

This is 96.9FM KMRD-LP, Madrid, New Mexico. I'm Marlee Grace, and you're listening to Friendship Village.

[Music]

That was The Eagles with "One of These Nights." You're listening to Friendship Village, I'm Marlee Grace. It's been a few weeks. It's a gift to be here. I think, yeah the last time we were together here on the airwaves I was still really hopeful that you would vote. AND I was really hopeful that you would vote for Joe. And Kamala. And as always, those opinions are my own, they are not shared by KMRD as a community radio station, but I just wanted to celebrate for Friendship Village listeners near and far who had a vision of Trump getting fired, and you know, maybe you don't love who won, I know I'm not cheering, per se, but I'd like to believe it's going to be better. For all of those who gathered their actions and money and hope to vision a future that doesn't include the current President, I applaud you and thank you. Thank you for tuning into FV week after week as we talked about how to vote, where to vote, why to vote. It's a blessing. I hope you never fall towards complacency, right? Sometimes a Democratic ticket can really do that, can really bring in that go back to brunch mentality, and we're not going to do that, ok? Welcome to the music and advice show. We have some great questions today. If you have a question in the next two hours you can email friendshipvillageradio@gmail.com or you can call me at the station while the music is playing. Also, maybe you have a dedication. I pick the song, you say the person. And we can collaboratively come up with a beautiful song to dedicate to them. The request line is open. 505-473-9696. I wanted to start out with a little reading today. Etel Adnan, one of my favorite living artists, just came out with a new book called Shifting the Silence and I highly recommend it. I thought I would just ground us in some reading. So wherever you are, just get comfortable, maybe close your eyes, take a deep breath, maybe picture a place that makes you feel safe and good, and take a listen. "What can one do about melancholic moods? I wonder. I don't know. They kept me company for so long that they even aged with me. They took me to airports and railway stations. I would've missed them had they disappeared; yes, I would have. Our friends are not necessarily human. Too human? The early hours of the day are more mysterious than the evenings. There's freshness to them, the paleness of youth. You wouldn't mind if night returned but it doesn't. You will have to put up with the chaos you know too well, and suddenly sometimes you will recover the predawns that preceded your early mornings dreams. Speaking of dreams, I crossed the Golden Gate Bridge on my way to Mt. Shasta. The fog moved in and I waited until it was followed by swarms

of pelicans and I waited again confusing hours with seconds and Shasta appeared closer, covered totally with snow and I turned my back, finding myself sailing on an ocean filled with sharks. The world is crowded. Narration is an outdated form. It's prehistoric, this exercise in futility is close to dying, though it may go on for years. The smoke screen for anguish takes us nowhere, save to misguided publishers. So we flip flop toward that core of reality we call silence by talking and writing, illustrating the degree of incoherence our humanity has reached. There's something hypnotic to aligning words, that's something addictive. That's probably all there is to writing. The universe makes a sound, is a sound. In the core of the sound, there's a silence, a silence that creates that sound, that is not it's opposite but its inseparable soul. And the silence can also be heard. This silence is the preparation of things to come but is not freestanding. It's rather the shadow of whatever is, which precedes or follows at will. Any element that presents itself to this world - its favorite time is the night. In my view, California nights, street with the lights of trucks crisscrossing the land. My favorite time is in times other side, it's other identity, the kind that collapses and then reappears and sometimes doesn't. The one that looks like marshmallows, pomegranates, and stranger things before returning to its extraction. I used to be fond of time as it was a matter that helped us feel intelligent. Those days have gone to where days go, in their own cemeteries. Today I see eternity everywhere. I had yesterday a glass of empty champagne on the table and it looked both infinite and eternal, though it left me indifferent. At least I was in good company and a day closer to all sorts of annihilations." Again, that's from Shifting the Silence by Etel Adnan. This is Friendship Village, I'm Marlee Grace. We're going to shift the move live any good Gemini host would do. Here's a little Mariah Carey.

[Music]

That was Kim Carnes with "Bette Davis Eyes" and before that we heard "Shake It Off" by Mariah Carey. It's November 15th, 2020 and my dad, Bruce Parrott was born on November 15, 1957. So happy birthday to the greatest, most tender Scorpio that ever lived. What a gift to be your kid! I wouldn't love radio if it weren't for my dad, right? Who worked in radio for 35 years, who's a record collector, a music genius, an encyclopedia of song and story and fact, I'm grateful to always be learning from him. I hope he's having a great day in Grand Rapids, Michigan. You're listening to Friendship Village, I'm Marlee Grace. We listen to music, we do advice, we read, we talk, we dance. And today, we have our first question. This caller says "I recently had a friend confront me, really call my character into question. And

then terminate our friendship. This friend has seen me at some low points in my life but I have really showed up for them a lot in the last year and have always listened, apologized and changed when they voice concerns or issues. After this final conversation, I'm feeling so unsure about my perspective of reality and how to move forward and learn from the confrontation. Any advice? How do we deal with criticism of our character and who we are as people rather than about specific behaviors or patterns?" Woo woo, dear caller, what a freaking question. Well, it wouldn't be called friendship village if I didn't love thinking about the dynamics of friendship. Of course, this is sad, this is painful. This is allowed to be extremely uncomfortable and hurt you and make you question yourself and your worth and your values and if you're doing things right. I don't think that's bad, that questioning is bad, but how do we stay curious in the process instead of judging ourselves? Put that in first, as we're navigating what happened and could I have done something different. We're going to do that through the lens of curiosity and observation and recording our findings, not through the lens of I'm a terrible person, I don't deserve new friends, I must've done something wrong, my life is over, ok? And of course, I say that because I've had friend break ups, and this specifically speaks to me. I think on the show we've covered a lot around specific incidents, problems in friendship, or something so vague that it's like the friendship ends, what do I do? I love how specific this is about your character, this person - and you doing emotional labor for this person and being there for them and then also it sounds like you've taken a lot of responsibility when you're not meeting their expectations. I want to zoom into that word "expectations" because this is where letting go of friendships has been actually so freeing to me, because - and this isn't a dig on the friend who is letting you go, but - clearly, this person has expectations of you that you aren't meeting. And that doesn't always mean you're a bad friend who's not showing up. That might be their narrative, I can't speak for them, but what I've found was that when I really look at a few of my friendship falling outs was that person being like, I expect X Y and Z of you. And those expectations were never really honoring what my availability actually was, I was never asked. Whether it's about time or listening or travel or collaboration, whatever it is, how often we text, call, it was almost always a -- I think there might be some sort of broad expectation that exists in the ether that what a shared group of people think is what equals a good friend. And I'm really lucky that today in my life I have a lot of good friends and they all play really different roles for me and I love them more when I don't project my expectations on them. I don't know the exact situation that you're in or that you and your friend were in but I have found

some peace in similar friend breakups - sometimes they're just separations, we've gotten back together - where I can really say, this person has expectations of me that I can't meet and actually them stepping away gives me so much more energy for myself, to accept myself. Today, I like myself as I am. Am I open to criticism, to feedback, to shifting and changing, yes! And at my core, am I also pretty certain of what I'm available for, able to do, how I'm able to show up in friendship, yes. If a friend comes to me and says, hey these things are feeling uncomfortable, I can usually pretty quickly separate it and be like, yes, let's process that or pretty quickly be like, that's not actually something I'm interested in doing in our friendship or able to collaborate with you on or be available for. I encourage you to just see this as an opportunity to get to know yourself more. It sounds like an invitation for you to go deeper knowing yourself, to talk to other friends, really maybe the exact answer to your question, which is as you say, I'm feeling so unsure about my perspective of reality - how do we know if our perspective is true? I have a few trusted people in my life, whether a therapist, a 12-step sponsor, someone I see regularly who is working in the psychic realm or a tarot reader, a neighbor, your grandmother, an aunt or uncle, I don't think there's a right person for this, but I have enough sort of neutral people, who aren't in the mix with that friend, and I try to give them the facts, not the feelings of this situation. This person, I trust them to reflect back to me the truest perspective that we can come up with together. Cuz sure, flip the coin all the way over, scratch everything I just said, maybe your perspective is totally off and you were really harmful, we don't know. Those are the question because yes, have I been in the wrong and thought I was right before, sure. I would say it's been a little while for me. And that's from really taking that perspective practice to trusted people in my life who serve in some sort of neutral way. I hope that was helpful, dear caller, many blessings as you navigate the untangling of this friendship and hopefully the bountiful nourishment of other relationships in your life. If you have questions on love, friendship, identity, creativity, you can call the station at 505-473-9696 or email friendshipvillageradio@gmail.com. For all of us going through big transitions, maybe preparing for a little extra lockdown - at least we are here in New Mexico - I just want to encourage us that we are our own best friends, the longest relationship you will have is the one with yourself. So here's a power anthem from our Virgo queen to remind yourself that you are your greatest best friend.

[Music]

That was Otis Redding, "That's How Strong my Love is." I'm Marlee Grace, you're listening to Friendship Village. Before Otis we heard Soul to Soul sing "Back to Life" also known as "However you want me." No Doubt's cover of "It's My Life." If you have an advice question, give me a ring! KMRD is now accepting donations of lightly used clothing and household items, the sale of which will benefit community programming on this station. Donations will be accepted and sold at Mad Thrifty in Madrid. You can find more details on kmrdfm/support. "I'm a little out of breath because I was dancing so hard." I actually wanted to invite us into a group dance activity, so if you're driving, you know, hands on 10 and 2, be careful, be safe, and if you're driving and you can rock out and dance. If you're at home, do whatever feels good, stay seated, lay down, or stand up and move your body. The invitation and the prompt is levitation, is how do we stay in our bodies but reach a higher potential, a higher feeling, yeah. I think I am thinking about our collective mental health and wellbeing and our state, going into a more serious state of lockdown, of quarantine, things are shutting down, things are going to be a little different over the next few weeks, or maybe they'll be the same for you, I'm not sure. So either way, especially shout out to everyone in Madrid, New Mexico running small businesses, right? The next two weeks could be hard, the two weeks after could be hard, I could argue that 2020 has been hard, give yourself permission to feel uncomfortable and worried and scared and sad and to grieve normalcy and see how you can invite dance and movement and motion into your life. Levitation. Levitation bringing in spirit, bringing in reaching beyond yourself. And here's my song, dedicated to levitation. It's called "Levitating" by Dua Lipa.

[Music]

That was Radiator Hospital, before that we heard Eve and Gwen Stefani, and we danced to Dua Lipa. This is 96.9FM, KMRD-LP, Madrid, New Mexico. We've got another hour of Friendship Village, just for you. Music and advice. I wanted to talk a little bit about - I know, you thought maybe we were done talking about voting, but there's a little something we can do for our friends in Georgia coming up. In Georgia, there will be a runoff election for the Senate. There's two run off elections on January 5th. If you're listening from Georgia, friends in Georgia, community in Georgia, or you just want to see the Senate be split if not possibly go Blue, those voters must be registered by December 7th to vote. If you're wondering how do I stay involved, where could I give money, how could I see this happen, I highly suggest supporting these two candidates by supporting Stacey Abrams' organization Fair Fight. You can give Fair Fight money and

they'll redistribute it to the campaign so these two candidates win. Just because we have a Democratic president doesn't mean the rest of the sitting government is going to support what that president does or thinks. So if you have any interest in keeping your rights, if you're someone who wants their reproductive rights protected, if you are gay, if you are an immigrant, if you're Black, if you're Indigenous, these systems were built against you so if you're not interested in participating, that's all good. That's for you. For me, and a lot of listeners of this show, they are interested in supporting the government leaning one way rather than the other. It's complicated and nuanced and brings up so many feelings. I hate to see the left divided but that can also happen, been working on organizing a quilt raffle and all of the money will go to - it's a collaborative quilt, isn't that fun? I'm organizing a collaborative quilt with my own creative community and I'll be sewing it up in my studio here in Madrid and then raffling it on the internet to support that organization. These are my opinions and my actions, not held by KMRD. I share them to just celebrate that there's so many ways to organize. If you're feeling stuck or what should I do, and that can be about anything, if your church needs a bake sale, it doesn't have to be about politics, maybe there's a mutual aid fund or someone you know who's struggling or who need assistance, organize something for them to fundraise, to redistribute your own wealth or money, or if you're like I don't have wealth or money, like that's where I come from, I don't have intergenerational wealth or access to so much abundance in my finances right now, oh but I can stitch something together to share with something I believe in. There's a lot of otpoints. If you need to brainstorm any, email me and I will answer your question on air. Or call the station while the music is playing! This one obviously goes out to all of the Black women and femmes and organizers in Georgia who have been tirelessly working to get the vote out and to all the people in Georgia, this one's for you.

[Music]

That was I want to be your lover by Prince. What an amazing outro, what an amazing - the outro is longer than the song. RIP to one of the great Geminis of all time, Prince. Who's like, oh I want to make this song that's kind of nasty about how I want someone to be my lover and then I want the outro to be longer than when I sang and I'm going to play every instrument. Gone too soon, a genius. Really. I'm a Gemini so of course I love a fellow Gemini but really Prince takes it to that level for us. This is Friendship Village, I'm Marlee Grace, your humble host and I wanted to talk a little bit about something, obviously, because it's my talk show, I have been thinking a lot about social media. If you know anything about time, you know

I'm always thinking about it, navigating it. I just ordered a Kitchen Timer Lockbox, I think they invented them originally for cookies, I'll be using mine for my phone. You set a timer, it locks and you literally can't open it until the timer goes off. You can set it for one minute to 10 days and the only way to open it is basically by destroying it with a hammer. It wasn't cheap, it wasn't a fortune but I wouldn't want to break it with a hammer. Looking forward to experimenting with that, I'll update you all next week with how it feels and goes. Anyways, social media, I'm thinking about, you know, our first question of the show was about a friend break-up and we talk a lot about friend breakups here on Friendship Village because they're just harder to talk about than romantic relationships, which is so strange. But there's such an energy around a friend breakup where people think they should've been able to figure it out. I just think we need to normalize friend breakups, yeah? 2021 we normalize them, we celebrate them, honestly. There's a few people in my life who I don't miss, and I know for a fact that they don't miss me either. And that's fine! Take the ego out of it. Here's the thing about social media, you follow people that you don't even know. Maybe they follow you back. You have this mutual following, and you don't actually know them. You know an astral projection of them that they put onto a grid on a feed owned by billionaires to sell your attention, but I don't know if you know them. And so here's what happens, we start to see people, I'm really looking forward - I just received Adrienne Maree Brown's new book about cancel culture. We Don't Cancel Us. And I'm thinking about how 2020 really, we ate our own. I've seen that phrase. We really want to eat our own, the left wants to eat the left and not have a conversation. There's a lot of bad energy on each other, projecting, checking in, evil eyes, one might say. There's also a lot of assumed right opinions, and then if you don't have that right opinion, then you're cancelled or the social media mob comes for you. Joke is on the mob, because their attention is on a screen, on an app, and again, on an app built to steal your attention, to sell to other people. And then a few amount of people make a lot of money. So what am I trying to say? What I wanted to talk about specifically was how to stay rooted in our own truth, in our work, in our business, in our creative life, when someone is coming for you? I'm not even talking about loosely, but they're talking to other people behind your back about you, hurting creative relationships. This is something I see my friends dealing with, something I've experienced directly, whether I upset someone because I dated the same person they used to date, or they didn't like that there was jealousy - jealousy comes into it a lot. If you are a secure person, let me ask you this, dear listener, if you are secure, why are you coming for people on a social media app? Why

don't you go put your hands in the dirt or listen to a song or call somebody back or write somebody a letter, literally anything else? Now, you know I love the word nuance, there's real harm people cause, there's abuse, we can use the digital realm for good, I suppose, to shed light on those who should be held accountable, riht? I don't know if I've ever actually seen that done in a way that truly serves both the survivor and the community and actually holds someone accountable. That's my hot, hot, the mic is hot take, here on FV> How do we protect ourselves? It reminds me of the question earlier about friendship, is my perspective on reality off? Did I really do something? After you've run it by enough trusted, close people to you and you see, no this is actually really personal, this isn't about harm caused or abuse, this is about the someone who genuinely doesn't like me, and that's the other thing, we're allowed to just not like people. You don't need to actually have a reason to not like someone, you can just leave them alone. Don't follow them, don't have their name in their mouth, don't think about them. Don't type their name. Don't look their name up out of spite, don't hate follow or hate lurk, just literally do anything else. In fact, do something that serves the world. I don't know, it seems like it needs a lot from us right now. Put the energy somewhere else. That's the advice for the people who can't seem to take care of their side of the g-d street. You know what g-d stands for, can I say that? I'm not going to say it. G-o-d-a-m-n street. For those of you who are feeling this person's energy on you, you might even know it, you might've seen it in the depths of the app world. Here's the thing. Who do they think they are, is my question that you can hold in your heart? Who does that person think they are? God? Do they think they're the keeper of the keys, the truth? And what led them to be so sure. I don't know, personally. Am I not secure in myself to stand in some power and truth? Of course, we believe in abolition and opinions like that I might hold, I have opinions that I would say are on the radical left. But when it comes to people in creative and queer community, in your specific community or around it, and they don't like you. That's uncomfortable and it hurts. If they just keep evil eye-ing you or being talking about you or coming at you, I dealt with this. Here's one thing. One plot twist. Platonic friendship relationship last year, exactly everything I have xplained, long story short, me and that person, after time were able to come around. We're not frickin' best friends at this point but we're able to have the most healing conversation. This was someone i had sort of written off like wow you really had my name in your mouth when you really didn't need to. And it really impacted relationships I Had with other people, etc. I love forgiveness, a good amends. When someone truly truly takes responsibility for their actions, and that might never happen. Two

sides, how do we hold a little ounce of space, maybe this person will touch base with me, and then we have the flip side which is maybe they never will. I think it's going to come back to we have to take care of our side of the street, we have to do our own esteemable acts, root into our own truth over and over and over again. I love the word root, so deep like roots of a tree into earth, winding around each other, locked in so that I can't fall. That is how strong we have to be in our own truth. Because I don't think addressing that person privately or publicly will work. I think that we have to protect ourselves. We have spells, we have candles, I'm talking from months of people asking me about this, whether it is my dear friends or followers who were like, what do I do if someone basically won't leave me alone? And um, just keep taking care of your side of the street. Root down. Head down. Do the work. If that work is rest or logging off or turning your phone off, strengthening your relationships that reflect that truth back to you, that is the only answer. I'm picturing a little trowel, a little shovel in soil and just like making it so fresh that you want to put your hands in the dirt and see the fruits of your own creative labors and your own friendships and your own community and how it grows and thrives. I keep coming back to, who do these people think they are? Of course, they think they're - I don't know - the holier than thou, right? I don't want that in my life today. I don't want it in yours. And I think again these opinions are my own, they always are, and I'm open to your feedback on that. Maybe I said something weird. Being willing to pivot and shift and be accountable is so important and is different than what I'm talking about. Be right within yourself. Anyways, this song goes out to all the haters, I'm praying for anyone who doesn't wish me well today, I'm praying for anyone who doesn't wish the people I love well today, I'm praying they find happiness and goodness in their hearts and heal from obsession with other people. This one goes out to them!