

Sexy new earth relationships

Guest: Shezza Walters

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Alex Howard - [00:00:08]

Welcome, everyone to this interview where I'm super excited to be talking with Shezza Walters.

Firstly, Shezza welcome and thank you for joining me.

Shezza Walters

Thank you.

Alex Howard

This is going to be a fun interview for a few reasons. Firstly, I'm excited for what we're going to get into, but also Shezza and I have known each other, I was thinking about it earlier, I think it's almost 20 years that we first met, right? I think it was on a Diamond Approach introductory weekend in London. And we've been loosely in touch, we were more in touch for a few years and then loosely in touch.

And I've been following Shezza on Facebook and have a little bit of a sense of what's been going on, which was enough to be curious to say, let's record an interview for the conference. But I don't know a lot of the details of the story.

And when we planned this interview a few weeks ago, I said, don't tell me, I want to find out in the interview.

So just to give people Shezza's background, Shezza Walters is a Tantra teacher, hypnotherapist and sex relationship coach. She has a passion for helping people to love all parts for themselves and find freedom within.

She combines the spirituality and the sexy in an innovative and fun way. She helps people to connect to their own heart, find more pleasure in their bodies, and have more fulfilling intimacy with others while seeing the divine beauty in all of life.

Her book, *The Sexy New Earth*, will be published in the fall of 2021. And she is co-founder of GASM, a sex tech company. No doubt we're going to get into what a sex tech company is later on in the interview.

So Shezza, I think the best place to start is, I know you've got this book coming out on sexy new earth relationships, what's been your journey? And what's brought you to this point in, particularly your journey within relationships?

Shezza Walters - [00:02:04]

Okay, my journey with relationships has been a long, hard struggle. And actually it's funny, I was just talking to my friend the other day and we were talking about relationship coaches. And we were saying most good relationship therapists and coaches are not people who got married in their early 20s and had a really long, happy relationship all the way through old age. They're usually people who have struggled in relationships and also feel the passion of the desire to ground in these new relationships.

So actually my book, *The Sexy New Earth*, is actually about, really the self-work. And then book two will be *Sexy New Earth Relationships* specifically, because what we see in relationships is that we have to do the self work and then that self work is reflected back to us in the mirror of relationships.

So I love relationships. Actually, when I knew you I was married in actually a beautiful marriage to a beautiful man and I had a lot of my own struggles with even just being committed.

And so for me, I left that relationship because I felt like I needed to explore more than just be one of those people who got married in my early 20s.

Alex Howard

I was going to say you were not far off your early 20s when we first met.

Shezza Walters

Yeah. I got married when I was in my very early 20s. So, I just knew that that wasn't my path.

And then I have been in a multitude of beautiful relationships and also challenging relationships. But for me, the foundation of relationships has always been friendship. I'm pretty much great friends with everyone that I've ever been in a relationship with. And I see people who come into my life as, okay, here's an opportunity to go deeper within myself and see what is there. What is this person showing me? And creating relationships from that place of okay, what are we mirroring to each other? And how can we really get the juice out of the relationship?

Which is, sometimes the juice might be that we are going to want to spend the rest of our lives together. But maybe the juice is just that we're going to learn how to have better communication skills or love ourselves more so that we can sit and hold space for this other person and be able to, yeah I notice, again in my earlier relationships, I couldn't really handle somebody else's vulnerability, real vulnerability, because I couldn't handle my own vulnerabilities.

Alex Howard

Right.

Shezza Walters

So the more that we can show up for ourselves, and the more I notice myself being able to show up for myself and in all of my darkest places, then I can also show up for someone else in their darkest places. And we can meet in the darkness. And that's how we can really heal and heal our deepest wounds.

And I always say that I think that it's all well and good these old spiritual techniques where people were in caves, meditating for years and became enlightened, but in a way, the real work happens in relationship.

Alex Howard - [00:06:14]

One of the things that also comes to my mind as you're talking is that different relationships can serve different values or different purposes at different points in our lives.

And people have this very old fashioned idea of if someone's not the one, then, if they had this idea that there's the one they're gonna meet, then it was the wrong relationship. As opposed to we're with someone that actually it's exactly what we both needed at that time. And then that relationship served that purpose and then ending was the act of love, not a sign of something broken.

Shezza Walters

Absolutely. Yes. Every relationship is a beautiful mirror for what is alive inside of us right now. And we can actually be completely different people in different relationships.

And I always also tell people, just in terms of dating, I know people, a lot of people go out on a date, for example, and they're sitting in front of this person and they're like, are they the one? Do they match all of my lists? And are they the perfect person that I'm going to spend the rest of my life with? And if they don't add up, they're kind of like, okay, let's end the date and never see this person again, rather than actually sitting in with each person and feeling what is there? And seeing the beauty in each person, even if they're not going to be a life partner. But a lot of people get so hooked on this, we're going to be together forever, rather than seeing the beauty of each mirror.

Alex Howard

I think I said to you when we connected a few weeks ago for the first time in probably 10 years or so thinking about it, but you strike me as someone who's had the courage to follow their heart and follow their intuition about what's true in their life. Whereas a lot of people can live very safe and protected lives. You're someone that I observe as going for it in life, let's say. I mean that as a genuine compliment. And I wonder what it is that's helped support that?

If you look at your relationship journey, and for example, when I first knew you, you were married and it seemed to be a good relationship in a lot of ways, from what I remember. And then, as you say, it was clear to you that there was something that was incomplete and something that you needed, what supported that intuition and that courage to act on that intuition, do you think?

Shezza Walters

I mean, I want to just say that I have this drive in my life. My aunt told me recently she was like, Shezza, you're always just trying to find yourself. And I'm like, I don't really know how to be anything else than that person who is always looking for the truth within myself.

And I think I was just born that way. And there's something in me that is very in touch with my own destiny and in touch with my own, what I'm here for and to not be in that is really just painful and impossible for me. I don't know how else to say it.

Alex Howard

So in a sense it's a commitment to your path and a commitment to truth, even when in that moment, it may be much more uncomfortable than staying in something which in many ways is good but it's not what your heart truly desires.

Shezza Walters

Yes. Exactly. Yeah.

So it's following the inner yes and no of my inner guidance system.

Alex Howard - [00:10:14]

And you were saying a little bit earlier, in your framework, that you've been developing, that self work is really the foundation to a relationship.

Let's just open that up a little bit more because for some people the idea of self work will be the thing they're doing day in, day out. For others it's like, what do you even mean by that? What do you mean by working on yourself? So let's just give a bit of foundation to that idea.

Shezza Walters

Well, I feel that there, again it's like, being able to see our triggers, being able to see our fears, our shame, our insecurities, our grief, our sadness, the deep feelings within and being able to see them, notice when they're arising, and be in a loving space with them. It's creating a loving space, a loving relationship with ourselves and realizing that the loving relationship, if you have a child, you don't just love them when they're happy, fun and playing. You also love them when they're crying and hurt.

Alex Howard

At least you try to.

I'm being facetious.

Shezza Walters

So it's being really in the loving presence with ourselves no matter what we're experiencing.

And then, of course, when you bring in another person into that, now not only are you dealing with all of your own emotions, but now you've got this other person that's on the same journey. And so it can be, your different issues can somehow meet each other and trigger each other.

So then it's like self work, you're not only doing that in your own life by yourself, but now you're meeting this other person and they're triggering you, and you get to show up even more deeply for yourself and for them.

And I say, sexy new earth relationships are based on a commitment to return to love. And that might sound easy, it actually can be freaking hard on a big scale and even on a little scale.

I mean, if you're in a long-term partnership and the person does something, you're in love with them, but then they leave their underwear on the floor and it's annoying and suddenly you're out of love. So how to return to love over and over and over and over again and really create this as a practice in your own life. And then as a practice in relationships.

Yeah, I'm currently in a beautiful relationship. And yeah, this is what we're doing. It's like seeing these triggers and how can we return to love as quickly as possible? And I'll also be open and honest about what we are experiencing.

Alex Howard

I want to come back to that more in a little bit. But before we do, I also just want to touch on, I think implicit in what you're saying is also this place of responsibility, of really owning our stuff.

One of the most powerful things for me, having a number of complicated relationships before I met my wife, which, like all relationships, has it's complications I'm sure as well. But the realization was, I was the common denominator in every relationship that I'd had. So I could have this very clear story about it was this person's fault that this happened, and that person was wrong, and this person was that. But it's like in all the relationships I was there.

And that's a hard thing. And sometimes we can get that intellectually. But in our hearts we're still in a place of blaming and victim. But to really own, to own our stuff, it's not easy, is it?

Shezza Walters - [00:14:41]

It's incredibly complicated. And especially when we have to share, or I should say we get to share with the other person, these deep vulnerabilities that many of us have created very intense defense mechanisms in order to protect these vulnerable places within ourselves. And these defense mechanisms are really, really, really intense.

And because at some point in our lives we probably felt that we created them in order to almost keep us from the fear of death. And they're like survival mechanisms. So they're in there and they are strong and they are not going anywhere until we can become the loving parent towards ourself and be with those parts of ourselves.

And so most of our issues in our relationship, it's interesting, my last relationship was the most crazy relationship. It was like, oh, my God. And what I realized is that this person is absolutely nothing like my father, nothing like my father. I mean, if you put them next to each other, you would say these two people are like, he's over there and he's over there. And yet this person triggered my father issues.

So it's realizing, it's not like people say you marry your dad. It's not like you're marrying someone who's similar to your dad or your mom or someone, a figure in your childhood, but they might bring up the same feeling that you had.

Alex Howard

And it's still, as much as they might not be doing something to trigger it, it's our stuff being triggered, right?

Shezza Walters

Exactly. It's our stuff. And it's our responsibility to feel those deep emotions.

Most of our feelings come back into, like sadness, fear and anger. It's kind of like those three. And so it's like, alright, this person's triggering me and I've got this entire storyline going on in my head. But actually, if we drop out of the storyline, and the storylines can be really juicy, and really like, we want to grasp into this juicy, amazing story. But actually, it's just if we go underneath the story and down into our bodies, usually it's one of these core emotions or a mixture of these core emotions is being triggered.

And I realized personally on my own relationship journey that I had a lot of anger, but I had completely suppressed all my anger. So it was like I'm going to be the cool spiritual girl and just do all my own self work and never make anyone uncomfortable. And I'm just going to be that spiritual cool girl. And then I realized, when somebody really came in and triggered me, that I had some really deep anger that I had not dealt with. So I actually joined a rage club.

Alex Howard

I've never heard of a rage club, I can imagine, but just so we're clear what happens in a rage club?

Shezza Walters

We basically beat pillows and scream and be able to own our, because what I noticed is that when I was angry and when I was talking in my anger, it was like a little kid. If you look, a lot of times what we are looking at in these deep core emotions when we're really triggered, the person who's speaking from there, it's like a child. So when we really go into these motions and we own them, we take full responsibility that they are our emotions and we're feeling them and this is what we are experiencing.

And then we can grow that child up. And then when we feel angry we can be speaking from an adult angry self or an adult afraid self. And it's not this little child in there who's like.

Alex Howard - [00:19:50]

Part of the block to getting there, which you mentioned, is the defensiveness. It's like someone gets close to that place and we defend.

And I think often when we're being defensive, we don't realize we're doing it. We just think, well, you're wrong and you're attacking me. And I'm just standing up for myself. How do we know that we're being defensive? And what helps us put a spotlight on that in a helpful way?

Shezza Walters

Well, if you're feeling triggered, probably something is going on. Because really it's like if somebody's triggering us and we, or if somebody does something and we're not triggered, we've probably all had the experience of, okay, you're triggered, this is your stuff, and you can really see that it's their stuff, right? It's not really about you because you're not triggered. If you're triggered you're part of the story.

And so it's like this, I love the word shadow dancing. So you have two people shadows. And the shadow is the part of ourselves that we can't see, that we don't want to see. And usually the shadow is the part of us that is very defended by these defense mechanisms that we've created in order that we don't have to see that part of ourselves that we don't like.

Alex Howard

Right.

Shezza Walters

And so you have my shadows here, and then you have this person with their shadow. And then our two shadows explode into a whole bunch of drama or a little bit of drama, hopefully. But so if we're triggered that's probably something in there that we're not wanting to see about ourselves, it's probably a part of ourselves that we tried to suppress because we didn't like it and because it was too uncomfortable and because we were shamed for that part of ourselves.

Alex Howard

And it's almost like the more that we repress that, the more it goes into the shadow, the more power it actually gets.

Shezza Walters

Exactly.

So we have to bring those monsters to the forefront, love them and heal them. And that's why also, then in a relationship I mean, a really beautiful, conscious relationship to me is a commitment not only to your own healing, but to the healing of the other person.

So then you say, okay, this is, and I have been, believe me, I've been that sort of person who is like, I want God to show up, who's perfectly fit, perfectly gorgeous in every single way, adoring, the perfect human. And it would be great if that sort of human exists. Chances are they don't. And so it's being okay with being in a relationship with another fallible, vulnerable human being who also has a shadow and stuff they don't want to see and defense mechanisms. And seeing how you can come and support each other towards seeing those parts of yourself and growing in that together.

Alex Howard - [00:23:23]

That's beautiful.

And you mentioned earlier about this practice of coming back to love, coming back to really what's going to most support you and them and the collective between you. What supports you in doing that? Because often in those moments we're the most reactive, we're the most triggered are the moments we most need to find that place. How do you do it?

Shezza Walters

Take a deep breath. Take a deep breath and again, it's that thing of getting out of the storyline. These storylines, I'm a storyteller so I love telling my stories. It's part of what I do is I tell people about all my stories. The stories are, but when we are hooked on the stories and it's like, and you did this and blah, blah blah. So it's being able to see those stories. Okay. The story is here, it's going, the mind is creating this story and come back into the body. And that's why embodiment, I always say, embodiment is the new enlightenment.

So enlightenment is like transcending the body and going out into some beautiful spiritual place. Maybe we've all had glimpses of that. But to me, the true, like being fully alive here is more the process of being in our bodies. And when we can be in our bodies and feel those most uncomfortable feelings with love towards ourselves, that like, oh, gosh, this is so painful, and feel it and even express it. That's what the whole rage club is. It's being able to express those deepest emotions and express our feelings through our bodies.

So even like, one of my practices that I get up and do is I dance and I put on music, and it's just like, I dance and I dance with whatever I'm feeling. So it's almost like being in that loving, embodied place within our feelings that's beyond the story. The more that we tap more into our feelings, the more that we can share our feelings from a more vulnerable place. So rather than saying you did this and you did that, I'm feeling anger right now.

Alex Howard

We have a slight lag I think on the video.

It's so funny as you're speaking. And you're using your hands, because of the reflection behind you, it's like there's a shadow you that's gesturing in the background. It really captures what it is that we're talking about.

Shezza Walters

It is.

Alex Howard

It's cool.

Shezza Walters

See I still have the shadow. I haven't fully integrated.

Alex Howard

There's something also about sharing those stories and speaking in that vulnerable way that has a very powerful way, I think, of connecting people, doesn't it?

There's something about when someone's sharing from a really honest and vulnerable place where they're owning their stuff. It's not an attack. They're not blaming someone else. They're really taking responsibility. Generally speaking, when someone does that, it makes us want to lean in and be closer to them, not feel repelled and pushed away.

Shezza Walters - [00:27:16]

And yes, I also feel that there are, so I also want to like, oh, there are abusive relationships. In a healthy, between two healthy people, yes. There are also abusive relationships, and when I say abusive, emotionally abusive places where people actually can get off on those vulnerable places. So I always just think it's really important to talk about there are abusive relationships. And when somebody's sort of like, I always say when you're the person who's always sharing the vulnerable piece and you never hear about the vulnerabilities from someone else. So it takes two people willing to go beyond the stories and be in their vulnerability.

And when I say abuse, that can also just mean immature. Somebody who's not ready to show their vulnerabilities. So this process actually takes two people who are committed to showing their vulnerabilities and growing in that. And it can't just be one person because it really takes two.

Alex Howard

And there are certain, I guess, strategies, let's say, for want of a better word, of how to share and how to be connected in a way that is owning and taking responsibility. And I think it's very easy, particularly when you've got these disowned places, where one starts off in a really grounded, embodied way, and then they get a bit of momentum and then suddenly they get hijacked by their own story or their own patterns.

How does one stay in that place where they're actually, it's helpful as opposed to they've got the other person's attention and now they're using it as a sort of, I think you know what I'm speaking to?

Shezza Walters

Well, I like to use the word Gremlin. It's like you're a little Gremlin that loves to have that power and loves to have that, something is hooked and it's actually enjoying it.

I love the book, there's a book called *Existential Kink*. It's a brilliant book. Everyone should read that book. It's so good. And it's like, that we get off on our shadows. That's why they're there. We're actually really turned on by them. And feeding something within ourselves.

So it's being able to say like, yeah, I get off on this drama or there's something that this is feeding inside of me.

So an answer to your question, it's just in a commitment to love. How quickly can we come back and realize that a lot of us have really intense storylines that we're dealing with. Traumas around relationships, traumas around attachments.

And when you notice, it's self awareness. So okay, I've just gone off for 10 minutes. I allowed my Gremlin to take over and I got really turned on, on me telling you all about yourself and how bad I am and whatever the hook is. And then, like, okay, wait a second. I've just come back into that place of awareness again. Deep breath, come back into the feelings, come back. So we have to center ourselves.

Alex Howard

Right. Right.

I'm also mindful we're talking a lot about how to deal with the sticky, the difficult stuff in relationship, but there's also a place for the importance of focusing on relationship as being a vehicle for pleasure and for connection and for aliveness. Some relationships can get so caught in a negative merging, like connection via drama. What helps cultivate that making sure that the real glue of a relationship is that shared love and joy and pleasure together?

Shezza Walters - [00:32:00]

Well, I believe that a relationship, the focus of a relationship needs to be being of service. It's the expression of our soul.

So for example, I just made some videos, a bunch of online videos with someone recently, and it was like, I noticed how we could just move through anything that was coming in between us so quickly because we have the common goal.

And I think people who are raising children healthfully together, it's like that can be the common goal. It's like, okay, we're going to put our egos aside because we're raising these kids and we want to raise them consciously and beautifully. Or we have this goal, I think that in some ways a really powerful, empowered, conscious relationship has a, the glue is something that's beyond just like, we're having a romantic, sexy, it's like there's something, okay, we have a goal that's part of our nurturing of the planet.

Alex Howard

And it's a commitment to that goal. Like it's holding that with real importance.

Shezza Walters

Yes. And that goal can even be, you know what, we are, so this morning I'm like, alright, so one of the things that I can work on is being more devotional. So I knew that I had this meeting early in the morning and I got up early so that I could clean the bathroom and make the bed and do all the things that are not the things I enjoy.

Alex Howard

They're not the things I think of when I think of you.

Shezza Walters

Exactly. Yeah.

They're not really the natural things to me. And I was like, okay, I'm going to do this because I know that it's actually good for me to put my ego aside and be in service to someone and also be in service, in some way, to the world because this person needs to get up and work on all sorts of projects that are really freaking amazing. And so if I can come in here and help him make a better space, he's going to be more free to work on his projects that are super powerful and changing the planet.

So it's like, I think being able to put your service to something bigger than yourself is the glue of conscious relationships.

Alex Howard

And I think part of what that also does is it takes us out of our fixation on me and my stuff, or we have to fix this thing in this moment. It's like it's having the reason, the commitment ultimately, to stay with what we need to stay with to work through it.

Shezza Walters - [00:35:24]

Exactly. So it's being able to, on the one hand, really, first of all, see the shadow. There it is, see the shadow, and then see that that shadow is not this mean monster who is attacking us. It's actually a little child inside that's crying out for love. So giving the love to that child, that inner child and then speaking vulnerably, and then, most importantly, realizing that there's something more powerful that wants to be offered to this person and to the world, than my own ego drama.

Alex Howard

Yeah. That's cool.

And as you say, if people have kids, it may be that. But not everyone has kids. And ultimately, just being committed for kids is, in and of itself, not always the healthiest place to come from in relationship. There has to be a commitment to something more, not more than just that, because, of course, it's an enormously important thing, but they need to be a commitment to the relationship for its own aliveness.

Shezza Walters

Yes. And that actually healthy relationships are incredibly powerful for the planet. Like people who are doing healthy relationship it's like, people who are truly doing this work and creating conscious relationship, I mean, this is so new in a way, this is so new that just being in a conscious relationship and being committed to that is a healing force for the earth.

That's why I call them sexy new earth relationships. This is where all of the drama that we're dealing with our ancestors, with the collective. I mean, we have very, very little, really powerful examples of conscious relating. Most of the relationships that we're shown are intensely romantic and this passion. And that's beautiful, I'm super romantic, I love it.

And romance is not going to be the glue that really shifts the consciousness of the planet. It's actually this really deep work and holding this space of love for ourselves, for each other, and for all beings on the planet. So whatever it is that, like I said, for me just getting up this morning and being like, I am going to spend a half an hour cleaning, which is not what I want to do. That can be a form, it doesn't have to be having kids. It doesn't have to be like, okay, now it's this big thing. It's just seeing, how can I lay down my ego and be in service to this person, to our relationship, which can extend beyond where we're at?

Alex Howard

It's beautiful.

It's funny as you're talking I'm thinking, so my last job every day is to clear up the kitchen. So it's like, we have in our house in London we have a big kitchen, sitting room, open plan space. And my wife tends to go to bed a lot earlier than I do, because I like to have my space, I like to work late at night, my wife has to get up earlier to get our eldest daughter up.

So we have dinner. It's like the kids might have left some of the mess. And so the last thing I do is I clear up the kitchen. Partly because I can't bear the mess, but also, I know that when my wife comes down in the morning, the thing that's going to be a really miserable start to her day is to walk into the kitchen and plates are piled up, and it's a mess.

And it's not only this, but it is partly an act of love that I want her to come down and, because if I don't do it, she's gonna do it, and I'm gonna get to come down and it's going to be cleared up. But there's something about doing that that also just feels good. It's a nice way to end the day going, it's all clear, it's nice. My wife's going to come down in the morning, and it's going to be clear. Those really simple things can be powerful.

Shezza Walters - [00:39:50]

You're saying that I'm hearing the term, love is a verb.

Alex Howard

That's good. I like that. I like that.

I'm mindful of time Shezza, but people that want to find out more about you, your work, what's the best way for them to do that?

Shezza Walters

Well, I am actually just redoing my website right now.

It's shezzasheryl.com

So I know that I often go by Shezza Walters. Walters is my original last name but I'm actually switching it to my nickname, which is Shezza and Sheryl.

shezzasheryl.com

And you can find out about my private coaching, and I run retreats. I just booked an amazing retreat in November on the big island of Hawaii. And then I also have group coaching programs in which we're going to be going through all the sexy new earth material and how to be more ecstatically alive.

Alex Howard

Amazing.

It's been a pleasure to catch up again. Thank you so much, Shezza, for your time. I really appreciate it.

Shezza Walters

Thank you so much Alex.