

Friendship Village - 7/5/20 - Marlee Grace

This is 96.6 KMRD-LP, Madrid, New Mexico. You're listening to Friendship Village, I'm Marlee Grace. For the next two hours, we'll be listening to songs, and I'll be taking questions to give you advice. While you're hearing music, you can call into the radio station.

[Music]

That was Carole King with "Way Over Yonder," before that we heard Leona Lewis with "Bleeding in Love." We started off with Bill Withers, "Lovely Day." It was Bill's birthday yesterday. Hoping everyone's having a great day. You're listening to Friendship Village - music, advice, and music with me, Marlee Grace. I wanted to share a community opportunity that is tomorrow, July 6th. The July monthly meeting of the Madrid Cultural Projects, which will be at the Madrid ball park. Social distancing and masks-wearing will be practiced. The agenda for the upcoming meeting includes discussions of graffiti at the ballpark and public restroom maintenance. All are welcome. For more information about the NCP, visit madridculturalprojects.org. Tomorrow, Monday the 6th at 6PM. If you have a question that you would like answered during the show today, call into the station while music is playing. Here's a little throwback, a little Mariah Carey, Honey!

[Music]

That was Taylor Swift with "Cruel Summer," before that we heard Crosby, Stills, Nash & Young with "Our House." We started out with a little Mariah Carey, "Honey." I made some flower essences today and put honey in them. Feeling the honey vibes out there. Friendship Village is what you're listening to. We play a lot of pop music on this Sunday afternoon show because I believe in joy and dancing as part of the revolution. So if I ever sound out of breath on the microphone it's because I'm literally dancing in the studio the entire time, because I love to dance! So, Friendship Village, advice and music, we have our first question of the day from an anonymous caller who says, "I'm having some conflict with a friend - patterns of triggering one another, disjointed communication, and not feeling totally seen - particularly over the last 6 months. It's creating angst and taking up a lot of mental space, but is also with someone with whom I've shared some really special times (though they're a relatively new friend ~3 years). What questions would you ask yourself in evaluating whether to continue investing energy in a relationship?" This is a beautiful question and something I think about a lot is friendship health - the energetic health of a friendship - as well as possible friendship uncoupling. We really normalize and talk so much as a society about how to end a romantic relationship in a loving and kind way, but we don't really look at that in friendship. I think we can end up feeling a lot of shame and guilt for not knowing what to do. The first thing I'd say, well one thing is that we had a huge, full moon, lunar eclipse last night. I believe it was the third of three eclipses in this eclipse season. We're definitely on the other side of some stormy astrological weather, and again, the last 6 months we've clearly been living in a really different time in our society. We just saw Venus station direct after it was retrograde but we are currently in Mercury retrograde.

Mercury affects our communication, so I'm about to share some advice that might be worth treading lightly, waiting for Mercury to station direct, or you don't have to wait so much as it's about knowing the astrological weather really helps me. One thing I always say when you're approaching a friendship dynamic is to really take care of your side of the street. Instead of focusing on what the friend does to trigger you, really keep it about you. To share, "this is what triggers me." Looking deep - maybe it's something about an old friendship, maybe it's something from childhood, maybe it's an abandonment issue, something about your identity, past harm that's been done to you. You can share that with them, that also gives them the opportunity to get to know you more, to get to know what you need to feel safe in a relationship. Sometimes that can be met with animosity, but often times that friend might also show up and say "thank you for sharing that, here's where I would like to commit to doing better." So that's one option, continue to focus on taking care of your side of the street. I also want to say, I don't think it's age-specific, it could apply to all ages, but if you're a caller who is in that Saturn return phase - even though I'm only a couple years out from that time - there's something to be said about, we're changing. We're changing really fast in that time between 28 and 31, and I found for me a lot of my friendships ended up needing to shift during that time. I was growing into a different person, they were growing into a different person, so I'm not saying break up with that friend, but I do think it can be a time in which we're seeing a lot of change in our relationships and how we relate to people. I think you might be coming into your truth more and who you really are, and that person might not fit anymore. And that doesn't mean you're a bad person or they're a bad person. I think, again, especially with friendship friction, to really take out "good" and "bad." Hopefully that's helpful. Many blessings to you as you navigate said friendship. Again, there's always the spiritual side of things - praying about it to whatever you pray to (cloud, God, spirit of the universe), taking journal time to reflect on your own experience in the friendship, and just really get clear. I love that you said "what questions do you ask yourself?" I think they're around, what brings me safety? What brings me joy in friendship? What makes me feel heard? You can do some of that internal work so you can bring it back to them. Thank you so much for your question! Again, if you have questions during the show, call in to 505-473-9696. You can also email friendshipvillageradio@gmail.com. I'd love to get back to the music and dedicate this song to my friends Isabel and Zoe.

[Music]

That was Cat Stevens with "The Wind." We also heard Nina Simone, "Feeling Good," The Beatles "All My Loving," Billie Holiday "Lover Man," Dua Lipa, "Don't Start Now," and we started with Britney Spears, "Sometimes." You're listening to Friendship Village, I'm Marlee Grace. We do advice and we do music. We have another amazing question from an email friend. Remember, you can email friendshipvillageradio@gmail.com throughout the week or during the show. This person says, "I'm moving to a new apartment at the end of this month. This past year has been a test of wills to say the least, with my relationship, with my home space. Unclean and lazy roommates destroying a place I spent a lot of time building. Any rituals or advice on how to sever that connection and make room and appreciation for the new space, my new home?" I love this question. I'm in a chore mood today, did a lot of chores in my own home - some

laundry, some vacuuming, put fresh sheets on the bed. These things do not come naturally to me - I'm not a naturally clean person. I'm a cluttery person, I don't necessarily let things get disgustingly filthy, but I let them go longer than a lot of adult people might say is correct for how clean or dirty things should get. I think first of all, I'm not sure if in your new home you'll be alone or with roommates, but I think whether you're by yourself or with other people, make sure you're creating communicating about "what do I want my home to feel like?" Getting clear on - why is my home important to me? What do I want to feel like in my space? Me and my partner have a home altar in our main living space that feels really nice. It's in a public space, technically other people could see it - we can both add to it, like little stones or intentions - when either of us pulls a tarot card or an oracle deck card, we'll put it on the altar. Having your home being a spiritual place - I like to say everything is an altar. Starting with little surfaces where you can put little rocks or sticks or things that are important to you, that remind you of people you love or miss or want to honor, ancestors, energy that you want to bring in. Creating little temples around the space in your house to pay homage to who you are and where you come from and what you want to see in your space. I think it's nice - I've been trying to put it next to something. For me I have my radio show every Sunday at 3PM, so I treat my Sunday as leading up to my show, I will do my chores. I'll run a load of laundry, I'll deep clean the kitchen, clean the bathroom. Having a day - this is when I do it, so I'll do it. This is new for me, but I'm reporting back from a place that it has been feeling really good. So test that out, see how that feels, and just - try to look at where my clutter or lack of cleanliness is self-sabotage. Where am I trying to keep myself small? I'm truly known for piles of clothing, so I ask myself, what is it serving to leave this pile here that I'm constantly looking at and every time I look at it I feel disappointed in myself or judge myself? And then, by end, when I clean it up, I have a new demon voice that's like "wow, Marlee, it took you five minutes to clean up your freaking clothes pile, why couldn't you just do that sooner?" So, yeah, it's partly working with the inner voice. Just greeting it, to be like "hello, demon voice, yes I could've done that faster but I didn't." And for me, it's a control thing, sometimes I think if you grew up where cleaning was like a punishment, or you had to do it when you did something bad, or if it has any negative connotation I think it's also part of our responsibility to rewrite the narrative around caretaking. Re-parenting, how do we re-parent ourselves? No partner wants to pick up my clothes, no person wants to pick up my clothes, my parents never wanted to pick up my clothes. So it's really about tuning into the self and seeing where do I need to re-parent, where does having a clean space actually make me feel good, where is it ok to relax a little bit and maybe sometimes I do want to be a little bit messier, etc. Many blessings as you move to your new space. This song is for you, anonymous caller! Again, you're listening to Friendship Village, this is Marlee Grace.

[Music]

That was the Backstreet Boys with "As Long As You Love Me," "New" by No Doubt, George Harrison "My Sweet Lord," Van Morrison "And It Stoned Me," and S Club 7 "Never Had a Dream Come True." You are listening to Friendship Village, advice and music every Sunday from 3-5 on KMRD. I'm really feeling the dedication vibes today. As a child I loved Delilah, the advice and

dedication show that is still on the air today, so we're going to keep going with our songs. This goes out to my new friends, Scottie and Marissa.

[Music]

That was Chumbawamba with "Tupthumping." Before, Shania Twain with "Any Man of Mine," and we started out with K-Ci & JoJo. You're listening to Friendship Village. We have another great question! This caller says "About a year ago, I ended my relationship with a cis, straight man because I realized I was gay." This writer is a cis woman. "Up until that point I'd only dated men and was in my late twenties. Since then, I've had an amazing and liberating experience of embracing my queerness, but I've also had so much difficulty ridding myself of the shame of inexperience and lateness - this feeling that I've lost time. A lot of my friends are gay or queer, even though they're super supportive of me, I can't help feeling like I'm behind them in some way, and that the fact that I lacked some kind of knowledge and self awareness is a personal failing. Do you have any thoughts on how to get past this?" I do! Because I've been there, my friend. Yes, gosh, queerness. We're just coming out of Pride month, it gets heightened how much we're thinking about our own identity - our gender, our sexuality, who we are in relationship to other people romantically, physically, platonically, et cetera. So I'll always say, I was out and queer and was also in a relationship with a cis man. Just a reminder that that can exist also, but I also had that shift in my sexuality where I was like, I think I'm just gay, I think I'm just a lesbian. Even though I had romantic feelings for women and had been physically intimate with women, I hadn't been able to link the two until after I wasn't married anymore and was dating a woman. I just couldn't relate more to that feeling of "how did I not know this about myself sooner?" Or like "I'm so late to understanding myself!" Especially if you don't want to be awkward in front of a new person who has been out longer than you or has more experience than you, but I like to really remind us that we put physical intimacy and romantic intimacy on this totally other level of intensity around like, I don't want to mess this up, I don't want to seem stupid like I don't know when I'm doing, when it's so often easy for us to apply that to our creative process or cooking. It's just like anything else that takes experimenting and asking questions and laughing your way through it. I feel like my first serious girlfriend, there was a lot of laughing and like, I think I know what I'm doing. In some ways, if you're new to queerness and you're dealing with new bodies, you might have to find someone who's willing to go through that with you. That's part of it. Or find someone who is also new. There's so many ways to approach it. Keeping it light and celebratory and curious, just laughing at it a little bit. "I'm nervous because I'm new at this but I want to try!" I also think we're just talking about different body parts. There's so many different ways to express gender, so many different kinds of bodies and body parts, it's always going to be new. Nothing is the same, we're always becoming more of ourselves and becoming more of ourselves with new people physically. That can be exciting. Just ask questions, practice good consent, look around to be like "what can I notice about this person? What kind of questions do I need to ask?" And just know that people come out when they're like 60. I think you mentioned it was your late 20s. I think I felt like that too, like "ah, how did I not know this til I was 28?!" And that's just when I knew, because that's when I knew it. Now I get to share my experience with you, and you'll share your experience with other people,

and that'll either save them time in the closet or time not fully being themselves, or just make them feel less alone. Again, I can't tell you enough how on time you are and how light it is. You're gay! Congratulations to the greatest thing you might ever know about yourself! That's how I feel! To all my queer family listening and showing up, I'm always grateful to those who came before me, who carved the path of openness and outness, and just curiosity and fun in learning about ourselves. You get to learn about yourself in a whole new way now and hypothetically you get to do that with other queer people, which is amazing. I feel nothing but deep excitement for you and all that you get to explore. You're right on time, you get to find new parts of yourself in literature and a little bit in the media, you'll keep finding parts of yourself, and I think it's going to be really exciting and really beautiful. Many blessings to you as you discover these parts of yourself! Call into the station 505-473-9696 if you have a question or email friendshipvillageradio@gmail.com.

[Music]

That was George Strait with "Carrying Your Love With Me." Before that we heard Celine Dion "Because You Loved Me", Dottie West with "A Lesson in Leavin'", The State Lottery "Coming Alive," Savage Garden with "Truly Madly Deeply." Thanks so much for listening to Friendship Village, we'll be back next week. If you think of a question that you'd like answered, email friendshipvillageradio@gmail.com