

Friendship Village - 6/21/20 - Marlee Grace

[Music]

This is 96.9 KMRD FM, Madrid, New Mexico and you're listening to Friendship Village.

[Music]

That was Kevin Morby with "Beautiful Stranger" and before that Joni Mitchell "Blue." I'm Marlee Grace and you're listening to Friendship Village, an advice and radio show. If you have a question about dating, creativity, what to do when you're stuck and don't know what to do next, something about the world, something about your human experience, you can call into the show. You will be anonymous, off the air, the phone number is 505-473-9696. You can also send an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). You can send that during the show or throughout the week. We've got some great questions today and some great songs. Glad you're tuned in!

[Music]

That was Riley Kiley with "More Adventurous," before that Waxahatchee "Lilacs" and we started off with "It's Too Late" by Carole King. You're listening to Friendship Village on KMRD, an advice and music show. Feel free to call into the station if you have a question.

[Music]

That was Caroline Rose with "More of the Same," before that we heard "Oom Sha La la" with Haley Heynderickx, "Pure Desire" by Sheer Mag, "Shadow Bloom" by Florist and we started off with "Car Wheels on a Gravel Road" by the queen herself, Lucinda Williams. You're listening to Friendship Village, I'm Marlee Grace. If you love the variety of programs and personalities you hear on KMRD, this independent, local media station that may be important to you - we, KMRD, need your financial support. You can visit [www.kmrd.fm/donate](http://www.kmrd.fm/donate) to make a \$5 monthly recurring donation. Your contribution goes directly to our operating budget and may be tax deductible. Thank you for your support! So, as you know, Friendship Village - an advice and music show every Sunday - and we have our first question! It's a question I get a lot - I think I've answered it a lot on this show, but we'll see, something new can generally come to me. It's a question about not knowing where to begin with a creative project and having doubts. Doubts about the self, about creative practice, trying to figure out what's blocking you emotionally or this person said something like "I can't figure out if I'm emotionally blocked, if I don't have the right tools, I'm just a little bit confused on where to start and I keep freezing up and then having moments where I can do a lot and really focus." So to me this question is more about how we channel seasonal changes, or even the changes within the day or the week, changes within the year, today, June 21st is our summer solstice, the longest light of the year in our daytime, also the new moon, we had a solar eclipse in Cancer, it's Cancer season today, shoutout to Jackie, my partner, who's a

Cancer. I think something about astrology and noticing the seasons can be helpful when you're looking at your creative practice. A lot of times in the winter you might feel more excited to hole up, work on projects in that way, in the summer it's really hot here today, you might need to move slower. Sometimes in the winter I can move faster because the lack of heat makes me feel that way. Part of this is also not comparing yourself to other people's paces. I just mentioned astrology - there's an amazing tool called Human Design that's sort of obscure but it's something you can google and look up your human design. That's helped me see where I run out of energy faster, and that's part of my DNA and where I was born, and it's really trippy if you're into some good New Age modalities for learning about your personality. Highly recommend learning about Human Design - I'll link it in the show notes. Again, if you're listening and want to listen to the show later or read a transcription of the show with the questions pulled out and a playlist, go to [marleegrace.space](http://marleegrace.space). That's what I want to pay attention to today in thinking about our creative practice. If you're someone who menstruates, if you're a bleeder, if might be a few days before you menstruate - we've heard of PMS, PMDD - it can be a real thing and block us from our energy, block us from our ability to go forward into a new project, a new idea. You might want to look at the second week when you have more energy. I think just starting to track without judgment when you have energy, when you don't. Stay curious, don't beat yourself up about it, don't compare yourself to other people's creative practice. Those are my thoughts of the day on creative practice and paying attention to the seasons within us and outside of us. You're listening to Friendship Village, music and advice every Sunday from 3-5PM with me, Marlee Grace. You can call into the station at 505-476-9696 or email at [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com).

[Music]

That was Spin Doctors with "Two Princes," before that we heard "Wild Thing" by The Troggs, "Sister Golden Hair" by America, "Burning" by Maggie Rogers, and "Lloyd, I'm Ready to be Heartbroken" by Camera Obscura. You're listening to Friendship Village, an advice and radio show. Right now, or during the week, you can always email your questions to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Here we have one of the simplest questions I've ever received and I love it. It says "I wonder what you define as a witch. Could be a funny question, sorry, but I'm learning to not put my own definitions on things that could be intended differently." I love this because being a witch, witchcraft, studying witchcraft, practicing it, looks incredibly different to all people. I think once I wrote somewhere that to be a witch, or to cast a spell, all you need is a stick and a rock. So we live in a world where capitalism thrives - I'm part of that system, I think most of us are unless you're completely off the grid. But there's so many things that one might feel pressure to understand about being a witch. Getting the right books, the right tarot deck, the right crystals, the right rocks - go to the crystal shop, buy all the rocks - and as someone who has rocks, has tarot decks, has a lot of herbs - buying supplies and tools for casting spells or doing rituals is important. But you can also build an altar out of things in your yard. Understand the plants that are around your house. Whose land are you on? Understanding where we are, where we come from, is part of being a witch. Part of it is being dedicated to dismantling white supremacy. I think being a witch is understanding how everything

we do is a spell, everything we say, every action we take. There are true definitions probably of being a witch, these are for me, my definition. I would say who I look towards in terms of understanding modern-day witchcraft that I practice or lean towards - would be Starhawk who has an amazing book called The Spiral Dance that she wrote many years ago in her late twenties. She is now in her crone state. My friend Sarah Gottesdiener who you could look up. Again, I'll link both of them in the show notes. I love this question, how do you define a witch. I think it's something you get to define for yourself, I think that's what's exciting about being a witch. And then watch the movie Practical Magic by Sandra Bullock and Nicole Kidman to truly understand. Alright, this is Friendship Village, if you have a question feel free to call during a musical block. You can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com).

[Music]

You're listening to Friendship Village. We heard Martha Reeves and the Vandellas, Molly Burch, The Shangri-Las, Your Smith, The Supremes. Friendship Village, advice and music every Sunday 3-5 on KMRD with me, Marlee Grace. We have another great question that was emailed. I'm really missing my callers. If you're out there listening, call me. I love to talk on the phone. When the music's playing, call! You can be anonymous, we won't record you, and you can ask any question you want. The question we had emailed is simple, another simple question, about "how do you build your self confidence? Especially if you're judging yourself, feeling low self-esteem." I love this question. There's a great phrase that always makes me laugh that you hear in 12 Step meetings sometimes that is an "ego maniac with an inferiority complex." I tend to do that sometimes, like my personality sort of swings on this pendulum. So I'll speak sort of to something I'm working on right now - I either deeply believe in myself and think I'm so great, or I think I'm a piece of crap. It's either one or the other. So I think part of the question about building your self-confidence is how do you stay on the beam, and how do you notice when you get off or get away from that feeling of being centered. Sometimes for me it's a mix of making commitments to myself and then keeping them, and forgiving myself when I don't keep the commitments. I think that's the balance. I don't like to use the word balance - that's part of the harmonization practice, I'll say. If you know going for walks boosts your confidence or self-esteem, or stretching in the morning, or having a writing practice, or cooking yourself a meal and making sure you're eating vegetables - that's something I tend to forget about sometimes - you can just start to build in these practices. I always talk about list-making, maybe of things that boost your self-confidence, and then forgive yourself when you don't do them. But keep pushing yourself to try again. That can be another loop - forgive yourself, and then begin again. Being really committed to the practice of beginning again. That's another great thing to do. It's an opportunity to pay attention to what makes you feel good about yourself and then do those more often. Having a generosity practice can be helpful for that. If my confidence is feeling low and I don't know what to do to make myself feel better, I'll see how I can be of service to someone else. Call a friend, volunteer, go have a radio show - that boosts my confidence, I have a lot of fun - find hobbies that are disconnected from your work. A couple of ideas there! Again, you're listening to Friendship Village. If you have a question about life, you can call 505-473-9696.

**Resources mentioned:**

Human Design

Sarah Gottesdiener

Starhawk [The Spiral Dance](#)

Practical Magic movie