

Friendship Village 12/6

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

[Music]

That was Radiator Hospital with "Cut Your Bangs." You're listening to Friendship Village, music and advice every Sunday from 3-5 mountain time, here with me, Marlee Grace, on KMRD. We already have our first questions. We have some really beautiful questions! So if this is your first time listening, welcome, if you're a long time listener, welcome back. It is a joy and an honor to answer your questions, live on the airwaves about identity and art and magic and being alive and staying alive and relationships and of course, friendship. So our first caller says, "This is the first time I've been single since I was 16, I'm now 26. I have a lot of fear around not ever finding love again and of spending time on my own, but I also know that it's really important for me to be alone. What tips /recommendations do you have for building a relationship with yourself (particularly in the middle of a pandemic)?" What a beautiful question! Dear human, 26! You have so much time, you have so much time to keep finding love. But, of course, of course after ten years of not being single, it's going to feel clunky. And you have to give yourself permission to say ok, this feels a little bit uncomfortable. I have to shout out the specifics of what I've been working on this week, I just started Louise Hayes 21 day book Mirror Work, where you cheesily and seriously look at yourself in the mirror and are like, I love you, I love you Marlee, I'm learning to love you. I'm on day 3. Day 1 and 2 were pretty good, Day 3 is a little harder. You have to dig into some childhood stories that you've been telling yourself. And Louise, may she RIP, she can be problematic in her own regard as most self-help authors are, I assume, myself included. So you know, I'm really finding that affirmations are really working for me right now, and yeah, so that's just a specific invitation to really look at yourself, whether it's looking at yourself in the mirror...I talk about and think a lot and write about dancing and dancing alone, and having an embodiment practice, and maybe even filming yourself as another opportunity of mirror work in that way, to see how your body is moving, thank your body for taking you this far, for 26 whole years, that's amazing, and putting on your favorite music and feeling yourself. Yeah. There's so many answers to this, right? My other thought is to go read through all the transcriptions of Friendship Village, you'll find lots of advice there. But really, just gentle, gentle, that's the mantra, be really sweet to yourself. Date

yourself! Even in partnership, this is what I'm learning. How do I buy myself flowers/ How do I draw myself a sexy bath? Whatever it is, to really just romance yourself. Be in romance with you. If you're not interested in dating, platonic intimacy, romance those friends. Many blessings as you navigate your aloneness. Also, watch the show Alone. I feel like I've talked about this on the show before, but yeah, we just finished season 6. Heck of a show. Really makes you think about being alone. If you're out there, dear caller, and you're listening, please dance to some Dua Lipa with me.

[Music]

That was Your Smith with "You Could've Told Me," before we heard King Princess with "Watching My Phone," and we started with Dua Lipa "Pretty Please." At the top of the show we had Radiator Hospital, my dear little brother, Sam Cooke-Parrott. This is 96.9FM, Friendship Village, I'm Marlee Grace answering your advice questions on the air for the next hour and 44 minutes. We have our next question. This person says "How do i move on and love myself after being cancelled by a friend without any communication attempts on their end? I constantly strive to be the best friend and communicator that i can be, and yet I still trigger people who decide that shutting me out completely with no conversation is the only way that they can be ok. But it ends up triggering my abandonment and anxiety to the point of being totally paralyzed, and I have a really hard time moving on and letting it go." So the question, how do I move on and love myself? I love that that's the question, the question is not, how do I fix this? Because I don't think there's anything to be fixed when someone isn't willing to communicate with you. Gosh, there's so many - the word cancelling really made its rounds in 2020, for better or worse and I just listened to a little bit of Clementine Morrigan's podcast which is called Effing Cancelled, effing is spelled out in the title, and they just write about it in their Patreon and on social media, and I just - they're someone I don't know personally. I know people have attempted to cancel them and I find their writing about harm done versus abuse and making amends and friendships and relationships pivoting and ending really really beautiful, and they are definitely a writer that I look to to be like oh, I want to learn more about this part of myself that feels triggered. So much of what they write about is attachment theory as well. That abandoned part of you, that anxious part of you that's coming of. That's a resource I would point you to, and I just think for me, it was funny, someone else I really love they talk about relationships and their past relationships and current relationships is Rachel Cargle who's an educator and a writer and just today she posted on her social media, her Instagram, wanting

more conversations and panels and books about friendships ending, because yeah, how do we love ourselves after a friendship ends? We're so tuned into how to heal after romance fades, and friendships ending leave us, I think for me when a friendship has ended, leaves me with more of a feeling of, I must've done something wrong. And that's just not true. It's not true for me today. I've really been feeling that. I had a wave of friendships end in 2018, a few who really told me it was my fault. Looking back, I really internalized that shame and guilt and smallness for so long. When I was like, I wasn't right for two humans. Two human beings were like, you're not right for me. But I took that as, I'm not right for everyone. I'm not worthy of any friendship. How can you love yourself through this? Who are your cheerleaders? Who are the people who you really trust, who really see you, who celebrate your inherent worthiness? Go to them! Celebrate them back! How do you get out of your own head, out of your own spiral, is to - you know, call a friend and see how they're doing, if you can be of service to their spiral, that usually helps me get out of my stuff in my head. And yeah, especially with a person who's not willing to communicate with you, this is a hot take, but you can pray for them. You can actually send them a lot of love and healing. They might not be feeling up to communicating for whatever reason, there's no specifics of the story you shared, so you can send them goodwill, you can send them many blessings, send our enemies or our ex-friends, ex-lovers many blessings. Send them blessings and then keep taking care of your side of the street, keep nurturing the relationships that you do have. Many blessings to you as you navigate this, yeah, it's not easy. It's not easy, it's not fun to be cancelled. Remember that it's one person's thoughts about you, and I'm sure there are so many people who love you. If you don't have a ton right now, they're waiting to join you with open arms. Friendship Village, that's why we call it Friendship Village. If you have a question that you want answered, I love a phone call on the studio request line! You can also email friendshipvillageradio@gmail.com or click the advice question box at marleegrace.space/home where you can find the radio page with all our past shows, transcriptions, playlists and resources. How fun! Let's get back to our songs.

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That was Boy Genius with "Souvenir," before that we heard "Wasted" by Tomberlin and before that we heard Bedouine, Waxahatchee, and Hurray for the Riff Raff covering "Thirteen." I'm Marlee Grace, this is Friendship Village. There's just so many good questions today. So I'm going to keep flowing. And again, if you have a question, feel free to call while the music is playing 505-473-9696 or email

friendshipvillageradio@gmail.com. This caller says, "I'm crushing hard on someone I just met, and I'm finding it hard to stay in my center. She's my dream babe (or so it seems) but she doesn't seem as eager to rush into something as I am. She takes forever to respond to texts, doesn't seem to want to hang out as urgently as I do...all of which triggers my fears of inadequacy and rejection. How do I avoid losing myself to either fear or fantasy? How do I stay with myself through the uncertainty while I wait to see if this relationship turns into anything?" Well, dear caller, this is my expertise. And by expertise I mean, I just have been through it a lot of times. I love to fall in love! I love to distract myself with fantasy, I'm definitely prone to anxious attachment, I want to escape myself at all costs at all times, and I've found a lot of different ways to do that. I may have taken alcohol out of the equation nine and half years ago but there's many other things I still dabble with. Obsession over people is one. What do you do? How do you stay with yourself? I think staying with yourself through uncertainty is the best part of this question and can be applied to anything, really. And so you know, first of all, you might be dealing with a really avoidant person, which the last person I dated before my current partner was like, this is a familiar vibe. She's my dream babe, but she doesn't seem as eager to rush in, except she was sort of like, we're going to do this, but it slowly became not really answering the texts, not really showing up. There's this inventory you have to take of yourself that's like, is this other person actually just approaching this in a healthier way? And healthier is a tricky word, I don't want to say it's unhealthy to do what you're doing, but are they pacing themselves a little more? And is that something I can match? Or is it a case of this person is just not that into me, or maybe they're into me but they're not available for the type of relationship I want. In order to - don't run from yourself is what I'm feeling called to share. Don't abandon yourself, right? The longest person you will be in a relationship with is you. The longest intimate physical, pleasurable, sensual relationship, the longest emotional relationship, spiritual relationship, physical relationship. Keep doing your hobbies. Keep doing your recreation, keep checking in with your friends. Find a few friends who don't co-sign your bs, what's what I like to say, who really know you and maybe know this place you want to go in the fantasy. Like I said, this person I dated two winters ago, nobody could've told me. I was like, this is my new wife, we're married. And there were a couple people who were like, that's not what's happening or is going to happen, but we can't stop you. And so you can laugh at yourself. Fantasy's not always bad. Honestly, it's 2020, the darkness hath soared above all of our hearts. Let yourself dream a little dream.

And just really be with yourself, remember that this person does not decide your worthiness for your next relationship, the way you love yourself, you know what I mean? If this person can't really show up and doesn't want to hang, that's fine. Now looking back at this past person I was dating, I'm like, oh, who? I mean I don't fully say who? But now I have such a beautiful partner, we trigger each other's abandonment stuff, of course! We're a couple of sober queers with issues. You're always going to be in partnership with the earth, the dirt, your friends, your people, your romance people. It's not going to be so dreamy and perfect, but yeah, I feel like you'll find the balance. And the beginning of this partnership was like dreamy and magical and fantasy filled, and that always fades. That's ok. You get snapped into reality a little bit and that's good. Reality is good. Loving in reality is actually really beautiful, and something I'm still learning, learning how to do it and not miss that craved feeling at the beginning. I'm guilty of that too. Many blessings, dear caller, as you navigate how to just stay with yourself, don't abandon yourself, you are the only you there will ever be. Tell yourself that in the mirror, and this person would be lucky to have ya. IF she's not your dream babe after all, she's somebody else's, and you're somebody else's. So that's what I'm thinking. I have a pivot in the show for us. If you're a long time listener, you know I love a good block of 90s country music, and what better song to follow that question than a song that's about no apologies for who we are and how we are in the world. That's what I want to manifest today. You're listening to Friendship Village, and this is Gretchen Wilson.

[Music]

That was Patti Loveless, "Blame it on Your Heart," before that we heard Reba McIntyre, and Red Neck Woman by Gretchen Wilson. You're listening to Friendship Village, I'm Marlee Grace, here to give you advice on life and art and being a human and whatever you might need advice on. We have another great question from a caller who says "I just broke up with my partner of a few years, whom I love very very deeply, because I am finally coming into and accepting my queer identity. I want to be intimate with women, but had this pretty fulfilling partnership with a man and am feeling definite regret over whether or not I made the right decision, and slightly feeling like I failed at being in a heterosexual relationship (underlying homophobia, I assume). Something like "it wasn't at all horrible, I could have stuck it out, there was a lot of love there but no aliveness". Did you ever have those feelings when you ended your marriage? What advice do you have for a situation like this?" Sigh.

Let's take a deep, collective breath, for everyone who has ended partnership ever. Or came out to themselves, or a partner, or a part of your queer identity meant you couldn't stay in a current partnership in the way that it existed. Yeah. Gosh. You know, I always have my sassy answer and my nice, kind answer. I'm like "if you're gay, you're gay. If you're gay, you can't be with a guy." That's ok! That's ok! You love him so much, I bet he's really nice. And it's fine and you can go be queer and go frolick around the world. There's so many of us waiting to court you and to date you and to celebrate you joining the ranks. And queerness can exist in a lot of relationships. I think it's really normal to be like, did I? I have a dear friend who is queer and she is cisgender, was in a partnership with a cis man, they're poly, and was like I think I have to leave this primary relationship to date women, basically. She did that, it was great. And realized she really missed this other person. That's a tricky part about queerness. Sometimes there's just as much gatekeeping in queer community that makes you feel that you do have to pick one or the other. You don't. You can just really like all people and manage to have really queer partnerships that might look straight or seem straight or present straight, I don't really know. And, and it's ok to identify as queer and have your current partner not match your definitions and needs to have your queerness fulfilled. That's how it is. My divorce and the end of my marriage didn't actually have that much to do with me coming out. I identified as queer in my marriage, I dated and hooked up with other people in the openness of our relationship that were not cis men. I was already queer, been queer since I was 10 and knew I was queer I've been queer since then. Been queer since I came out of the womb, June 2nd, 1989. Queer as the day is long. But a year or so after my divorce was when I was like, oh I think I'm gay, I think I'm a lesbian and want to use this more specific language for me, which does mean there are certain people I'm not attracted to and don't want to be in partnership with. If that's what you're feeling, that's ok. You definitely didn't fail at heterosexuality. It sounds like you're just not heterosexual. That's what that means. And I feel like I have a really abundant queer relationship with my ex-husband still. We have a non-physical, we don't have physical intimacy, but we have joy and a lot of hugging, I guess that's physical, we don't have s-e-x, we have a lot of other ways we have closeness. We've always been queer with each other. We always have a sense of infinite possibilities. We moved in together and ran an artist residency together after being divorced for three years. We spent seven months doing that together. I hope that this partner of yours that you're in the process of separating from, you can find really beautiful ways to be in togetherness. But I do really relate to, when the aliveness isn't there. I was thinking

that with my current partner, we've - 2020, I mean who hasn't, I'm not about to say any spoilers - but we've been through some hard waves this year, this season, specifically. Just coming through and out of that right now, eclipse season supporting it, I was looking at her and thinking wow, our relationship has so much aliveness. And that's what I want. Even when it is really hard or I'm struggling with something, I want that aliveness. God bless leaving a relationship, it's not easy and many blessings as you navigate your new levels of openness and queerness. I wish you well. Speaking of leaving relationships, here's a little Jo Dee Messina.

[Music]

Ace of Base, a little 'All that She Wants," it's a classic. This is Friendship Village of 96.9 KMRD, I'm Marlee Grace, here to answer your advice questions. Also, if you have a question for next week, you can always email friendshipvillageradio@gmail.com. You can find past shows, this show recorded on marleegrace.space/home, you can find the playlist, transcriptions, links to the resources I name, and your beautiful questions. Thank you so much for tuning in, it is always an honor and a joy!

[Music]

You have been listening to Friendship Village, and before we get to this Kevin Morby song on the docket, I just wanted to say thank you so much for listening. I just had two back to back calls, you all know how much I love when people call into the station with their question. We just heard Rodriguez with "I Wonder," Sleater-Kinney, Courtney Barnett, Solange. I'm Marlee Grace here to answer your questions. The first one has me cracking up, but I understand that it's actually not funny. This sweet caller says "I've been dating a woman for a year and we recently got a cat. It's clear she loves the cat more than me. How do I move forward in a positive way?" I tried to course-correct, like, "you think" she loves the cat more? And they said "I know she loves the cat more than me." I have a dog with my partner, June, who is so beautiful but in the evening, sometimes when I feel I want some attention, my girlfriend does something that she calls kiss time with our dog, and then she kisses our dog over and over and over again. So yeah, I think, gosh, part of me's just like, we accept this and move forward and god bless these animals who are so abundantly loved by our girlfriends. But I also - and I don't want to, I don't know, we all love - we love people really differently. I'm going to guess your girlfriend loves you differently than she loves the cat. The cat and the dog can't talk back to the

girlfriends, and I think I'm a pretty well behaved, loving girlfriend, but I'm a handful sometimes. So is June, the dog, but she doesn't question Jackie, my girlfriend, she doesn't, you know what I'm saying? The cat is just there. The cat doesn't ask the girlfriend to do chores. It's a different kind of love. I know you're confident and you say, you know that she loves the cat more. I think she loves the cat differently. All I can say is many blessings on your journey of moving forward in a positive way. And in a real way, if this is really distracting, maybe plan some quality time for you and your girlfriend to connect outside of the house, no cat around. Thank you so much for your question. We have another call-in question that I want to answer before we keep listening to our songs. This person is an artist who is working through many different mediums and they called to say that they feel this pressure from the world to pick one thing and stick to it, but they're finding themselves attracted to different forms of art-making, so what do you do? I really relate as a dancer, an author, a quiltmaker, a radio show host, a thinker, a potholder maker, a skateboard painter, you know? I love so many different things and I think what I really tuned into, I did some writing a couple years ago about what is my art, exactly? What are the threads, the through lines? No matter what I'm doing, I'm always improvising. That is what I study and research and teach. Whether I'm making a quilt or a dance video or writing a book or advising someone on a creative project, I'm always improvising, choice making through compositional landscape I was able to write a little bit about that, I'm thinking about devotion and ritual and practice and these themes. My suggestion is like, what are the themes that are throughout everything you're making? And then really see that you're not jumbled or chaotic, you're working within different mediums within 1-3 themes. Ellen Rutt, who's a dear friend, one of my favorite artists. I put a book out this year and she made the cover art for it. She's someone who I really notice sometimes sews shapes on clothes, she's a muralist, she has done gallery shows of painting. I think painting is her primary medium, but I see her really take a visual style and multiply it throughout mediums and it never looks confusing. It's presented such that it feels within this container of her color scheme or the shapes she makes or the way she talks about composition. I think do a little writing about what you're attempting to convey in your art, how are the mediums actually similar and overlapping, and how can I develop some language to describe it? You gotta love words like interdisciplinary artist or multi-disciplinary artist, there's so many ways we can talk about ourselves now. Multi-hyphenate is one that people use, if you have many business things, like a podcast and teaching. Improviser has really worked for me. Many blessings as you navigate this question. Thank you all so

much for listening to Friendship Village here on 96.9 FM, those of you tuned in on the airwaves and online. It's getting dark earlier, and earlier as we approach the solstice. I hope you're all taking really good care of yourselves and of each other. We'll keep going, together and apart!