

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

[Music]

You're listening to Friendship Village, advice and music every Sunday from 3-5PM. If you have a question that you need some advice on and want some guidance, some insight into something about your life, your experience of being human, your creative practice, your identity, the way you are in the world, give me a call while the music is playing or email friendshipvillageradio@gmail.com.

[Music]

You're listening to Friendship Village, this is Marlee Grace on KMRD-LP. We started with a little Faith Hill, "Breathe," we've got a lot of classic, 90s country songs today. If you've been listening for the past few months, you know I love my 90s country songs, but I haven't been playing them as much. I've found a couple new ones I think we will enjoy together. Friendship Village, every Sunday from 3-5PM Mountain Time. You can also listen to all the last shows on my website, go to marleegrace.space/home and click Friendship Village. You can include the transcription, send to a friend, and donate to KMRD, lots of options to be a part of this community radio station. Friendship Village is also music and advice. So, do you have a question? Do you need advice, assistance, guidance, inspiration, creative unblocking, give me a call while the music is playing or email now or anytime throughout the week for next week. Here's St. Vincent with "Los Angeles."

[Music]

That was Lucinda Williams with Sharp Cutting Wings (Song to a Poet). Before that we heard Sharon Van Etten, Karen Dalton. You're listening to Friendship Village, advice and music with Marlee Grace. Call the station 505-473-9696 if you have a question. Here's HAIM.

[Music]

That was Arthur Russell with "Hey! How Does Everybody Know." You're listening to Friendship Village, music and advice. We have our first question of the day. This caller says, "Wondering if you have any thoughts on keeping things sexually interesting/exploratory in a long term (7+ year) monogamous queer relationship? Any fun games or practices to keep exploring new areas of our sexual/erotic selves (together or individually)? For context, openness isn't off the table but isn't currently and hasn't ever happened." I love this question. I feel like I say "I love this question" after all questions, but it's true. I do love all questions and I love this question. I've been thinking about this especially lately, as in my mostly monogamous relationship I've considered that extension towards openness or others and the idea gets exciting to me, and then the action exhausts me or shocks me a little bit. Like, I don't know if I actually wanted that. So I love that you kind of mention, I think, we can link this is the show notes too but I've been really learning a lot from this person Kai who is a sex educator and they do one on one consults with people and have written a lot of different articles and have workbooks about differing libidos, desire discrepancies, like how to spice things up, and I think that I'm interested in that more. For me, what happens is I lose a sense of my own sexual power. I think partly because it's so easy to rely on your primary partner or person you're seeing the most for that affirmation and validation and so I've been thinking a lot about - either what are non-sexual things that make me feel good about myself? My creative practice, esteemable acts, doing things I've been avoiding - things that make me feel good and sexy just on my own, I think that's really helpful. Another thing is I love Esther Perel, you can definitely listen to some of her talks - there's so many different interviews and YouTube interviews of her talking about how we maintain desire in long term relationships. It's funny because, again, so much of what she talks about is that key in spaciousness and apart time, which I think gets confusing to us when we're like "I really want to

spice up my sex life," and she's like "you kind of have to actually be away from each other more." But I'll also say, and this is something I learned from working with Kai, looking at their work, is just like making lists with each other. That's something you can do with one another, like "what turns you on?" "What fantasies turn you on?" And sometimes you don't actually have to enact those fantasies - it might be a threesome or you being with another person, and again, even just talking about those things can make you both really excited and make you want to try new things. I think definitely in queer relationships, thinking about toys and what are toys we haven't tried before, even if it's a different color of a toy you already have, it can be exciting just to get and try something new. I think also just asking friends, being like, "what's something sexy and cool you have tried with your partner?" Other forms of intimacy that can spark sexual intimacy, like draw your partner a really romantic bath with rose petals and wash their hair. That might lead to something, or it might not - but we can think about what other kinds of intimacy can we build with our partner that's physical but might not be sexual? You can play with scheduling sexy time, which I think - that's something Kai writes about and Esther Perel talks about, the myth of spontaneity. That it's always supposed to be spontaneous and catch you off guard, and yes, that's great, love when that happens and sometimes it's nice to be like "hey, I want to try this thing or do this thing." I think the other thing that I've been working on is figuring out how we talk to our partner about this kind of stuff. That's what's sometimes harder than building the spark itself - both people generally want that, but sometimes all of our scary abandonment issues, attachment stuff gets buried and the talking about it can become stressful when you're like, wait a second, this was supposed to be fun. So asking each other, what makes you feel safe when I initiate? Or when I want to try something new? How would you like to receive that? So yeah, asking each other things. I did recently watch the reality television show "Married at First Sight" which I'm not going to necessarily recommend watching that show although it was good trash reality television but they did have one of those dice sets, which I've seen people have, you roll the dice and one's like "lick" and

the other's like "shoulder" and it gives you little prompts. There's decks of cards, actual games you can play to spice things up. I'm thinking a lot about date night, too, we're kind of missing in pandemic and quarantine, dressing up and looking cute. Having a night where you dress up to go nowhere, dress up for one another. Me and Jackie recently did that - we dressed up and took a sunset walk and took photos of each other. It was cute and made us feel really close. I think that's part of it, how do you feel emotionally close so you can build that sexual spark and intimacy? Those are my thoughts, I'm no sex educator, just a queer who likes to have sex and help other people have it too. Many blessings, thanks for the beautiful question. You're listening to Friendship Village, advice and music with me, Marlee Grace, from 3-5PM. Call in or email friendshpvillageradio@gmail.com. Here's Zayne and Taylor Swift.

[Music]

That was T-Rex with "Jeepster," you're listening to Friendship Village. Before that, we heard a little 90s country slot, Sammy Kershaw, well actually first - we just heard Neal McCoy with "Wink" which is a favorite of mine personally. Sammy Kershaw with "She Don't Know She's Beautiful" Diamond Rio with "Meet in the Middle." And we started off with Reba McEntire, the Night The Lights Went out in Georgia. I think it's safe to say Reba doesn't like cops just as much as I don't. That song is really - just as much as this town doesn't, am I right, Madrid? Like, she's basically like, here are the crimes, that have been committed here in Georgia and we can trust no one, we can't trust the cops or the lawyers. So I just want to shout out to Reba McEntire, I don't know if she identifies as an abolitionist but I think that was a powerful song for me to listen to. Have a question? Call in 505-473-9696 or email friendshpvillageradio@gmail.com. This is Lennon Stella, star of the television show Nashville, which I hadn't put together, but this is a little pop song to get us going in here.

[Music]

That was Shania Twain with "You're Still the One." Before that NOTD and Bea Miller with "I wanna know," and Taylor Swift's "This Love." This is Marlee Grace, you've been listening to Friendship Village. Do you have a question for next week's show? Email me at friendshipvillageradio@gmail.com. Here's the Supremes!