

Marlee Grace Friendship Village 7/12

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You're listening to Friendship Village, I'm your host, Marlee Grace. Another Sunday of music and advice. You can call into the station while the music is playing if you have a question, or you can always email friendshipvillageradio@gmail.com. We have our first question! We get these kind of questions a lot - about open relationships, non-monogamy, how do we navigate these things in this world? First of all, I hope you're all being very careful in your open-ish relationships during the global pandemic. So let's just say that first, it's worth the wait, my friends, it's worth the wait. This person asks - they gave me some context to their story - but the main post is, how do we know when or if to commit to monogamy or openness? They asked, can you share some resources on non-conventional relationships? This person also mentioned that they are in a relationship right now where it seems like the caller themselves is not as open, their partner has more openness in their efforts out in the dating world, and some of their friends have some judgment about that. This caller mentioned how much they trust their current partner and the process. First off, I just want to say that these decisions trigger people, first of all, anyone who's monogamous or in an open relationship, everyone has big opinions on what's the right way, what're the right rules, how do we do this right? That can really only be decided between you and your romantic partner or partners. If you are deeply trusting your person and feel like they're doing their thing, doing what they need to do, that's great. I also think it's about surrounding yourself with other people in community who also share some of that language, even if they have a different style partnership than you do. A book I've mentioned on the show before is a book called *Opening Up*, that's a book that I read and really liked that spans things even broader than just polyamory, where you have multiple partners you are committed to and in love with. It really paints a different picture of the many ways you can explore non-monogamy and the many different examples of it there are. I think it can be bring in a boundlessness. I've heard people talk about polyamory as a politic in their relationship - even if they're not actively practicing openness, it's just on the table. If a conversation needs to come up, you can have that conversation with your partner. I'll look and in the show notes I'll include, I remember reading an article once that was about - thoughtful monogamy - at the same time, you can be in a monogamous relationship and not be physical with other people and still bring in a spirit of having crushes and who's cute to you and who's cute to your partner. I think for me it's breaking down - where does jealousy come from? Is it in my heart, is it in my body? I think we can be triggered and still be in openness, I don't think just because you're someone who gets triggered or might feel unsafe or nervous that you're going to get upset doesn't mean you can't still experiment with openness. Also if you're like dating casually and thinking about going towards monogamy, there's questions you can be asking each other about what feels safe to you, what feels safe to me? There's another book I haven't fully read but have owned and skimmed, maybe I'll take a look at it again - it's called *More Than Two*. That was suggested to me by my friend Jamila Reddy, someone to check out on Instagram, they definitely talk a little bit about queerness and openness and is somebody to check out. There's resources out there, I'll try and compile a few more to add to the show notes. Again, if you want to listen later or read back the

questions, go to marleegrace.space and find the Friendship Village page there. Many blessings to you as you figure out your queerness and your openness, I think there's a beautiful road ahead and you will definitely find what is right and safe and exciting and vibrant to you. Thanks so much for your question. We have a lot more great questions today on the show and more great songs, too. This next one is "Dreaming of You" by Selena.

[Music]

That was Jo Dee Messina with "Heads Carolina, Tails California," before that we heard "Are you That Somebody" by Aaliyah and "Dreaming of You" by Selena. You're listening to Friendship Village, advice and music every Sunday from 3-5. And you know I love when on Friendship Village we get questions about friendship. I was having a conversation with an old friend today about friendship so it's perfect. Here is what this caller has to say. They're asking about how to make new close friends, not acquaintances, but true friends who you truly admire. This person also said, I think I have a really high bar, maybe I'm too judgmental, maybe it's being out of structure of college, camps, programs, camps. This person lives abroad now and wants to make new close girlfriends, strong women friends who they can have a strong emotional connection. So I love this question, I love talking about making friends and going through friend breakups with grace and ease for yourself, I think we don't talk about friendship enough, so here we are on Friendship Village. First of all, as I often mention on the show, we're living in a global pandemic. If you're finding it harder to connect with friends right now, I think that's normal, I think it makes sense. I will say that I've definitely found that this time specifically for me, I have attracted to me a few new really inspiring friends who are women as well as reconnected with a couple. I love to talk about astrology on the show although I'm not an astrologer myself - today is the last day of mercury retrograde which affects communication in relationships and especially if you have any Gemini or Virgo in your chart, mercury rules both of those signs. When Mercury is retrograde, that might be a time for me to dig in. There's two thoughts here - I will address making new friends - but I notice in seasons of Mercury retrograde that I either might connect with someone I haven't connected with in a while, I've been thinking a lot about how social media makes us see people's lives that we love and say "oh they look fine, they look good, they look like they're having fun" when it's so curated to really think "oh, that's actually a friend I haven't connected with in a while, we used to be close or we used to talk more, maybe I could spend some time reaching out to them." And so even though Mercury retrograde ends today, we do have this shadow period so it is sort of a nice time to be thinking about, who could I reconnect with, who could I close the circle with or be in the spiral with, maybe someone who is from college or an old program that you were in, reconnection at this time can be really powerful. And often you don't have to necessarily go through with those people like "sorry I didn't speak to you for so long." You can just believe that that space was what needed to happen or what was part of the plan and wherever you're at now is where you can connect. In terms of new friends, I think there is definitely something to be said about what you're calling in. We use the word manifest, I like to use the word "calling in," even thinking with your thoughts, like "I want to be around people who really share my values in business and in creativity and in how we share with the world, how much space we do or do not take up." I've noticed I've had a

few friends come into my life who really embody that. A lot of times I connect with people digitally first, whether through social media or my newsletter, or people who listen to my radio show, whatever it might be, but I think putting that energy out. And in terms of where do we find those people, I think about spaces that are exciting to you. I'm thinking about someone who runs this project who runs this project called Dyke Soccer, they also run a project with nude modeling - no one turned away for lack of funds, you can show up there and draw and be a part of a group of other people making art. There's so much happening on Zoom right now all over the world because of the pandemic - queer dance parties, classes. I'm taking online class with my friend Liz right now about flower essences, and I'm connecting with people there - some of the people there are old friends or people I used to host at my artist residency, and I think just either budgeting it or finding free events that you can be in community with people digitally right now is really powerful. Whether it's putting it in your altar - I love the three of cups card in the tarot which is usually three women who are together, I think of it as a friendship card, building an emotional connection together - think about a card that might speak to you. Sending you many blessings as you navigate new friendships and inspiring friendships. Part of the reason I named this show Friendship Village is because so much about friendship and especially someone in serious partnership, I think so much about how just as important my platonic relationships are, and I needed that reminder today and had it in a few different places. Thank you for your question, thanks for listening to Friendship Village! Up next, a shoutout to my hometown of Grand Rapids, Michigan, this is Major Murphy with "One Day."

[Music]

That was Brandi Carlile with "Hard Way Home" before that we heard lesbian icon Lesley Gore "Maybe I Know" - honestly Brandi Carlile, also a lesbian icon. That'll probably happen often here on Friendship Village. Before that we heard Major Murphy, "One Day." You're listening to Friendship Village. We have another beautiful question here - lots of beautiful questions today. So glad we're all here together. This caller has a birthday tomorrow, and this is a regular caller to Friendship Village - shoutout to the regular callers, the regular listeners - this person says "it is my birthday tomorrow and I've always been a person who believes that extra love for yourself that day fuels your battery for the year. What are some rituals or spells that you cast on your birthday to acknowledge and praise the journey that you, your body and mind have all gone on in the past year?" I love this question. I just had a birthday last month and I didn't do as much personal ritual this year, so it's a good reminder to me. For anyone listening, if you missed your birthday, you can do this at any time. I love thinking about finding a ritual that really works for you. We've talked about building altars on this show a lot, I don't have any examples off the top of my head - I'm thinking about Sarah Gottesdeiner who's an amazing witch and tarot reader and she provides a lot of different tarot spreads. Looking up something - either a tarot reader you love or Sarah's work to see if there's a birthday spread. That could be really fun, can be a way for you to build storytelling and context into your reflection of the year past and your goals for the year forward. I also think just writing intentions down - what do you want this year to feel like? What kind of magic do you want to bring into your own life? To really celebrate your accomplishments. I know for me a lot of times around an anniversary or a birthday I can

reverse-celebrate myself, I can joke that this is part of my Virgo rising, I really tune into where did I not meet my goals this year instead of looking at where I did meet my goals personally and creatively and really looking at my personal life, where on the inner work did I grow? Because it's so easy to celebrate ourselves by all of the outside stuff. This year I definitely had moments of reflection, you know being in therapy since October, how different I speak to myself, how differently I am in partnership. Really celebrating those little shifts inside us is really important. You could go really deep and do an inner child meditation, I did one of those for other day on the InsightTimer app, I ran a bath and just listened and walked down a dark tunnel and found my inner child in a park on the other side. So doing some visualization, like loving the little you on your birthday, the little you that is so worthy of love and has never had a work accomplishment, I think that's important. The last thing I'll say is whether it's publicly or privately, this year it was right when the protests were really starting going, it didn't feel totally correct to celebrate myself in this time of collective movement, so I chose an organization that really inspires me called Activation Residency that's a Black, trans, queer-led residency and asked people, if you want to celebrate my birthday, then donate to this organization that means a lot to me. I got a lot of really sweet texts from friends who said "I donated to Activation Residency, thank you for sharing them with me." So just knowing that we can use these big charged days to also give that energy back to people who might benefit from that joy and generosity. So happy freaking birthday tomorrow, I absolutely love that, and we're going to keep listening to songs. Next up we have - oh my god, I can't say it anymore - here's "The Chicks," you know their name before, it's still a little jarring but I respect the decision. Here they are with "The Trouble."

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You're listening to Friendship Village, advice and music, I'm Marlee Grace. We have a great question about our careers, our creative careers. This caller is talking about - they were laid off from a job that was really their dream job at the start of COVID. The work they're doing now is really fulfilling them more than anything they've done in their life. They just started their own business offering spiritual services, reiki, they're working on their writing portfolio to go back to school for their MFA. This person is so afraid to fail. They're also embarrassed to claim that they want to be a full time witch to their friends and family. They're finding themselves holding back to not share the excitement and ideas with loved ones. They say, "do you have any advice for owning your career path, especially if it's unconventional, and how did you develop your business to where it is now?" Beautiful question! I've been my own boss for the last almost 8 years, 7 of full-time self-employment, and it started when I opened a shop and an artist residency in Grand Rapids, Michigan in 2013. Well it started in 2012, but in 2013 I quit my serving job and started doing that full time, which I did for three and a half years. And then I moved into where I'm at now in my career, which is being an author, I write books, I teach online courses, I have an online membership community, and I teach dance class and dance and write, I do all these things. A lot of that was slowly pieced together - how do I make money here? Where do I make money there? It's really important to remember that you don't have to make money at every single thing you know how to do. I have a BFA in dance, it's what I have the most public accolades for is my Instagram account @personalpractice, which has been in

the New York Times and Vanity Fair and Dance Magazine, and I make almost no money dancing every year. I make my career in writing, working with artists, et cetera. It's okay if the thing you're paying your college debt off with isn't the thing that you make the most money at. As you're piecing together this hodgepodge career, don't go overboard thinking that everything you do needs to make money. It's good to have sacred parts of your practice that are a little bit separate from capitalism. Part of being a full time witch is how do my identities of privilege exist within capitalism? How can I be of service, how can my business be of service? So again, I actually read "I'm embarrassed to call myself a full-time witch" and thought "that is so sweet though, you get to be!" Again, I think with anything I try to find a balance - I'd like to think this is also a part of living a part of capitalism and the hustle of the world or energy of white supremacy and how we dismantle oppression within us, physically, emotionally, spiritually and in our businesses - both honoring that you might not be at a level of being able to charge a certain amount if you've only been practicing for a little bit of time. It's ok to start small, start slow, and honor the longstanding tradition that you're walking into - being really mindful that you're not appropriating other cultures, and that you're learning about your own ancestral lineage and your own pathway that got you there. And at the same time, there's no training school to be a witch, for our spiritual modalities. It's a mix of honoring teachers and those who came before you, and being really comfortable carving your own path and calling what you are what you are! I'm really excited for you. Simple things - have a website, have a newsletter, I'm not going to suggest you have social media because yes I am someone who has it and has a large following there but it really destroys my brain. I'm in a space of thinking what would it look like to run businesses without it? Tell your friends and family, remember the olden days ways of connecting with our neighbors around our business and art practice. What does this look like off the screen, who is my direct, non-digital community? Sometimes you have to believe in yourself before you're ready. That's something my dance mentors say - begin before you're ready. Start the improvisation practice with your beautiful, made up job. Sometimes people see the way I present my work in the world and assume great confidence, that I have just endless confidence, and I absolutely think that at 32 years old, post-Saturn return, doing my work for a while, yes I have some confidence in my work, absolutely, and I am scared half to death a lot of the times before I put out a huge project, but I do it anyways. You don't wait to not feel afraid. Don't wait until you feel ready to call yourself a full time witch. Some of it is taking that inventory, seeing where you're at, and taking the jump before it happens. I love this question, many blessings on your journey of becoming a full-time witch, I hope it goes very well. Let's get back to our songs! Here's one of my favorites from Jimmy Eat World. We have time for one or two more questions if you'd like to call the station. You can also email now or throughout the week to friendshipvillageradio@gmail.com.

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That was Wynnona Judd with "No One Else on Earth" before that we heard Bonny Doon, Paul Simon, Jimmy Eat World. You're listening to Friendship Village, advice and music every Sunday 3-5. We've got time for another question if you've got one, call into the station. I wanted to show out a few New Mexico Covid-19 hotlines that have been set up for your information and safety.

If you think you have the virus, call 1-855-600-3453. If you need help with child care or loss of income, call 1-833-551-0518. If you are a senior or disabled adult in need of groceries, call 1800-432-2080. Here at Friendship Village we believe that asking for help is a strength, not a weakness. Here is "Before He Cheats" by Carrie Underwood.

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You've been listening to Friendship Village, I'm Marlee Grace. If you have questions for next week, shoot me an email friendshipvillageradio@gmail.com. If you want to listen to past shows, read the questions instead of hear them, go to my website marleegrace.space. It also includes show notes and resources from each episode. Thanks so much for listening!