

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

[Music]

That was the Secret Sisters with He's Fine, we started off with Jo Dee Messina "Bye Bye." I'm Marlee Grace, you're listening to Friendship Village, music and advice every Sunday here on KMRD from 3-5PM Mountain Time. Happy to be here, what a cool show that we got to here just before this one. I'm looking at the song history on the web browser right now, I know I need more instrumental, non-lyric music for my life, for my practice in my sewing time, doing dishes time, something a little peaceful, I could use that. I'm comin' into the show today feeling a little chaotic. If you stick around and listen to the songs, you will wonder what's happening in my mind or you'll just hear it, the pendulum will swing from pop country to country of the 70s to pop music of today and the 90s and just some obscure things in between. There's truly no theme to Friendship Village. We're going to get started with our first advice question, which is: "What advice would you give to someone who is opening up their relationship while living with their partner? Any specific advice for feelings of anxiety and insecurity related to opening the relationship? What are some ways to navigate codependency with a partner during this time?" And this caller gave some background kind of talking about - they live alone with their partner, they don't have any other podmates, we're in winter, their girlfriend just recently started an emotionally intense long distance relationship and it's bringing up a lot of anxious attachment and insecurity for this caller. I've learned so much about anxious attachment and insecurity and codependent feelings, especially in relation to partnership, I think even if my partner isn't actively dating someone, I can invest that they want to and it will flare up the feelings. I think it's really normal to be going through that. If your partner is starting some sort of emotional intimacy with someone else, even a friendship. And of course when it's romantic it can flare up those feelings even more. Something I'm so grateful to have learned is there's a difference between actively choosing monogamy, and feeling comfortable in that choice, feeling like I don't really want to open up my relationship, I know it'd make me jealous and not feel good. And then there's someone who really believes in openness, poly-amory, whatever container you're in of non-monogamy, and just because you feel clunky and you're having this sort of hard time, doesn't mean that you're not able to have an open relationship. I think especially in the pandemic, in this - I think everyone's codependency is really heightened right now, everyone's inability -

my partner and I were just looking over some questions like, what keeps our relationship fun and feeling good and spicy? And one of the biggest things is us separately hanging out with our separate friends and having separate experiences in the world, right? This is a lot of the Esther Perel talk about how do we keep desire and longing, we have to be apart - not just physically but also emotionally. Something we do to fight codependency is have our separate hobbies, separate activities, separate friends we call. We also have friends we FaceTime together, that also feels good. Yeah, even though you're together, living together, just connecting - if there's a time your girlfriend is going to be connected with this other person, plan connection with other people. Pick a friend to FaceTime with. I think it's ok to tune out, watch some TV, play a video game, do something like that. Part of me is like, draw a bath and meditate, but if your intrusive thoughts are anything like mine around anxious attachment, insecurity, and codependency, sometimes running a bath doesn't really work for me. There's also esteemable acts, maybe pick something you know builds your self esteem? For me a lot of insecurity and anxious attachment and how that happens in my partnership is because there's some little voice in me that's like, I'm not worthy, I'm not good enough, I'm not XYZ. So if I can connect with esteemable acts - sweeping, cleaning my studio, tasks for me that are hard to get to that I know enhance my quality of life that I avoid, if I can do a couple of those tasks, I start to feel pretty good about myself. Making a list of activities, people, things that make you feel good about yourself, not in a boost your ego, puff your chest way but in a factual, I want to root into who I am. And good job, good job to both of you. It's not easy to navigate that shift when you are your only pod, specifically. I think that's really brave and really hard, I've seen it definitely increase intimacy with primary partners and the beauty that can come from that. Many blessings, you're not alone. It's really normal. You're not failing at polyamory by having these feelings come up. For most traumatized, queer people, maybe straight, untraumatized people, I think anyone is going to face some of this discomfort and unknown, especially if you weren't immediately dating people right at the beginning of your partnership. I believe in you, I believe in the two of you, the three of you, five, maybe there will be seven one day, who knows? I think you're doing great out there. You're listening to Friendship Village, if you have a question feel free to shoot me an email at [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Let's lighten up the mood with a little Christina Aguilera, you know? Why not?

That was our girl, Christina Aguilera, queen of pop. We've got a lot of pop music on the show today. A lot of pop country, a lot of pop

hits. 70s country. We've really got it all today. I'm really feeling like Christina naturally leads me to Britney. I'm going to go with Britney next. Thank you so much for listening to Friendship Village. IF you have a question you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We've got some great questions coming in today. Relationships. Creativity. We've got a big week coming up, we've got a transition happening in the U.S. government, that's what I heard, and there's a lot to do and pay attention to and I also hope you just turn some music up, cuz as Britney says, it's toxic out there. Here's a little Britney Spears.

[Music]

That was George Strait with Check Yes or No. Ugh. I'm live on social media, it's fun, ya know. Fun to say hi to some people out there. This is 96.9FM, KMRD-LP, you're listening to Friendship Village. We have another great question from a caller. So. This caller quit their job, they quit their job last week and they were really burnt out, this job was full of bureaucracy, not an energizing space. This person has no regrets about leaving, they're thankful to have financial stability, which allowed them to support their family, leave their marriage, and position them to take some time to figure out what they want to do next. So, the caller says: I've never been in this position before, not grinding away my 8-5, 40+ hours a week, and now that I'm in my mid-thirties I want to create some space to dig into what brings me joy and fulfillment, discover community and connection, and at some point in the not too distant future, make a decision about how to financially support myself. I'd love to hear your thoughts and recommendations on things I can do to help rest and recover from the burnout, to create some structure to my newfound abundance of time without restructuring or being overly ambitious about doing all of the things with my newfound freedom, which I'm acutely aware is a very real possibility/danger for me. And how to figure out what my next things or things are. Most of all I want to be thoughtful and intentional about this part of my life." Dear caller, congratulations on your time. And I love this question because I've been thinning in my own life, I don't have a boss per se, my boss has been me for the last 9 years, and sometimes I'm not a nice boss to myself. I haven't given myself a day off in this year, yet, I think. And it can be really confusing when you love your work and are grateful for your work. I love that you said, I want to rest and recover and you said that because you want to be available for the next thing, right? That's part of our resistance to fighting burnout and resting and taking care of ourselves, is there's so much to do. The world needs us, my family needs me, my community needs me,

and it's like yeah we need you and we need you rested and recharged. First I Just want to say, I think sometimes guilt can come in when we have time and abundance of time and can rest, but again I don't think we're really available for the revolution inside and outside that needs to happen if we're burnt out. Something I've been doing is, I've been doing it with my partner, but partnered or not, have a weekly meeting, like a weekly vision for the week. What do I want to do this week? What do I want to do to move my body? What do I want to cook? What do I want to do creatively? What do I want to do that's action-oriented for the world? What do I want to pay attention and not pay attention to? What are my boundaries? What kinds of fun Zoom meetings can I go to this week? Do I want to organize a friend hang or Facetime? Aw, someone who's watching my internet live stream just said, proud of them! We're proud of you! I don't think there's a right or wrong way to do it. You really have to listen to yourself. You're the only one who knows what's true for you, and the next thing will come. I was talking to a mentor person in my life today and so often when I try to fix things, fix the thing itself, I start to hold my grip too tight. That's where it's like, don't try to over-plan right now. One day at a time, hold a loose grip on your life. There's a 12-step phrase, wear life like a loose garment. I love that one. It's like, by just paying attention to what your needs are and doing the things that make you feel good and safe spiritually and emotionally, you'll get to the other answers. Go for some walks, try some morning pages, and flexibility. I'm inviting a lot more flexibility, a lot less black and white, a lot more of what is the gray area and how can I be more comfortable in that? Friendship Village listeners are proud of you for quitting your job that wasn't feeding you, we look forward to hearing what emerges next. Many blessings, dear caller. Whatever's next for you is going to be just so freaking beautiful, so beautiful and so exciting. We're so happy for you. To celebrate you leaving your 8-5 job, let's throw a little Dolly in here, 9-5. Let's hear what Dolly has to say about the situation.

[Music]

That was Winona Judd, Girls with Guitars. BEfore we heard Dolly Parton. You're listening to Friendship Village. I just got an amazing call. Don't forget, you can call the station. This is a repeat Friendship Village caller. I love when you trust me to answer something more than once, that's so sweet. I really relate to this person's question, they started saying that they built their experience of the world is so sensation-based, I feel it in my body and I'm trying to move through it. This caller is just a big feeling

person, which I so deeply relate to. I think they said, the days are wild, which I am also really hearing and feeling right now. I don't feel as much like physical serenity as I want to feel right now. I can use my thoughts and be like, I'm fine, I'm grateful, I am serene. But I can feel my body isn't, my body is experiencing anxiety, taking on a lot of other people's emotions. Feeling how much I'm taking on. This person asked a little bit about, what are my thoughts on moving through the world as a witch? And as a someone who feels things really deeply and sensationally? What are the practices and those thoughts for moving through the world? You know, my answer today is like, I feel like my spiritual practice ebbs and flows so intensely and lately my form of witchcraft is building my island on Animal Crossing and being really intentional about how my trees, how I get my fruits and what I craft at my craft station. And I'm lighting my candles, pulling my cards, doing my morning pages. For me right now I think the world is actually asking of us to grant really radical permission to do...it's not pretty. It's not a well curated wellness package, it's not like, I light my candles and make my infusion. I light a candle, then like have to watch five episodes of Grey's Anatomy in a row. Right now it might not look beautiful and how you want it to look. And movement through the body, something I Was sharing last week is am I a dancer? Yes. Do I love to research and improvise and want to make compositional choices as a dancer? AND sometimes do I just need to move my body and not think about what it looks like? Yes. How do I move through the world and not be so worried what it looks like. My ex-husband, who's a genius, he often reminds me when I text him like, this person hurt my feelings, or this person likes me - some sort of feeling about not being liked or worrying what my life looks like to the outside world, his reminder is "what other people think of you is none of your business." Which I just love so much. That's separate from wanting accountability and community and making amends for harm done. I'm not talking about not caring what other people think, but bringing in that energy helps me when I'm like, I should be meditating for twenty minutes a day and XYZ and I'd move through the world so much more gracefully if I did these things that are good for me. There's no gentleness. I can't shift, I'm not going to shift in that, I'm just going to hate myself more. Gentle, gentle. That's what someone special in my life says to me when I want to fix everything. What if there was nothing to fix today? What if we let go of what it's supposed to look like? Maybe make a list of your practices - what are your things that help you move things through? I love to recommend dancing to people because I just love to dance, and I hope you dance too. We're going to play a little - many blessings, dear caller, so many so many blessings, I know you're listening to your drive, you were looking at a pond

today. We're going to move off track, we had a request - it's rare I ask or care what other people want to hear, but if it fits my vibe I'll play it. Here's a little T freakin Swift.

[Music]

This is 96.9FM, KMRD-LP, Madrid, New Mexico, I'm Marlee Grace, you're listening to Friendship Village, music and advice. We have another beautiful question from a caller. The number for the station is 505-473-9696, you can also email [friendshipvillagearadio@gmail.com](mailto:friendshipvillagearadio@gmail.com). This caller said, I just don't want to make art right now. Part of it is about my relationship to social media, but I'm just not sure how to get inspired in my practice, I'm in a lot of comparison." Ugh, dear caller! Do I relate?! Am I breathing?! Am I here? Yeah! I think this is another - every answer to these advice questions feel like they need to be forever applicable and also so pandemic-specific about gentleness with yourself. Social media is so often - we're isolating and alone in quarantine - the only place we can find any connection or inspiration. And then when's the line when it just wipes you out and deplete you and not like yourself or your practice. I really hear you and relate to that discomfort and confusion. Something that's been helpful for me is to - a lot of times when I'm quilting, instead of looking at other quilters I'll look at artists in other mediums that inspire me. I like to look towards my own ancestors, both blood and chosen and what they're working on. When I'm talking to other people about quilts, I'll often read something about Hilma af Klint that she channeled. She's one of my favorite artists - she's Swedish and she's queer and she's dead now, but her art really speaks to me, the way she makes shapes and is in conversation with spirit is how I want to live and teach and work in the world. Open up some books. To spark my own art practice I like to look at art that isn't in my direct community, that I'm not comparing a career to. You mentioned social media being part of why it's hard, there's so much projection of what an artist's career even looks like, like everything's going really well on the internet. When you're in compare and despair, don't beat yourself up. Be gentle with yourself. And it's ok to not make art for a while, right? What if you gave yourself permission to not make art for a little bit. What might emerge from that? Maybe you need to - I know for me, I'm not very good at chopping vegetables, I don't really know the technique. I've been thinking lately, I think I'll finally let my girlfriend show me how. The other day, she was like, chop this onion. And I was like, how? And she said lovingly, there's a difference between chopping, dicing, slicing. And I was like ah, ok. And then I chopped it and she was like, really kind but was like, I'll show you how to chop an

onion soon. At 32, it doesn't feel great to not know the exact technique. I think the onion did well in the meal, but yeah. Do you know what i Mean? It's like, maybe you don't need to focus on making art, maybe you need to figure out how to chop an onion correctly. And what does chopping correctly even mean? Do whatever you want. You know what I'm saying. Maybe the answer to figuring out our art practice is to pay attention. Many blessings, daer caller, I hear you, I feel you. I know this feeling. Friendship Village, advice and questions. [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com) is the email to email. I've been listening to a lot of HarryS tiles lately, I feel very - I think our household finds him attractive, desirable, beautiful, we just love Harry. You all know I'm a Belieber but my eyes are really on Harry. Harry's original music project was called One Direction and I feel like Harry's solo career is so innovative and interesting and beautiful but I just don't want us to forget about One Direction, so this is my favorite One Direction song. You're listening to KMRD, this is Friendship Village.

[Music]

Wow, One Direction, Harry Styles' original band, what a great song. This next one goes out to really the kings of country, in a lot of ways, in their powerful magic, this is my favorite song by the Chicks. This is a song that I feel like radicalized country music in a lot of ways and I consider myself non-violent, but I also support the actions of this song.

[Music]

That was The Chicks with Goodbye Earl. You're listening to Friendship Village - while I'm at it, while I'm making my political commentary on pop country, I put on today's playlist another one of my favorite pop country songs. Which is Chattahoochee by Alan Jackson. I don't want to speak on behalf of Alan, I don't know him personally or his politics or belief system or if he even wrote this song, maybe there's some nuance, I'm not a tried and true supporter, we don't know each other personally. There's a line in the song that doesn't get paid attention to enough. He's making out with some girl in a car and the line is, I was willing but she wasn't ready. They were maybe going to do something like make out and stuff but she wasn't ready. He drops her off at home and then goes and gets a burger or something, hangs with his friends. He wasn't ready so I dropped her off early, but I didn't go home. I think that's another - a lost line in the history of country music, like wow. It wasn't like, I was willing and she wasn't ready and it sucked and I then manipulated her

into feeling bad. Ya know? If someone's not ready for something, physically or emotionally, you can just lovingly drop them off early. He could have invited her to go with the friends, maybe he needed alone time. I don't know Alan. But that line sticks out to me. If there's 18 year old boys living in rural places listening to this show, I don't know if there are those, but if you're willing and she's not ready, just drop her off early way down yonder.

[Music]

That was Mary Chapin Carpenter with "I feel lucky." You're listening to Friendship Village. IF you loved today's show and want to listen to old shows, you can go to [marleegrace.space/home](http://marleegrace.space/home) and click Friendship Village Radio. If you have a question for next week, you can submit one. A lot of today's questions were about connection - connection to self, connection to others. And I'm really feeling that right now, the struggle of wanting to connect but also wanting to hermit and isolate a little bit. And missing real life, but appreciating the Zoom hangs and FaceTimes and all those things. This one goes out to everyone who is excited to see their friends again in a safe way, and it's specifically dedicated to my hunns HH and Lukaza, it's Janet Jackson "Together Again."