

You're listening to Friendship Village, I'm Marlee Grace, this is 96.9FM KMRD Madrid, New Mexico. FV is music and advice every Sunday from 3-5PM Mountain Time. WE're going to start with a little Miley Cyrus.

[Music]

That was Miley Cyrus with "Wrecking Ball." One of my favorite memes is something about how we've never seen Hannah Montana and Miley Cyrus in the same room - it's because they're the same person. Anyways, Friendship Village. If you have a question and you need some advice today, you can call the station while the music is playing, you can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We already have so many good questions today of people who emailed after listening to last week's show. A lot about queerness and relationships and how we navigate them. I'm going to jump right in here with our first question. The questions were long this week. People are in their feelings, states are going into more serious lockdowns, the pressure cooker of partnership is with us. I've been in a loving relationship with my partner for seven years now. A few years ago we "officially" opened our relationship for dating, flirts, intimacy with other people. This has always been good, we talked about everything and we always stayed "the couple" if you know what I mean. Now my partner has fallen deeply in love with someone else. It's been difficult and intense for my partner, for me and also for the new person I guess, but after all we decided on staying together (we also live together), but my partner ALSO wants to expand this new romantic relationship with the new person. I absolutely believe it when my partner says they love me, and I love them, and I'm so willing to give this thing a try. BUT STILL I'm struggling with jealousy and with fear that maybe one day my partner will make a decision. I wonder how much of this fear is just based in what society, our parents or pop culture taught us about relationships and love, about how it always has to be "two people" in the end... I would love to hear your thoughts on this! How can we crack open these patterns in our minds?" Well, dear caller, I mean I think this is maybe everyone's - heck of a projection - this is so many people's biggest fear in navigating openness or polyamory or non-monogamy, whatever label you're putting on it, I think this is a really normal fear. I've noticed before in open relationships, even before my partner might do something with someone else, it just takes up brain space of "what if this person loves someone else and goes off with them, right?" That's not what's happening today. That's what I want to answer and focus on, and I'll relay that I used to be married and we were in an open relationship and so many different things led to the end of the partnership, but

my former partner did continue a relationship with a woman that he had fallen in love with. And they stayed in a relationship for three years after that. And then the spiral continues, right, they ended that relationship, I had come out as being gay, and then John, my ex-husband, moved in together, started an artist residency, and are family now. And so, it's so interesting now being four years away from our divorce, and thinking about how painful it all felt then, and to just know now that it was all exactly as it was supposed to be. I want to say two things. One is that it's normal to feel jealousy, even in our most abundant, queer, knowledges & practices, it's really normal to feel jealousy. Usually queer people are traumatized and have abandonment issues and our attachment styles flair up. It's so so so normal to say I want this, I want to try this, I do trust my partner, and I'm feeling these different fears. A couple people just on the internet I would suggest is Che Che Luna, the other is Jamila Reddy. They are both amazing queer people who talk and write a lot about - especially Che Che, they're been in a partnership about the same time as y'all, and they write so much about open relationships and how to navigate them and still really have a strong bond with their partner and it seems like they're really exploring love with other people. I think look into where do I feel safe today? Right now, your partner is with you, they're not running away. Is that a fear that that could happen later, absolutely, but it's not what's happening today. Focus on yourself today. Like I said, we don't know what's going to happen. When I was going through a divorce and openness was part of it, I had so much fear. And now my life is so beautiful even on the hard days, and it all happened exactly as it was supposed to. One of my mentors who I run things by is always like "tell me the worst case scenario, say it all out loud, and then remember that you could survive that." So I'm not going to sit here and say everything's going to be fine, it could get harder, and it could get easier. Stay in the day, pay attention to what you can trust and know today, which really seems to be the love that you and your partner have built thus far. Many blessings, dear caller! You're listening to Friendship Village, we have more great questions today from folks who have emailed. Or call while the music is playing!

[Music]

That was Radiator Hospital with "Stories We Could Tell," before that we heard "Come on Home" by Lijadu Sisters. It is my favorite thing when people call me. And we have a question from a caller. Some more queers on the line, I'm here to support all the queers near and far.

This sweet caller says, they've been friends with these two people - one of them for about 20 years, the other only for 4 years. These two people have been in and out of romantic partnership. Our caller experiences that when the couple is together, it's sort of a fire whirlwind storm, and when they're apart it's lovely in a lot of ways. They've recently been the couple is trying to get back together, you following? It's like Alice's chart, we got this. The caller is like, listen, the couple, I'm friends with both of them. The friend who I've been friends with for longer is pulling a rank situation and saying that they don't want me to talk to this other person. Sounds like some jealousy is involved and the caller is feeling like, I believe they used the word "comply." Do they comply with this request? But they're like "wait a second, I'm friends with both people. I value my friendships with both people. They did talk to the other friend who's sort of retreating and saying I want you to prioritize this longer friendship. A classic FV question. The caller's like, what do I do? Do what my friend who I've been friends with for longer is asking of me, or not? What's the hot take? So, here's what I'll say, dear caller. It's hard to be in the middle. It's an uncomfortable situation. I think you need to let yourself feel that feeling of discomfort. Also what's happening - I believe you used the word "jealousy kink" in your call, which I loved - I think just from hearing your voice, you're starting to be used as a pawn, which is not a fun feeling, instead of being seen for your full humanity as an individual who can have two separate friendships. Some of this feels - I don't mean to judge either of these people in this coupling, but to me when we are comfortable in ourselves and mature, we can hold that nuance of, oh this person is friends with both of us. It's always painful for me to see when there are breakups or people getting back together, when lines start to get drawn. I can't say the f-word on here, but I've seen that phrase, f the cops mean kill the cop in your head. F the police means kill the cop in your head. It's so interesting that we start to really police what is happening around us. I want you to really take that in. It's not light, right? You can be like, my friend doesn't want me to talk to my other friend. But I think it's fair to feel uncomfortable about the position you've been put in. The question around do I comply, I think YOU get to set your boundaries now. There's a negotiating that can happen, and that's healthy. That person pulling rank doesn't mean you can't come back to them and say, I would actually really like to continue this friendship with the other person. You can be the more emotionally-recovered person in this situation and say, come back to them without anger and with understanding that jealousy in that way is self-protection, fear that you will be closer to the other person, fear that they are not worthy, right? I'm sure that friend is facing

a mirror of their own unlovability and worthiness, they're probably in pain. If someone is asking you to not talk to someone else they love, they're experiencing so much of their own fear and pain. Sounds like you love both of them. Tapping into your own empathy without being a doormat, without letting your own boundaries and wants and needs in friendship be destroyed. Taking the time to be in conversation with that person and just say, would it feel comfortable if I communicated with this other friend in this way? Or maybe you take a break. Check in, where does our own ego come in like "nobody tells me who I can or cannot speak to" and it's like, well, we can also listen to the requests of people who trust us and we're close with and consider - maybe it's a week or a month, and to know that you backing away could build trust with both of those people. I would take pen to paper, journal it out, feel your feelings of discomfort of being put in that situation but remember that you never really say "these people are manipulative trash people," usually if that's not the first thing people say, these people really love you and love each other. That's par tof building queer community that exists outside of that immature, ownership energy. I'm sending you so many blessings, thank you so much for calling in. Hope you have a great time listening to the rest of the show. This next one goes out to you and your friend.

[Music]

That song goes out to our next caller! The most classic sentence in Friendshi Village every week is quote "I'm out of breath from dancing." I hope wherever you are listening to Friendship Village, you're getting some dancing in on this Sunday afternoon, if you're in the car, I hope your hands are at 10 and 2, your eyes are on the road, and you're dancing! I'm Marlee Grace, here to answer your advice questions. The reason that song goes out to our next caller is because I couldn't help but have my hands to the air with that line "ooh it feels good to be free." When you're in a toxic, bad, traumatic relationship and break up, it should feel good to be free, but it doesn't always. So we shall read the question from this sweet person who has emailed me. Here's the question: "I am going through a very traumatic breakup. I was with this partner for a year where multiple life altering decisions, situations and events happened in a very short and quick amount of time. Trauma bonding to the max, if you will. Though I did a lot of codependency work years ago, I slid back into the role of caretaker, emotional punching bag, therapist, and be-all seamlessly and am now in recovery again. I rationalized away verbal, emotional, mental and physical abuse by telling myself my ex was simply acting out his grief or in the throes of a new hormone

regiment. One panicked decision after another lead me into signing a lease with him, giving up my home of four years, then breaking up and having to move two more times within two months...during covid! He cheated on me (during covid!!!) and is currently partnered with this other person. I believed him when he said I wasn't enough : not queer enough, smart enough, masculine enough, tough enough, lovable enough. Me being nonbinary wasn't "enough". I did everything wrong, from how I cleaned to how I cooked to how I simply lived. The problem, Friendship Village, is that I still believe him. I believe him that I am not enough. That I am somehow so deeply flawed that I am malignant, unlovable, toxic. I feel like an imposter as a queer and nonbinary person. I am so uncomfortable in my skin and feel paralyzed, struck in fear, that I can't even pick up a pen and write- an act that truly freed me. What's worse is that he has rallied around a group of queer acquaintances that he met through me, effectively alienating me from some folks I truly saw as friends and resources to a wider queer community. I know I have so much work ahead of me in terms of healing, and I'm on the universe's timeline, but jeeze, I feel so lonely and feel like I deserve it, or like I'm getting punished. That because I \*believe\* all this hurt I am carrying with me, I don't deserve community. I know it's complicated, but I'm a believer of signs, and if you've got one to share, I'd really appreciate it. These winter days are so dark and hard as it is." I actually want to start, collectively as listenres, to send this person our love, and to surround them with the fact that they are so lovable, and so worthy of love and community that they are so queer enough, they are so enough, it's messed up, honestly, it's almost too much for me to handle. Let's send this person that. Because if you're queer, if you ever met a queer, you know that these feelings of unlovability are so common. And just naming it, I think, and knowing you're not alone in that energetically, spiritually, factually, is what brings us into ourselves, which is so lovable and so worthy. First of all, you're allowed to mess up and still be worthy of love and community. You're allowed to cause harm, you're allowed to not even be a good person, and still make amends and rebuild. I know if I was just cast away from every community I was a part of that I had messed up in or caused something to go wrong - I don't even like to use those words - but I wouldn't have any friends and I'd be so sad. There's part of me, in the theme of Friendship Village, that's like, well maybe you need some new friends. If these people who are siding with this person who said so many hateful things about you, those maybe aren't your people anymore, right? And that's such a big part of grieving and growing is that we love people along the way. People lose us, we love them, and that can be really painful and something we don't talk about much as a society. We're so used to talking about

break-ups in the romantic sense and not platonic breakups. I want to just affirm that it's ok to be feeling like really uncomfortable and really lonely. I think dealing with all this, you mentioned moving in a global pandemic is so unprecedented and I've really been feeling in the last week like wow we're just existing in a time that is truly like nothing else we've attempted to exist thorough dn really stay alive through, both in the physical form of avoiding a virus and the mental form of taking care of oru mental health. What I usually say to callers adn to myself and to my own friends when these feelings come up is to find your cheerleaders. Find the people who really see you, really believe in you. You might have to dig, if you're like "I don't have anybody like that," you do. I know that you do. You might've forgotten to text them in the last 6 months but it's ok to reach out to people and ask what their emotional availability is and to say, I really want to share something with you about this. Even just typing our email out and sending it to me I hope was a way to process some of this and move through your body. I'm channeling a little bit of a classic, hurt people hurt people. That doesn't give him a hall pass to treat you with disrespect and not be kind to you, but that sounds like a person who's really hurting and isn't doing well himself. That means he's not right. That means that his thoughts about you are not truth. They're his opinions from his point of view, and it doesn't sound like he fully sees you and understands. Take some time, clean the way you want to clean, do things the way you want to do them. That's the "ooh it feels good to be free" like the Rilo Kiley song. I think it's time for you to go inward a little bit and find how to love yourself, right? Self love is something I stray away from a little bit because I like to think of self-esteem building. I can say I love myself, I can run a hot bath, and hate myself at the same time. What are some esteemable acts you can do this week that remind you of your goodness and your commitment to yourself? Many blessings, dear caller. You're magic. All queers are magic, even when we aren't our best selves or have hurt other people, you are deserving of love and kindness and community and magic and I hope that all those things come to you. I often say, I'm a tornado person and my friends love me for being a tornado person just the way I am. Chaos comes with me sometimes and that's ok. This one's for you, Neko Case with "This Tornado Loves You."

[Music]

That was The Yeah Yeah Yeah's with "Maps<" a classic. You're listening to 96.9FM KMRD-LP, Madrid, New Mexico, I'm Marlee Grace, this is Friendship Village. Music and advice every Sunday from 3-5PM Mountain Time. If you have a question that you need advice on about

identity, creativity, art, life, business, you can call while the music is playing or email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We have another caller today! It is my lucky freaking day that so many of you are listening and calling today. I love my email callers, I call them, but I love a live phone call. I'm grateful, thank you. My partner Jackie and I have been listening to this Randy Travis just over and over and over again in our home, once side B finishes we tend to just start again on side A, voice like butter, that's what we say. He really calms us in these times. But I want to get to our first question of the hour, which is a sweet caller who has a business question. We've been talking lots about relationships today, but this listener is struggling understanding if they should go the traditional career path - so common for so many of us, which path do we even choose - they've been working in child care, they're currently working with two autistic children and loving that, they've been a nanny and a teacher, and they're feeling like, do I start a business? Do I start my own version of a non-traditional education route, homeschool route? They're feeling like they want to keep spreading this goodness that they're manifesting with their work, but do they really want to be in a traditional education system? What an interesting question and I can't help but share the beginning of my own path of self-employment which was the first thing I ever did, was started - I made a flyer called "babysitter magic" and I had the illustrator Rebecca Green draw this beautiful picture of juggling like pots and pans and babies, babysitter magic, are you a radical parent who wants a radical nanny or babysitter? I was serving tables at the time in Grand Rapids, Michigan where I was born and raised, out of college with my dance degree, and this woman who has now become a lifelong friend and mentor to me in many ways, found the flyer and was like will you babysit my children. Within the first few times that I was babysitting her children, she was like "you're actually not a babysitter." And I was like, what? And she really helped guide me into the career I have now as an author and dancer and artist. That's not an exact advice other than, I cast the spell. I just invented Babysitter Magic. I actually made a Facebook group that still exists, this was like 8 years ago, that people in Grand Rapids still use to find babysitters and child care. And so it's sort of ripped out. And it's this reminder to me that you can literally invent anything you want as a job. The other thing I'm seeing, which is so tricky to give advice on this specific thing in Covid times, but thinking so much about houses as community centers and how lucky I've been to run residencies in houses. I can't help but think about, kids need that. Kids on the spectrum need that, adults need that to participate in. Maybe in the future there is some beautiful - literally when you were calling and talking to me, I was visioning

Christi from The Babysitters Club, who is also a queer icon, but the backwards hat, overall, striped t-shirt, specifically Sissy Spacek's daughter in the Real People 90s movie, but this visionary of - I think sometimes, I'm sure someone has written about this, I'll look up the theory, someone has written a thesis on Babysitters Club. How powerful is it that these women, these children, these women-children, these young teens were like, we have a business, we have this club. The amazing organizing they do with the summer camps and how much they love hanging out with each other, I'm like you are going to create, I'm fully channeling right now, your version in your community of babysitters club for kids who are maybe developmentally disabled, autistic, aspers, on the spectrum, needing a different vibe and guidance than our traditional education system is giving them, that's you baby. I can see you going, I can see it now. What does that look like? It's slow, it's subtle, I didn't go from Babysitter Magic to writing multiple books and teaching sold out online classes and giving talks to hundreds of people, it took years and years of different projects and opening multiple public spaces, closing them, moving back and forth across the country, realize I was gay in there, got married, got divorced. You can pack a lot into the journey. But I just want to write that energetic permission slip of do this, you've got this. I don't think that your path is in the traditional education system, I think it is going to be building new vision and new worlds and new hope with your community. I don't see you doing this alone. I was just texting with my dear friend Sarah Faith Gottesdiener who has a new book coming out called the Moon Book that's all about using phases of the moon to change your life. And we're approaching this full moon in Gemini tomorrow - my sun sign - and it's a lunar eclipse. There's so much illuminated right now and I think it'll be interesting to see how the next two weeks affect us - with the moon and astrologically we're going into eclipse season, great time for dreaming. I was laughing because I was texting Sarah about something really mundane and she was fully sending me psychic channeling, usually when I answer these questions on air I feel pretty human but right now I'm seeing full visions for you. Grateful for my friends who are real psychics, grateful for my own psychic institution. Many blessings to you, dear caller, for using the phone number and calling me. Today you are listening to Friendship Village, I am your humble host, Malree Grace .We have a few more questions that people emailed this week. Want to shout out the Ortiz Health Center, we now have Covid-19 testing on THursdays. It's free, you do not need or have symptoms to have a test. Located at 6B Main Street in Cerrillos next to the post office. 505-471-6266 to make an appointment. Let's keep our small town safe and our New Mexico hospitals not overcrowded. Here is one of my favorite songs of all



time, sending so much love to all the listeners, this song is about love, pacing yourself, being starry-eyed for someone, this goes out to Jackie who I love so much.

[Music]

That was Fiona Apple, Fast as You Can. You're listening to Friendship Village, I'm Marlee Grace. Here to answer your questions on your life. We have our next question. This dear caller says, Like you, I am a divorced woman who has remained best friends with their now ex-husband. In the 5 years that we have navigated this new way of being in partnership together, I have found it very difficult to date other men who are accepting of it. The relationship is purely platonic, but new partners think it's not normal. Did you have to navigate this in your new relationships post divorce? If so, how did you handle it and do you have any words of advice?" Don't date those men! Those are bad men! Date different men! That's my advice, it's really that simple. I didn't really deal with that, and I still don't. My current partner really loves my ex-husband. On the flipside, if I wasn't ok with my current girlfriend being friends with her ex-girlfriends, we wouldn't have any friends because that's a part of lesbianism. My ex-girlfriend was just here two days ago with her girlfriend who also used to date the last girl I dated before Jackie. Did you follow that, you know what I mean? We're going to run out of each other, mabe that's lesbian scarcity, but I would say for all people - hets, queers, anybody in between, the bisexuals, the panseuals, the gays, the dykes, the homos, however you identify - I really think we want intimacy, we want platonic intimacy, we want abundance. And you can definitely find men who will not be threatened by you having a friendship with our ex-husband. There is no doubt in my mind. If you don't, you gotta shift where you're looking or something. I don't mean to shame those people. Jealousy is natural, their minds are corrupted by the heteronaomrtive patriarchy that says that that's weird. It's no weird, it's cool and revolutionary to be friends with your ex-husband. Here's the thing, though, it means you'll have to find someone who is confident in themselves, really loves themself, isn't threatened by that kind of intimacy. And not just in queer relationships, the few men I dated after I got divorced, before I came out, were all really not weirded out by that. I also wasn't super close with friends with my ex-husband until last year. My seuality had shifted a lot, there were other less confusing or threatening things to new people. I will say that not just in my marriage but unless they were really bad people I don't want to talk to again, any of my loving partnerships - girlfriends, boyfriends - those people are in my life and Jackie's life. We really both

encourage that continued, really deep love and admiration for the people we used to date. My ex coming over recently and many of my girlfriend's exes being a really important part of our life. They're our family. Part of our bones and DNA structure, it's a non-negotiable for me, dear caller. If your ex husband is someone who's really important to you and that relationship is important to you, that's probably going to be a lot longer lasting than someone you date, or maybe not. Maybe someone you date will also be a long-lasting love that might become platonic at some point. But I know that if someone came into my life who was like, it's really weird that you're friends with your ex-husband, I'd be like really? Have you met him? He's like an angel person so that means that person has bad taste in humans. Many blessings, don't mean to be so crass in my advice but you deserve to have it all, that's all I'm saying. You deserve to have a powerful relationship with your ex-husband and find a man who's not threatened by that and is secure in his femininity and masculinity. Ok? That's what we're manifesting today. Many blessings. You are listening to Friendship Village, I'm Marlee Grace. If you love today's episode or you missed part of it, you can re-listen, find the playlist, read the transcription, all the shows recordings at [marleegrace.space/home](http://marleegrace.space/home) click Friendship Village Radio. If you have a question for next week, email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We've got one more question and a couple more songs.

[Music]

That was Cat Power with "Lived in Bars." Before that we heard one of my favorite Belle & Sebastian songs, really rings true in quarantine. Friendship Village, that's what you're listening to! We've got another question. It's simple, it's easy but I've got a big answer. I gotta shout out - this is one of my favorite Friendship Village callers. Some of you write to me often, you have a lot of questions, and I love that. I love the consistency of the call-in. Anyways. What is the "queeriest" - that's a new word that I love - "what is the queeriest holiday dish and why?" You know, there's just nothing that's quite coming to mind, I almost want the callers to answer. I want you, Friendship Village listeners, to tell this person what it is. Maybe email me at [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com), comment on the Instagram @marleegrace, tell me! I want to know cuz I'm drawing a blank. I will tell you that my very queer holiday meal I had, we don't call it a holiday meal at our home, we really don't celebrate Thanksgiving, but we did have a meal on that day, yeah? I really need to shoutout to Will, Carl, and Dan, who saved our lives on this recognized holiday, or day of mourning and genocide, depending on how

you look at it. On Thursday we roasted a turkey, thank god for the Madrid volunteer firefighters because my partner, who also does happen to be a firefighter, however, she's not trained in structural landscape, she is a Hot Shot. She protects the forest and the trees and the people who live by them. Anyways. My sweet girlfriend, we had to clean the oven and she put down aluminum foil on the bottom of the vents which you don't do because it blocks the vents and fills your home with carbon monoxide. So our carbon monoxide detector went off, I'm googling and it says four beeps and a pause means you have to leave your home immediately and call the fire department, which we did. Which is when our firefighters came and noticed there were high levels of carbon monoxide in our bedroom, aired it out, they even got on my family Zoom meeting that I had to leave behind on the couch. That's my queer holiday story, I'm sorry it's not a dish to eat, specifically, but it is my opportunity to invent my own PSA to say make sure you have a carbon monoxide detector, and when it goes off, don't think it is a glitch. It is not. It only goes off when there's carbon monoxide filling your home. Something to think about. I'm going to keep thinking about this food question. Cranberry sauce is coming to mind because it's kind of sweet and naughty, but I didn't actually have any of that. So. Ham. Ham with honey glaze sounds queer to me. All food is gay, who knows! I love this question and I want to hear from callers. If you have an answer, call in. What's the queeriest food you eat? Maybe a sweet tradition to share with the people. You've been listening to Friendship Village. It is an honor to give you advice, an honor to know you're listening, an honor to know you're dancing. So much of today was about relationships and breakups and navigating all that, so here's a little oldies pop hit about breaking up.