpha-Masks to further their self-righteous alienation from the common herd of humanity. Their Masks may become who they are, even in their own eyes. After all, they can only see the reflection of the Masks that they project.

The powerful Alpha-Mask men that carry on this destructive charade surround themselves with compliant underlings and trophy wives or Beta women from lower socio-economic levels, so that they can continue to be the big fish in their pond. Some of the Alpha-Mask men from other parts of the social scale act out their frustration at their powerlessness in society through violence and destructive behavior.

These are the torchbearers for patriarchy, actively participating in supporting it. Because they play the Alpha role, much of the rest of the male population tries to emulate them, compensating for their own lack of natural authority with aggression and callousness. As that becomes more normal, most men (and, it must be said, most women) simply go along with the cultural norms without giving them a second thought, preserving patriarchy by proxy.

It is that apathy that can be reversed when we become aware that there are possibilities beyond patriarchy and rampant machismo. As with most things, the change begins with the individual.

Small Step: DO Talk to Strangers

When men think of other people, especially women, as The Others, they are really manifesting their inability to communicate. That's why Alpha male corporate executives are being trained to empathize and communicate better with their subordinates, and give them lessons in team building. Other men, who simply conform to their version of patriarchal ideals of manliness - strong and silent, aggressive and competitive, afraid of rejection and of being revealed as a person with feelings – must rely on the insight of women to turn them into communicators. That can only happen when women are ready to talk to them.

As women become less fearful of talking to men and with initiating contact with strangers, so men will become more accustomed to being talked to by women. Women, put yourselves in your nurturing mode, just as you do when you look at a baby or even a cuddly pet. By tapping into that and simply being friendly, these men will respond to your kindness. You make them feel real and noticed. Remember, their greatest fear is rejection.

From that point men will begin to expect to be contacted by women, and so the change will slowly take place, to the point where men accept that the initial approach and the subsequent contacts CAN be made by women. The small step is for women to be more willing to talk to strangers, both men and women, to create a more open and trusting public environment in which Male Masks have less power and can be lowered more readily. It's too easy for us to shut ourselves off and feel alienated and rejected by a silent society. It makes us more fearful of one another.

Talk to the checkout clerk; not just a "Have a nice day" but something a little less generic. Donna has fun with saying, "Have a nice life!" which always brings a smile and wakes them up. Everyone is human and everyone needs contact. Our personal fortresses in which most women, especially urbanites, hide in fear of strangers are an extension of the Male Mask. Those defenses are all products

of the patriarchal mindset that has created the suspicious and fearful atmosphere on which tyrants thrive.

Evolutionary Change: Sharing Sexual Choices

Our society is more sexually overt than ever, yet ignorance and irresponsibility remain. As a nation, we expose our children to sexual images every day, yet most American parents don't want to teach them how to be responsibly sexual. Most young women today in the USA still get most of their information about sex from their peers and Internet porn sites. What a tragedy that this is still happening in our 'enlightened' age. It can only create an unhealthy snowballing effect of misinformation, fear and lifetimes unfulfilled.

One-third of American ninth-graders have had sex of some kind, most of the girls saying that they wanted to feel close to someone, it's just sex anyway.⁸⁸ Real sex education in our state schools is an election-losing issue for politicians, but teenage mothers are vilified. Talking about sex is 'dirty', yet we are all sexual beings and all need to learn how to cope with the urges and the consequences. Meanwhile, as our children stumble around making so many wrong choices, the porn industry makes billions of dollars a year.

Sex therapists know that a distressingly large number of women do not know where their clitoris is and that many more have never had an orgasm. Now the big drug companies are creating a huge campaign to convince women that there is a medical condition called "Female Sexual Dysfunction". The magic orgasm pill they're all looking for could be worth billions to them, so of course they prefer that women be less, not more, educated about sex.⁸⁹

⁸⁸ *Girls and Sex*, Michelle Burford, *O Magazine*, November 2002.

⁸⁹ *Orgasm, Inc.* A film by Liz Canner on the search for the 'female Viagra' and how a new 'medical condition' is being created to market it.

Small Step: Talk About It

If an adult couple cannot talk to each other about sex, they will create tensions that might doom their relationship. When lovemaking is disappointing for either partner, there is less incentive to initiate it. As with all interpersonal skills, discussion and mutual consent is key.

Talk to your partner about sex. Firstly, tell him when it feels right for you to make love. He's probably always ready, at least in the early stages. When you make love, tell him what you want him to do, what feels good. As we said earlier, every woman has her own trigger that turns her on, which probably has nothing to do with Hallmark cards, flowers and chocolates, and there's no way he can know it unless you tell him. That does NOT make you a slut! And you don't have to worry about him losing his erection. When the sex is better for you, it's also better for him, physically and psychologically.

This is something you do together to make each other feel good and to create a bond. This is both of you trying to make the other happy. If you're not happy with his lovemaking technique, gently let him know what you would rather have him do. The same goes for him. If he wants you to touch him or move a certain way, he should tell you. Otherwise your lovemaking may turn into a rote, mechanical session of him quickly getting his pleasure and you feeling cheated.

There is so much that partners can teach each other with a little care, forethought and education. Loving acceptance of each other's individual sexual preferences or each other's lack of knowledge can help overcome any problems and begin the search for real

information, not the misinformation that pervades our culture and creates so much discrimination, misunderstanding and perversion.⁹⁰

Evolutionary Change: Conscious Pregnancy

Apart from incidents of rape and failure of contraceptives, there is no such thing as accidental pregnancy. There is lack of education, inattention to physical cycles, lack of self-esteem, macho insensitivity, disregard of consequences and ignorance of reality. A woman knows when she enters the fertile time of her monthly cycle, if she has been taught to recognize the physical signs.

A man that has been her partner for some time may be able to recognize them too, but probably not reliably. Nobody knows better than the woman does when pregnancy is possible and men are likely to be too unconscious to ask while in the throes of sex. Children born by default rather than by conscious decision are more likely to suffer abuse and emotional damage that is passed on to the next generation, according to the American Psychological Association. Pregnancy and childbirth must be a joint decision of partners, if they are both to be held responsible for the consequences.

Small Step: Learn the Signs

As people enter and continue in a relationship, they naturally share aspects of their lives with each other. There is hardly a more important aspect to be shared than the fertility cycles of the woman partner. If partners are sexually active and if they expect to share responsibility for offspring, both ought to know when the likelihood of pregnancy is greater. Women, tell him when you are reaching ovulation. Show him what happens to your body when

⁹⁰ Riane Eisler, *Sacred Pleasure: Sex, Myth and the Politics of the Body*, HarperCollins, 1995.

you are fertile. This is not a secret for you to keep, unless you are actually trying to shanghai a man into parenthood. Men, ask her if it's safe to have sex. If you or she don't know if it's safe, wear a condom, then both of you should start a program of learning what her body does during all parts of her cycle.

Evolutionary Change: Men Accept Women as Initiators

After thousands of years of men believing themselves to be in control, we can see where it's heading. It's time to rethink male and female roles in general, and their roles in the mating ritual in particular. We've been fighting our biology for too long. Now we're asking that men accept that women possess the natural abilities to choose their mates.

Small Step: Women Saying Hello

Men can now watch for women's signs of interest, while women can assume the major pro-active role in the courtship process. It's a brave shift, but if we accept that the damage caused to men by female rejection encourages them to act out their violent fantasy of what real men should be, then it is an important change to make. It will improve everyone's self-esteem, allow men and women to enjoy life more, bring more people together and even help the housing shortage by combining households. From there it's a series of steps towards men happily relinquishing some of their power to women. Partnership is possible.

Evolutionary Change: Ain't Gonna Study War No More

Mothers, grandmothers, great-grandmothers wives, aunts and sisters all have influence on the development of boys. It is the boys who are taught that it is an honorable thing to be trained to kill

their own species and others, even for sport. And that is countenanced by the women in their lives, because “that’s the way it is”. Boys are more often told to go out and play unsupervised than girls, so they become accustomed to doing things their way, even if that way is destructive, overly aggressive or violent.

Perhaps it’s time to look at that attitude and study where the urge to war originates and how we can curb the violent side of man’s instinctive competitiveness. We know that male mammals are competitive in order to display their genetic prowess to females. But men can be aggressive and competitive without being violent or ruthless; sports and the rules that govern them are an example of that. Soccer teams shake hands after the game because the teams know they did their best to beat each other, but this was a competition, not a battle. No hard feelings. So where does overly aggressive behavior start that can lead men joyfully into war and can it be curbed?

Small Step: Rites of Passage

Violent aggression often stems from childhood damage or the need for survival tactics while growing up. For some men, it becomes the only part of their lives in which they can be recognized as a leader. Young men, lured by the power of violence and money and by the family-style support a gang can provide, become mobsters and gangsters. They are taught discipline and hierarchy, obedience to their superiors, and how to use violence. In that way, gangs are similar to the military, which also gives support while teaching the use of deadly force against ‘enemies’. All such organizations have rites of passage as the young recruit passes from civilian to member of the group.

Cruel rites of passage reinforce the violent tendencies in young men. Adolescent circumcision of boys as a rite of passage into manhood is even more damaging than circumcision of babies,

which itself imprints violence and betrayal on the infant mind.⁹¹ In military schools and camps and on college campuses, hazing rituals continue brutalize young men, preparing them to be brutal in turn. Every year, they die from being forced to drink too much, being beaten or exposed to cold too much. It's the spiraling display of power that has no feminine guidance to tell it when to stop.

It's time for new rites of passage for young men trying to find their way in the world that go beyond joining the Marines. The new rites could be designed to teach such ideals as service to others, strong character, trust in others and trustworthiness, disciplined behavior without the need to follow blindly, curiosity, responsibility, bravery without foolhardiness, concern for all beings, empathy and caring.

What about introducing school programs to enroll the Alpha-Mask bullies into a positive rite of passage? Finding the kind of rites of passage that are daring and dangerous enough to be challenging, yet which do not exclude the less physically able, and that are educational and supportive is the key to this small step.

Programs such as Boys to Men (boystomen.org), Young Men's Ultimate Weekend (ymuw.org) and the ManKind Project (mankindproject.org) are all doing great work in mentoring young men into channeling their strengths not to war, but for the service of humanity.

The old accepted vision of humans, especially men, as immutably warlike is now challenged by scholars.⁹² Our endless cycle of wars is just a cultural habit that we have reinforced with the notion of

⁹¹ Marilyn Milos RN, in a panel discussion for *Seduction Redefined*. She is the director of NOCIRC (the National Organization of Circumcision Information Resource Centers) www.nocirc.org

⁹² Frans de Waal, *Our Inner Ape*. Berkley Publishing Group, 2005.

honor in killing and the glory of death as a way of giving to the community we call a nation.

Academia told us that we inherit our aggressive and warlike tendencies from chimpanzees, while another ape, also closely related to us, the bonobo was ignored. The bonobos are an egalitarian, matriarchal species who use more peaceful methods for survival. They use sex as the great mediator, creating pleasurable resolutions to possible conflict. Perhaps that's why they didn't appeal to academics, especially in Victorian times.

For most of our history as a species we have been community-building social animals. We value altruism and loving relationships. For hundreds of thousands of years, our species lived in egalitarian groups in which war was an extreme anomaly.⁹³ Even now, despite the obscene amounts of money spent on killing one another, the vast majority of us live peaceful lives in which we get along with our neighbors and form close-knit communities. We value the empathic Feminine in our humanity.

If mothers began to prize the Feminine in their boys as much as the Masculine, to recognize both sets of strengths as 'human' rather than male or female, we'd be less afraid of 'contaminating' our sons,⁹⁴ there would be fewer Alpha-Mask males in the world and more Mindful Males. This may be the most important work of all for women.

⁹³ Douglas P. Fry, *Beyond War: The Human Potential for Peace*. Oxford University Press, 2007.

⁹⁴ Olga Silverstein, *The Courage to Raise Good Men*. Penguin, 1995. William Pollack, *Real Boys: Rescuing Our Sons from the Myths of Boyhood*. Owl Books, 1999. Dan Kindlon & Michael Thompson, *Raising Cain: Protecting the Emotional Life of Boys*. Ballantine Books, 2000

Evolutionary Change: Stop Accepting the Status Quo

A major reason for the continuation of the habits of patriarchy in our time is the subtle propaganda-by-omission that is the norm in the news media. We accept what we are told when the war stories are about “people”, rather than “men” and “women”. We hear of “planes” bombing cities, of suicide bombers, and although we might visualize a man at the controls, without hearing it there is no immediate, conscious attention paid to the fact that a man is once again committing violence.

Small Step: Genderize the News

We would like to hear the news being fully descriptive about the facts of war and violence. Instead of “planes”, we want to hear “male (or female) pilots”; instead of “armed robber” we want to hear “male robber”; instead of “casualties” we want to hear the numbers of women, children and men that are injured. As we’ve stated repeatedly throughout this book, this is not about blaming men for their violence, it is a device to jar our brains into listening to the real facts – that men are doing most of the killing and dying, and that’s because they have no-one to tell them when to stop.

In Conclusion

Is it realistic to ask women to resume their position as the ‘umpire’ of civilization? Let’s put it this way – without the leverage women possess naturally, the leverage of sexual selection, civilization wouldn’t exist, because men would have had no incentive to create it for them. Without the comfort and safety women can provide, our civilization would falter. Without the nurturing and organizational power of women, there would be no incentive for men to stay with them and their offspring. Without the tenderness, wisdom and emotional strength of women, men would spend even more time than they already do in destructive and violent habits

and shutting down the emotions that connect them to the rest of the world.

Is it fair that women play such a huge role in civilized society? It is their nature. Is it fair that they should have had to stand by and watch as men engage in degrading the civilizations it took so long to create? No. But men will not think about stopping until women show them another way. We are calling on women to remember and develop their Functional Feminine, so that they can join in encouraging and guiding the Functional Masculine in all the men in their lives.

Geoffrey Miller said this, “In America, the majority of men supported the Iraq War and the majority of women did not. That means there were a lot of mismatched couples. In those couples, were the women able to assert themselves, or did they stay silent, complicit; didn’t want to make waves? I think both sexes have a moral imperative to realize that their own ideological decisions can affect society very powerfully, regarding the sexual choices they make and how they behave in an intimate relationship. It’s the height of hypocrisy to say, “I am a peace activist, but I still love my husband even though he supports the war.” That’s where the leverage is - within the relationship. Women are in the driver’s seat, where they can lead their husbands, boyfriends, friends.”⁹⁵

You don’t have to be walking on the moon to take a giant leap for humankind. It can and must be done here on our groaning planet, while we still have a chance to survive. Small steps, giant leaps—both start with the will to take them. Women around the world may not have the political or social clout that men have, but they have the biological clout, and that is much more powerful in the long run.

⁹⁵ In an interview for Baring Witness. BaringWitnessFilm.org

With the will to exert that sensual power of the Functional Feminine, women can again be a force for species-wide evolutionary change. Their innate strengths combined with the Functional Masculine in the Beta Male majority and the Alpha minority will enable our species to break out of the Alpha-Mask dominator cultures that threaten us all. This is the time when change must and can happen before the runaway displays of Alpha-Mask violence and destruction go beyond the point of redemption.

It must begin in the western cultures, because we have more of the worst weapons and are desperate to maintain our unsustainable comforts at any cost to the world and all its life forms. We are emulated by the developing countries that see the luxuries we have and of course covet them, even as their environments and people are endangered by our search for cheap resources.

So what may begin with a woman being inspired to seduce a man into true partnership can become a template for the partnership of the Functional Feminine and Masculine in the world at large, starting right here.

The world will be saved by the western woman.

The Dalai Lama, 2009