

Interview with Susanne Blake **Author of *Ten Commitments for Women***

Reader Views is happy to welcome Susanne Blake, author of “Ten Commitments for Women.” Susanne is being interviewed by Juanita Watson, Assistant Editor of Reader Views.

Juanita: Thanks for joining us today Susanne. We are excited to hear more about your new book “Ten Commitments for Women.” Would you give us an idea what your book is about?

Susanne: *Ten Commitments for Women* is a unique book providing a step-by-step process that takes each woman to the core of Self. It helps her understand who she truly is, how valuable she is to Self, to those surrounding her, and to the world. She learns that she holds each answer and can obtain the answer for every situation arising on her path in life. She learns how to balance daily and how to stay balanced through the most difficult situations. She is able to identify repeating patterns and learns how to change any negative in her life to a positive. She understands the lessons she brought to earth and her truth for each lesson. Each commitment brings new ideas, creativity, gifts, and possibly a synchronicity of events to a woman’s path for greater clarity.

Juanita: What inspired you to write your book?

Susanne: Two years ago I had a vivid dream about women. That threw me into an in-depth study of women in the past and present. I felt a gift was being passed through me to help many, and a nudging to write this book began. I thought about it and talked about it. Chaos increased in the world, yet I continued to ignore the nudging. I felt that I had enough on my plate at the time and did not have time to write this book. As participants at my seminars used the process and positive life skills I presented, they received their answers. Those I coached received positive results. The nudging continued. Then a telephone call came. I was asked to write “Ten Commitments for Women.” I learned that a friend, Tom Massey, would write “Ten Commitments for Men.” I checked my Self first and made an internal commitment. I committed to Self first and then said “Yes” in spite of all that was taking place in my life. That telephone call was my sign. It was also a fulfillment of the law of attraction. With a deep desire to present a process for women to discover Self, balance, and open new doors, *Ten Commitments for Women* was born.

Juanita: What feminine qualities are you emphasizing that women bring forth?

Susanne: There are several, including higher awareness and trust of her own intuitive gift. The feminine has the ability to “know” when to move forward and when to withdraw. She knows when

to state pure truth from her true Self, and how to wait for the right time to be heard. She creates and holds the key to physical manifestation, not only of children, but of thought, new choices, and new desires. She knows how to nurture. The feminine part of Self supports the masculine part of Self. That support is vital for moving to the center of Self, healing, for opening to knowing, and for becoming pure love.

Juanita: Why do you think women aren't in touch with these aspects of themselves?

Susanne: In working with women, it is easy to see that many are out-of-balance. Immediate pressures and the stress of daily life are causing them to become over weighted with the masculine side of Self, forgetting about the gifts of the feminine side. Many women are working harder and longer hours to make ends meet or to accomplish what is expected of them. There are many single mothers and some married ones holding more than one job. Women are made to feel that if they cry at work, it is a sign of weakness. There seems to be less and less time for women to care of the physical needs of Self, others, and home. There is little or no time to mentally and emotionally nurture Self or others. Other signs include many women putting off having children until they are older and it is more difficult. Some are actually now taking pills to have their cycle only four times a year. These are only a few of the signs.

Juanita: How did you come up with the Ten Commitments, and would you give us an idea of what they are?

Susanne: I looked at my own life. At one time I was slowly stripped of everything. I had to put myself back together again and discover my own truths, discover my Self. Knowing the process I moved through and the process I developed for many women I mentored, I assimilated that process and new wisdom I received into the Ten Commitments of this book. They are: Know Self, Balance Self and Life, Change Negatives to Positives, Honor and Respect Self, Give Self A Voice, Keep the Me in the Us (at home, with friends, and at work), Be a Wisdom Seeker, Become Love, Be Real, and Enjoy Generosity.

Juanita: Susanne, you include exercises at the end of each chapter. Would you give readers an idea of the types of exercises you include and how they correlate with each chapter?

Susanne: There are actual activities for the reader to do at the end of each chapter. These exercises provide the ability to follow through with each commitment. They are designed to bring answers as one awakens to that which has been dormant for perhaps years. The exercises can be done alone, with a friend, or in a group setting. Following the exercises are questions to help women see their Self more clearly.

Juanita: Is there any particular area that women typically neglect or fall short in?

Susanne: Yes. Taking the time to discover who they truly are! Women are all taught over and over again to serve others, to say "yes" if they possibly can when requested to do something, and the list goes on. Life can be so much easier when a woman begins to take the time to know Self and move through this transforming process. A woman often feels that she is being selfish when she takes time

to know her complete Self. She feels that she is doing this only for her own benefit. As it turns out, she learns that she becomes a gift to all she touches during the remainder of her life.

Juanita: Susanne, what are your thoughts about the power of choice and the transformative nature of knowing oneself?

Susanne: The power of choice enters as a woman finally begins to know Self. She realizes there are other choices that she previously did not think about. She gains clarity, sets new, healthier boundaries and makes decisions that are more in congruence with what she values. One cannot be true to Self until one knows Self. Before knowing Self, we think we know what is right and wrong, but we do not. Others have told us what to believe. We listened and believed them. Once a woman comes into contact with the Self within, she discovers her truths and answers. The power of choice and transformation brings daily gifts that a woman will only understand when she knows Self.

Juanita: The back of your book states “the chaos of the world can be replaced with peace when enough women make an effort.” Would you elaborate on this thought?

Susanne: There is a collective consciousness. We all see the chaos of the world today. We see emotional and physical abuse, killings, lack of respect for each other locally and abroad. When enough women are willing to go within to discover Self, they gain peace and security within. Each woman will learn to nurture Self as well as others in a healthier manner. Each will have increased faith, balance, new understandings, and an ability to see everything with new eyes. Life changes and improves. When enough women do this, there will be a new collective consciousness. We can birth that consciousness change into the world.

Juanita: Susanne, would you comment on the spiritual nature of *Ten Commitments for Women*?

Susanne: While going through the transformative process, I personally used information within these pages. In doing so, I developed a much closer relationship with God. I learned we have the ability to bring Heaven to Earth by knowing Self and the treasures within. As a woman takes time to know Self, her answers come forth and her faith increases.

Juanita: Susanne, what is the underlying message of *Ten Commitments for Women*?

Susanne: Take care of Self first so that you can take care of others. This is the greatest gift you can offer the world.

Juanita: Who have been your positive influences on your journey of self-development?

Susanne: Some people might name public speakers, famous authors, and well-known personalities. While those people are part of my journey, the great personal influences in my life have tended to be unknown, un-famous, and unheralded teachers placed in my path by God and Spirit.

Juanita: Susanne, I understand that you have been presenting motivational seminars for over 30 years. Would you tell us more about your workshops and your deep desire to help others live peaceful and fulfilled lives?

Susanne: While building a mental health center in New Mexico, I began my speaking career on topics of Change, Loss, Success, Communication, Conflict Resolution, and Reclaiming Self-Worth. Seminars were designed from books and what others taught me to do. Then it seemed as if God played a cosmic joke on me. I walked through every situation I told others how to handle or judged. I became the person I had talked to. The difficult life lessons I moved through showed me that some of the information I presented to others in my past was wrong. The understanding of my own life lessons brought new truths. I added new wisdom to seminars, and I changed my way of teaching. That wisdom also came through as I coached and mentored others.

Today I present not only a motivational speaker, but I also bring answers and life skills to be used for many years to come. I speak to groups that I feel I might benefit. I can talk for fifteen minutes or present ten day retreats. Presentations are made to businesses, schools, churches, and other organizations. I have been honored to be a guest on radio and television shows. My favorite seminars have been presented right here in my own home. People come from great distances for one-day seminars. I ask God to put words in my mouth that will bring healing if needed and more light into the lives of every participant.

Today I walk a sunlit path. I am happy, peaceful, and content with life. I have a deep desire for others to be able to do the same and have blessings abound.

Juanita: How can readers find out more about you and your work?

Susanne: They can go to my website which is susanneblake.com or send me an e-mail to Susanne@susanneblake.com.

Juanita: Susanne, it has been a real pleasure talking with you today. Your book “Ten Commitments for Women” sounds like a great addition to any woman’s library. Thank you for taking the time to share your thoughts. Do you have any final words for your readers?

Susanne: Yes, I have some thoughts. First, know that life does not have to be hard. When a woman discovers Self, embracing both her feminine and masculine sides, life becomes easier. Second, when a woman knows Self, she will attract to her all that is truly hers. Life will be put in order for her, and she will have Heaven on Earth. Finally, spend time with these commitments. It is the greatest gift a woman can give to her Self.