

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

[Music]

That was Harry Styles here on KMRD Friendship Village. I'm Marlee Grace, happy to be your host for advice and music for the next two hours. If you have a question you can call the station at 505-473-9696 or you can email friendshipvillageradio@gmail.com. You know, let's just start with our first question of the day. I'm so often times questions are asked of me that so deeply relate to something I'm going through in my own day, so I figured I would share. We had a caller who said, I've been in a couple situations recently where I feel really embarrassed and embarrassment to me is a feeling that really shuts me down and makes me feel small and unlovable. I can go through these other feelings in a day and still manage to keep going but embarrassment really unblocks me to my highest potential. I was in a Zoom meeting with morning with a lot of people I really respect and think are really cool, and I went to Google something, to Google something and the last word of what I was google was "lesbian." And in some cosmic way, God made me type the word lesbian in the chat of the Zoom meeting. So it just said me to everyone, "lesbian." And there's like 70 people in the meeting. So I just clicked "exit" and left the meeting. I shared that with a few friends yesterday who gave me examples of their most embarrassing moments like calling someone and going off on someone on the phone call, like the wrong person. I'd love to hear your experiences, like in Zoom spaces where you really were a disaster happens. It felt like a disaster to me, honestly it's like a lot of really hot cool queers so the word lesbian isn't the worst one. Someone's calling, I love that, but dear caller I can only answer when the music is playing. To the caller who asked about feeling embarrassed, we're all just clunking around here in 2021, a year that has already proven to be just as traumatic and wild as 2020. Here's the new Justin Bieber, if you know me you know i love a little Biebs on a Sunday afternoon. You're listening to Friendship Village, I'm Marlee Grace, your humble host. You can call me if you have a question or email. Good luck in your Zoom chats. Many blessings!

[Music]

That was our guide, Justin Bieber, our favorite Pisces, our favorite soft, sensitive Pisces. You're listening to Friendship Village, let's keep going with our questions. Music and advice every Sunday here on KMRD. It's our first show of the new year. The amazing Clint, who you

were listening to before I got here, spinning the best, the best show, musical goulash is the exact name of it. So good, so good. He's truly always spinning the hits. So grateful. Such a gift to follow his show. And he subbed for me last week which was so sweet. First Friendship Village of the new year. We have so many great questions already! "What do you do when you get negative critiques on your writing from a teacher/mentor that don't feel constructive? That are even sometimes sarcastic and seem to be making fun of your word choice or how you use language?" What a beautiful question! Um, you know the thing that is so quickly coming to me is just because someone is your teacher or mentor doesn't mean they're always right. We can respect people, we can learn from them, they can be our teachers and that doesn't mean we have to like every single part of them, like every single part of what they do, what they teach, what they say. The flipside of that is, a lot of times I feel like I've had mentors of some sort in my life where I did get bristly when they said something. And sometimes that actually meant it was something within me I didn't feel ready to address or look at yet in my creative practice or my life. I'd also say I don't have a lot of writing mentors, I have people I look to, favorite writers. In a different way, where in dancing specifically I have clear mentors, in quilting I have clear mentors, in thought I have mentors but in the practice and form of writing, I don't really use it as a technical form. Might have to cast that off to someone else. Maybe I'm not the best person to answer this but I really feel like, if I may apply it to my own practice, I remember in college I had a teacher who said a couple things that I remember being like, hm. Honestly in college when I decided to move back to Grand Rapids, Michigan instead of like a big city, to be a fancy dancer in a company, they all questioned that decision and were like "really?" And it was the greatest decision I ever made. I was so sure that I wanted to move back to the place I was from, this medium-sized town and be a part of a blossoming modern dance scene there. I didn't feel like I needed to go to New York City or Philly or Seattle, and it's so sweet to watch my friends who have gone to those places, but that's an example of a mentor or teacher questioning something I did that looking back I was so grateful I went with my truth and what I knew was going to be true for me. And there are other times I haven't taken advice and was a little whoopsies! Don't take it personally. Specifically, that example was them projecting their stuff on to me. Because where did they live? Michigan. Were they bummed they weren't dancing in NYC? I don't mean to be so sassy, my hot take, but when can I step back and see who is giving me advice and when do I Marlee when am I projecting? Take stock of the room and why someone is sharing something with you, and go from there. And don't quit writing. I know

I'm so sensitive that when I was getting feedback, I had thoughts of like "fine, I'll never dance again." And people do that, they get feedback from mentors or teachers that feels itchy or makes them feel small and they never return to the practice. Many blessings, dear caller, as you navigate those feelings. They're big feelings and I hope you keep writing and finding common ground with your mentors and teachers. So grateful you called! Here's a little Hall and Oates here on Friendship Village.

[Music]

That was the Blow with "True Affection," you're listening to Friendship Village, I'm Marlee Grace, music and advice! We have our next question on the show. Our caller says, "a member of my cohort for graduate school (for social work) approaches things in a radically different way than I do and often says things that, to me, come off as harmful, judgemental, and unempathetic. If she is challenged, even if done so gently, she immediately disengages and does not listen to what others have to say. I try to hold space for her and be empathetic to what I might not see about her and hopeful in the ways she could grow, but it is always exhausting and leaves me hurt and resentful. So, any advice on how to take care of myself, any protection spells, or ideas on how to navigate a space with a person like this would be so helpful." Well, dear caller, you know it is more often than not my advice is really to just keep taking care of your side of the street. There is nothing - you can't control another person's reactions, their experiences, and it sounds like you're exhausted from attempting to navigate things with this person. Just before my radio show I always spray Boundaries in a Bottle from Doree Midnight all over my body so I can be grounded in myself. I think a protection spell - in many ways the greatest protection spell is what takes care of yourself. What calms you down when interacting with a person who quite specifically stresses you out? Maybe you have a favorite herb, tincture, tea, a stress ball, crystals in your pocket, carrying around a Pema Chodron pocketbook in your pocket like I do. Flower essences are so amazing, maybe there's something that speaks to the energy of this specific dynamic that isn't working. You're doing great you're listening, attempting to create safe space for this other person that you have to be in community and in space with. Something I notice so often from my own creative communities, any social media echo chamber I might be in, is that we're not all going to get on the same page all the time. We can only continue to live in my integrity and my truth. As you're navigating, I really think it's about just taking a beat, maybe you need to go to the bathroom, take a few deep breaths. I'm a real believer that you are in charge of

your own serenity, and I don't mean that in a spiritual bypassing way. Of course, we can live through trauma, a lot of things, we saw a lot of world/country events in the US, I don't know where you're calling from, we have a whit esupreamcist situation at capital, and I think it's really real that we are traumatized as people, some more than others. I don't mean to say you're in charge of your serenity and nothing can touch that, but even then, when you're engaging with the reality of the word and your inner and outer landscape, you're in charge of turning off the news, taking a moment, taking a step away from this person who is causing you stress. You're in charge of drinking water, texting a friend, a trusted mentor to run by what's going on. I just want to send you a lot of love as you're navigating this, of course we want school and learning spaces to be magical and blooming and blossoming and sometimes when that's not happening it can be really painful. You're listening to Friendship Village on KMRD, you can listen online at kmr.d.fm/listen. There's a lot of good relationship questions today - friendships, specifically friendship break-ups. One of the least talked about kinds of breakups. Romantic, physical people we nook up, but friendship break ups, the shame, the disappointment in self, we'll be talking about that. Here's Patsy Cline "Walking After Midnight."

[Music]

That was Carol King with "Way Over Yonder," you're listening to Friendship Village, music and advice. We have our next question. They say "I have noticed that I go full check-out mode during my luteal phase (the hormonal phase 10-14 days before ones period). In the past just 'noticing' has been enough to pull me out of the depths of my bullshit, but this is my fourth time noticing and my propensity of avoiding sitting with myself has only gotten stronger than ever! Do you have any rituals I could do or spells I could cast that would bring me out of this habit that is no longer serving me? Love, Longingly luteal" I hope more people do that who are sending in questions, like name yourself fake names. Thanks so much for this question, for menstruators and bleeders out there of all genders and bodies, it's so specific how different times in your cycle can really affect you mentally, physically, emotionally, spiritually. I write about and think a lot about my week four, is what I call it, what it's been called in certain books I've read and things I look towards. Yeah, I have had really in the last year or two, just a long battle, and I say battle because I want to be careful not to give you spells or things that are going to fix it because part of the battle is fighting against it. For me, usually starting day 22, which is literally today, until I get my period, which is somewhere usually

between day 29 and 32 or 33. But for a long time my cycles were going from 37 to 52, I was almost skipping periods. It was really, it was my most depressive time was in those weeks leading up to my period. It would start week four and last until I bled, which was sometimes lasting two weeks or longer. And so that's a lot of time. I tried a lot of different things, and for me what ended up working in the end was I went to see an acupuncturist who, shoutout to Amy Kuretsky in Minneapolis, Minnesota who gave me a specific Chinese herb medicine to take. I feel teary-eyed even sharing it, my menstrual cycle became regular, some eczema flare ups I was having, my ability to exist in that difficult week of my cycle changed so dramatically. I really encourage you to look for outside help, whether it's an acupuncturist or a bodyworker or someone who is really well versed in hormones and how they change in the cycle. I know I needed extra help. There's a couple different books that you can look up, they're usually really gendred, woman, women, it's literally called Woman Code and Wild Feminine. I haven't yet found a book that's very gender-inclusive, non-binary people bleed, people of all genders bleed, a lot of women don't have periods, it's certainly more complicated than a lot of books will tell you. Not complicated, it's more abundant and varied. And so yeah, there's a lot out there and I think just get clear on what your body needs during that time. In terms of your mind and how you talk to yourself, that's where right before the show I was feeling a big lonely feeling, I feel so lonely, not feeling lovable today, and usually in my week four my thoughts about myself become really twisted, really different than what I know to be true. I get really critical about my body, my art, my writing, I question everything, and so - I don't know if there's a spell to cast as much as a gentleness that you can have with yourself. I try to joke about it, I have a few friends who are my week four buddies, I text them and am like, time for me to go to my island for the next week so I don't fight with the people around me. Be gentle with yourself. Planning can be a privilege but planning to rest, or therapy, or a trusted friend, or writing a letter, having your places that you process and share. This is the beautiful part of the cycle is it always shifts, that cycle always ends. But I was talking to a friend and was like, you know my week four is really bad and sometimes lasts two to three weeks and she was like Marlee, that's over 25% of your life. And I was like, oh no. I think I was brushing it off, like, start to feel crazy on these days, and it was like, no. I was really mentally unwell on those days and physically. Be gentle with yourself as you're navigating it. PMDD, really serious PMD, self-loathing happens to a lot of people in certain sections of their menstrual cycle. Mine is week four, sounds like yours is in the luteal phase. Week two I'm rearing to go, feeling great, feeling

powerful, get all my stuff done. See how much rest you can plan into that time. Clearly I have a lot of thoughts and things to say about all things. Be kind to yourself. Many blessings as you continue to navigate this, dear caller. You're listening to Friendship Village, this is Radiator Hospital.

[Music]

That was Loretta Lynn "High on a Mountain Top." We're at a high elevation here in Madrid, New Mexico. You're listening to Friendship Village, advice and music. I have another question from a dear caller. This person says, "my 8+ year relationship has been rocky from the jump, we are both late 20's so have essentially grown up together & are very intertwined. There have been many times we've nearly broken it off and I can certainly see how I've contributed to unhealthy cycles. About 4 years ago I really invested in my growth: trauma therapy, backed away from substance binging, engaged in my career and hobbies and friendships, came out as bi+. As much as I continue to grow, thrive, and communicate, I feel like I'm just growing... away from him. He is often shut down, avoidant, lashes out at me, is rarely an active participant in our lives. Pressures of COVID, loss in our families, and holidays lately haven't helped. Honestly I'm thinking about ending things... but I struggle because of that attachment, my love for him and hope he can grow and face his own recovery, my role as his main supporter. How do I know calling it quits now isn't too early? Also concerned that my queerness will be thrown in my face and erase my concerns with the actual relationship (ie "you just want to date women"). I feel stuck." Dear caller, and everyone listening who just felt that question deep in our bodies, this is a sensitive question. And you know, I really - it reminds me so much of we cannot guide another person into wellness, recovery, mental health that is thriving or shifts for them, we don't have that power. We don't. Which is hard to wrap your mind around. We don't have the power to fix someone and our love and patience can't fix someone. And so time is the greatest question. I remember when I was getting divorced, that question of how do you know when it's been enough time that this isn't correct anymore? And there just isn't a correct answer. For some people it's five minutes, for some people it's twenty years. Some people stay with someone for their whole lives - you said in this, you said, it's been rocky from the jump. 8 + years is a long time for something to be rocky from the jump, I'll reflect that. Any advice I'll give is only a reflection of what you said. And it's also troubling that you might not feel safe. Even being afraid that queerness is going to be thrown in your face, that isn't a safe feeling. What I want to say is, it sounds like you

already know what you need to do. I don't even need to say it on air. You writing this out to me, I can feel how clear you are with what you need to be your brightest, queerest, most powerful, trauma recovered self. And this person, who is currently you're in a relationship with, from what you say, doesn't seem to be along for that ride. That person will exist without you, and that's ok. And not only will they exist, they might thrive. They might find a relationship that's more correct for them. You said it yourself. You are both at play with unhealthy cycles and sometimes two people together just really trigger the unhealthy cycle in the other person. And when that goes from - there's a difference , in most partnerships we get into loops. It's different when that loop becomes toxic, includes lashing out, includes behavior that is really unsafe and emotionally disturbing, to be honest. And I just want to say - this sounds like one of the most sensitive Friendship Village questions. I just want to say, you are loved. You have your tools. Clearly, you wrote that to me. You have everything you need to exist outside of this partnership if you choose to stay in this partnership, you have everything you need. Your awareness is beautiful. You have a family of queer people who are ready to hold you and lift you up no matter what direction you go with this. And it's ok to leave. And it's ok to stay. I'm not a judge, jury, cop, thank god. I'm just here to reflect back to you what you so beautifully reflected to me. It seems that the question is will I be ok if I leave this container. The answer is always yes. The answer is always yes. You are held by the universe, held by your friends, held by your community, held by yourself. THE answer is yes. You'll be ok. Will that person be ok? We don't know and we don't get to decide. That's his journey. Many blessings to him as he goes on it. And many blessings to you. Sending your heart and your mind so much love and compassion and gentleness. There's no such thing as staying too long, which is a hot take even for me. I think sometimes we worry we stay too long and I'm going to guess every day you've been learning more and more about yourself and what you need to make the next move, whether therapy together, leaving, there's not a wrong choice but there is great acceptance for the journey that you've been on and that brought you here. Thank you so much for trusting me with this really vulnerable, sweet question. Many blessings to you as you navigate being in your partnership or without it. This is Friendship Village, 96.9FM KMRD, Madrid, New Mexico. The first dance video I was five years old and it was to this song by Janet Jackson.

[Music]

That was The The with "This is the Day." My favorite song from the Empire Records soundtrack. Empire Records is probably my favorite movie, so make sense that I have a radio show which I love so dearly. My own dad works in a record store, and is a record collector, and sells records on eBay. And worked in radio for most of his life! It's in my blood to love a radio show, to love a record store movie. Before that we heard The Weeknd, "Blinding Lights," T.Rex "Cosmic Dancer" and Janet Jackson. Pretty sure Rhythm Nation came out in like 1988. There's so many clues, like listening to the lyrics, do we want to build a better world together? Yes, Janet, yeah. I do want that. I do want that. And yeah, I think 2020 and already the beginning of 2021, we've really seen how white supremacy and racism just live and breathe and are so often the root of everything that happens in the United States. There's always those moments- you always know, hopefully, if you're doing the work inside and outside, you're aware that the things we've been seeing in the last couple days are not a broken system. Our soon to be president Joe Biden said this is not our America. This is not my quote but I saw a lot of people being like, yeah, Joe, it is. It literally is. Police let white supremacists into the Capitol. ANd if those people were Black or brown protestors, we would have seen murder and bloodshed and it just wouldn't have been possible. They wouldn't have been let in. The white people were let in my cops. My favorite meme was "you don't ask where Miley Cyrus is when Hannah Montana is on stage." Because they're the same person. Just like the cops. And the white supremacists who stormed the capitol. I'm feeling my feelings, don't my work, hope you're doing yours. Hope you put on Janet Jackson and listened to Rhythm Nation and channeled the goodness that I think is about helping each other and listening to each other, because yes to outrage and that can lead us to burn out, where can we lift into a little more compassion for ourselves and for each other in this time and all times? We only have a little over a week until the transfer of power at the White House happens. I'll believe it when I see it, I'm hypothetically looking forward to it, but I think there's - we saw in the Obama Administration a complacency that can come over people, specifically white people. I'll keep doing my work, I hope you keep doing yours. I also saw something great the other day that was like the echo chamber of social media we shame people for not knowing something we learned two weeks, and that is the energy I don't want to see in 2021. It's like, if you see a friend who is saying something wrong or doesn't understand what is going on in the world or how to be anti-racist or show up for their community, you might have just learned certain parts of that too, language, ways to talk about it. Bring them in, welcome them in, pull their seat up to the table and be like "hey, here's where I learned about these

things, do you have any questions?" The constant shaming and quite literally policing of those people's knowledge or lack of knowledge really exhausts community. I would love to see us pulling up more seats at the table while the world is on fire. So, next question on Friendship Village, advice and music here with me Marlee Grace every Sunday from 3-5. This sweet caller has explained in a long way their relationship with a former roommate. I will say it seems like they're not in a roommate relationship anymore with this person. I'm going to assume they're not. They say, "I had a college roommate over a year ago who was one of my closest friends at the time. I had been dating someone for a year at that point who got along great with this roommate, but once my girlfriend (at the time) graduated, everything changed with the roommate. Everything came out about how she actually felt about me and my girlfriends relationship--she was yelling, gaslighting me about how I didn't actually love my girlfriend, and even accusing me of having that very conversation in a rigged way that was unfair to her. (On top of this she was also dating someone who she knew made me extremely uncomfortable because of multiple situations of unwarranted and unwanted touch from his part. She would also bring him into the room.) For the remainder of the semester she flip flopped between trying to be friendly and completely ignoring me. When I would come into the room and say hi and ask how she was, it would be a one word answer with no eye contact. I would actively avoid going to my room all day. When I was there my heart would pound and my body would be in physical distress if I heard her in her room. This lasted for 3 months. Over the winter break of that year she texted me asking why I didn't reach out to her, and we had a brief exchange about what happened. I know that she doesn't understand how manipulative she was and how badly she hurt me, despite my trying to explain. She has recently reached out again, saying she misses me and wants to know how I'm doing, as well as asking other intimate questions about my life. I feel extremely anxious getting texts from her, and am lost as to why she thinks I could come back to a friendship after having been treated that way. How do I be true to myself in setting a boundary with someone who I will be in the same vicinity with again soon, when she expects friendship, and where my reality is that her presence makes me feel unsafe and anxious? I have had friends who have told me "you don't owe her anything" which is a relief to hear, but I don't know if I could realistically practice that, or if I even agree with such a brutal sentiment. How do I move forward?" Ooh, ooh, ooh. I think this is honestly the most common friendship question is like, this feels really unsafe to me. It doesn't feel good, how do I move forward? How do I set a boundary and not seem like a bad person for being like, don't talk to me. I agree with your friends, you don't owe this person anything. You can

actually be really loving and clear, and just be like, hey, I appreciate you reaching out, I really enjoyed certain parts of our friendship before, I don't feel like I can be intimate with you. I wish you only good things. I wish you prosperity and abundance and magic in your other relationships, and this one isn't for me anymore." From what I'm reading, it's going to take more information, like let's talk about all the things that aren't going well. We're past that, you're doing healing around that experience .This is where you can say - I have before had a friend who I have never spoken to again who told me, it was years ago, this is a friend who had really high expectations of me, I didn't meet them, and this friend said I don't feel safe in our friendship and I never want to hear from you again. There were many other details, but that was a text I received. It was really painful to read, and I was also freed of what I consider a toxic friendship. I'm pretty sure that person thought I was toxic and I thought she was toxic. I'm that friend who has had people say, I can't be friends with you anymore. And I've said to people, I can't be friends with you anymore. Or I've said, I can't talk about this person with you, or I can't talk about this with you. There's that - I think a quote that's like the only people who don't like your boundary are people who benefit from you not having them. If you set a boundary and she's mad, that's not on you. You just have to protect yourself and stay true to yourself. Clearly this person is not creating a nourishing space for you. It's ok to send a text or an email or when you talk on the phone, I don't think there's shame in that text, to be like hey, I don't want to communicate with you anymore. If we see each other in shared spaces, you can say hi to me. I think actually looking back, the person who said no more talking, said if you see me around, say hi. It wasn't like you are banished, you are cancelled it was just like, we aren't friends anymore. You can say that to someone. It's so scary, it even makes my heart pound thinking about being in that situation and knowing I've been on both sides, and I think there's not a lot of language for talking about a friendship break ups and how it works and looks, how to do it mindfully and lovingly and with compassion. Just sending you a lot of love. I really do - I think an action is required to communicate with this person that I'm no longer interested in you reaching out to me. That boundary needs to be set. Just because it's scary doesn't mean you shouldn't do it. Don't wait to feel ready. You might never. It doesn't get less scary, it stays scary and you do it anyways and then you are free, afterwards, to live in integrity with yourself. Many blessings, that's really hard and you're doing great. Thanks so much for your question! You've been listening to Friendship Village, music and advice .

