

Friendship Village 9/27

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

[Music]

That was Sylvan Esso with "Parade." I'm Marlee Grace and you're listening to Friendship Village, music and advice every Sunday from 3-5 Mountain Time. Music for you, advice for you, we've got a little Sheryl Crow up next.

[Music]

That was Julia Jacklin with "Body" and before that we started with a little Sheryl Crow. I'm Marlee Grace, you're listening to Friendship Village, music and advice every Sunday here on KMRD. We have our first question, which is "What are some ways to redefine connection in a time of physical separation at holidays?" Wooo. I mean, what are some ways to redefine connection all the time? But I love the specificity. In a time of physical separation at holidays. Maybe my girlfriend's birthday isn't a holiday but it is in my heart - one example is when Jackie had her birthday she was working on a fire, she was far away from home, and all of our friend, and so I'd seen this going around - feels a bit like a pandemic trend but I love it still - the video compilation of people saying they loved her and hello. It ended up being almost 45 minutes long, I think it included 6 ex-girlfriends which I hope speaks to the abundant queer family we've built. It was just funny and beautiful - her om, bonus mom, twin sister, so many friends and people we love so much made these little clip videos and strung them all together. Gift-giving is definitely a love language for both of us but it was really satisfying to see her reaction. I'm always thinking about the good and bad of technology, but I can't help but think about how good that felt to get to collect words, verbal voices and imagery to put together to really show someone you love them. Maybe if you're - if there's a special holiday and you're craving connection, what would it look like to make a fun dance video, to make a fun video celebrating that holiday. I've been thinking a lot about sewing and sewing words and banners and how that could be fun, to sew some sort of message or embroidery or write it on a piece of paper and hold that up in a video. That's what my psychic download is right now, is creating videos to share with each other or to make the same dish. I feel like if it's a holiday where - so often holidays are food-related, so if there's a special dessert or meal that y'all

always share together, to be like we're going to make this and you make this and then facetime or get on a zoom call and eat it together. Share the feelings that it feels to eat it. The last holiday that I was in my family in real life, my dad had made a dish that his mom used to make that he hadn't - he does a lot of cooking with his mom's recipes which is so tremendous for me as someone who never got to meet her - to relate to her in that way, to her food in that way, as my ancestor. So beautiful, we sat down and it was a recipe my dad had never made and he said I haven't eaten this in 40 years, since she made this for me. I'm also thinking about yes when we're separate in the earthly plane and also in cosmic planes of people who aren't here anymore and food is such a simple, basic but profound way to connect to other people. Making the same things, doing the same rituals, maybe you pick a way to set up your altar that's the same, pick these twigs, rocks, plants, herbs on this day. This is fun and inspiring for me to think about, if I want to have a shared experience with someone, to be like "ok, and now we're going to listen to this record" and do this thing together. Yeah! Thinking of what is the shared experience you want to have and then be playful with that. Many blessings, dear caller. If you are a listener of Friendship Village and you have a question today or any Sunday, email the question during the show to friendshipvillageradio@gmail.com or call while the music is playing.

[Music]

That was The Chicks with "Cowboy Take Me Away," we also heard Big Thief and Jo Dee Messina. If you've ever listened to Friendship Village before, you know I love 90s pop country, and we've got a lot on the docket today. I wanted to share something because as so many of us are able to social distance to stop the spread of Covid-19, for many domestic violence survivors, including children, staying at home could heighten the risk. If you or someone you know needs help, the National Sexual Abuse Hotline is open 24 hours at 1800-656-4673 hotlinerainn.org.

[Music]

That was our girl Taylor Swift with "August" off the new T-Swift album, Folklore. Before that we heard Patsy Cline, Shania Twain, and Courtney Barnett. We have another great question here today. This caller says "what's the best way to stay open, positive, and curious when things are difficult?" Open, positive, and curious, that's a tall order, dear listener, and I'm here to tackle it. You know, the most common thing I like to prescribe to any question but especially

this one is really the one day at a time model, which I'm really radically trying to apply to myself these days. Just this feeling of - I definitely suffer from something I like to call "catastrophic thinking" which a lot of people struggle with in what it is factually a catastrophic year or time. I think it's pretty normal to catastrophize things in our heads to be like, it's hard to accept the invitation to be open and positive and curious in a year like we've seen this year. I think for a lot of people it's hard all the time. Really thinking about one day at a time. I got to watch a really beautiful webinar a couple weeks ago with Julia Cameron, the author of *The Artist's Way*, one of my favorite books, and Elizabeth Gilbert, author of *Big Magic* and certainly famous for *Eat, Pray, Love*. Julia was talking about the necessity of playfulness in our art practice and in our everything practice. I love that. She gifted us this beautiful moment where she was talking about how she's published over 40 books in her career, pretty sure sold millions of copies, and sometimes still wonders if she's a real writer. Julia Cameron herself. Teacher, mentor to thousands, maybe millions, on creative practice and believing ourselves wonders sometimes if she's a real writer. What an amazing example of humility and vulnerability and honesty that I want to also always be striving for. I think so much about the language of being right-sized, and thinking about humility lately in that I either am better than or less than, and that's a pendulum I swing on. I want to be the best or I think I'm totally unlovable and the self doubt creeps in and I'm the worst. One way to stay open and curious and positive is to not try to overly build yourself up or find things that are so fun, but just stay in the mundane a little longer. What are the maintenance things that carry you through the day to day tasks? Invite playfulness in. Part of it is inviting yourself to get curious, if that makes sense. The awareness is part of being curious. For me it's like, if I'm not in curiosity I'm usually in extreme judgment. This caller's question was framed as "when things are difficult." For anyone who listens to this show, it's about when things get difficult not if they do. If I'm not in curiosity, I'm in judgment. That's the opposite of curiosity for me. I've made a judgment on an experience, a person, my own feelings, and so I think inviting more pause into the day to be like, okay, I'm in a judgement zone and I'd like to shift to curiosity, I think you'll find that's a habit worth building and I think you'll be able to build it. Adding playfulness to your creative practice, a hobby, taking some risks in your creative practice. Thank you so much dear listener for this beautiful question. You're listening to Friendship Village here on KMRD.

[Music]

That was Toby Keith with "Should've Been a Cowboy" before that we heard Florist. I'm Marlee Grace, you're listening to Friendship Village on KMRD-LP, Madrid, New Mexico, 96.9FM, free-form community radio, or freka-form community radio if you will. Friendship Village is music and advice but for all you cowboys out there, for all you cowgirls, all you cowpeople, you know we're 40-something days away from a very special day. And the opinions expressed on Friendship Village are my own, they are not shared by our small community radio station, but I have some thoughts for my New Mexico listeners, for my listeners everywhere, really, I'm going to talk to my New Mexico listeners, specifically. You can register to vote. Go to nmvote.org. The deadline to register to vote is October 6th. That is in a week and a halfish, okay? I'm going to say it one more time. The deadline is October 6th. If we don't want the current president to continue to be the president, there's a lot of different things - there's one thing we can do to make that happen, which is vote for Joe Biden and Kamala Harris. Now, for my radicals out there, for my anarchists, my leftists, my Bernie Bros and Elizabeth Warren freaks, my Beto supporters, Buttigieg, Pete, Amy, or that guy who nobody remembers. Okay. This is not maybe what we dreamed of, OK/ Maybe not what we meant to happen, we made different choices earlier in the year when we were hopeful about who was going to be our candidate. But guess what, my dudes. This is who we've got, and this is who we've got to get in. October 6th. And voting - voting's not the only thing you can do to fight for justice. In fact, it's a very brief task that takes almost no energy. So I hope you have other plans for how you will continue to participate in overthrowing a white supremacist heteropatriarchy, heteronormative patriarchy, this place that we live, this country. There's a lot of work to be done and it's in my belief that we fill in the bubble. My belief only, Marlee Grace of Friendship Village, not KMRD. The deadline to request an absentee ballot for the general election is October 20th. nmvote.org. Or call your county clerk. I would suggest checking, ok? So you might think you're registered but you might not be, that's a thing. Happened to me before when I lived in Michigan. I was so sure and then the day before I was like, maybe I should work. I was registered in a different town, had to drive to that town. Just check! We have time, we have time. All right. That's what I have to say about that. Now that I've gotten so serious with you, let's listen to a little Alan Jackson.

[Music]

That was Joni Mitchell with "You Turn Me On." Love Joni. Happy to play Joni on Friendship Village, huge fan, personally. We've got our next question which is about fear, fear and unmanageability that comes in relationships, fear that if we let go of the control of managing our relationships they will fail. So I'm here to tell you that when we let go of control, when we stop trying to control and manage our partners and the outcome, that's part of the obsession is we want to know how the story ends. And we just don't get to know. I actually want to talk a little bit about how do we trust ourselves and the process. I want to read us a little something from the book All About Love by bell hooks. This chapter is on romance and sweet love. Bell hooks writes, "all relationships have ups and downs, romantic fantasy often nurtures the belief that difficulties and down times are an indication of a lack of love rather than part of the process. In actuality, true love thrives on the difficulties. The foundation of love is the assumption that we want to grow and expand, to become more fully ourselves. There's no change that does not bring with it a feeling of challenge and loss. When we experience true love, it may feel as though our lives are in danger. We may feel threatened. True love is different than love that is rooted in basic care, goodwill, and plain old everyday attraction. We are all continually attracted to folks - we like their style, the way they think, the way they look, etc. Whom we know that given a chance, we could love in a heartbeat. In his insightful book, Love and Awakening, John Weilwood makes a useful distinction between the type of attraction familiar to us all - a heart connection - and a type he calls a soul connection. Here's how he defines it. A soul connection is a resonance between two people who respond to the essential beauty of each other's individual natures, behind their facades, and who connect on a deeper level. This kind of mutual recognition provides the catalyst for a potent alchemy. It is a sacred alliance whose purpose is to help both partners discover and realize their deepest potentials. While a heart connection lets us appreciate those we love just as they are, a soul connection opens up a further dimension, seeing a loving them for who they could be and who we could become under their influence, making a heart connection with someone is usually not a difficult process." I love the book so much, so much of reading bell hooks' writing has transformed how I think about love and connection and just how it all works and comes together. I definitely have found that my partnership feels a lot more abundant when I can fully detach with love and trust Jackie's experience as correct for her. When I do that, I get to live and experience my life, which is separate from her. That's where - I love that our love is based in this soul connection, it's very deep, it runs in such a true way that I think we get addicted to the heart connection, the

sparkly lust desire that we think is real connection, and that's just a part of the structure of partnership and loving someone, but it's - there's a lot to parse out there. As you're navigating how to be in less obsession and I don't think it's about going on vacation alone for a month, I thin especially during Covid times when we're so together with our partners, roommates, platonic partners, family - the energy of focusing on the self, focusing on your individual truth so they can influence the others, not so that they're so enmeshed into one. Thank you for this beautiful question. Sending you many blessings, they're not easy to navigate. As my best friend Katie Crutchfield says, sometimes we have a war going on in our heads. I'll play her song "War" to all my friends who have just a battlefield in their minds. Time to look inwards, to excavate whatever is hurting you.

[Music]

That was Dolly Parton with "Jolene." You've been listening to Friendship Village, music and advice here on KMRD with me Marlee Grace every Sunday from 3-5 Mountain Time. And you can also listen online at kmrdfm.com/listen. And if you wanted to re-listen or you missed the beginning of today's show, all shows, all Friendship Village shows are recorded and available at marleegrace.space/home click radio. If you don't want to listen but you love the advice, you can read the transcription. Every show is transcribed. If you heard about a book or a thing, there's links. It's fun, it's awesome. If you have a question for next Sunday, email friendshipvillageradio@gmail.com.