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

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Kicking the show off with a little Taylor Swift from her new album, Folklore. You're listening to Friendship Village, advice and music every Sunday from 3-5 with me, Marlee Grace. If you have a question about art-making, identity, being alive during a global pandemic, whatever you want to talk about today, call in during the musical blocks. Throughout the week or during the show you're welcome to email me at friendshipvillageradio@gmail.com.

[Music]

That was "How Bizarre" by OMC, before that we heard "When the Party's Over" by Billie Eilish, before that we heard the classic "Tom's Diner" by Suzanne Vega. Thanks for listening to Friendship Village, advice and music every Sunday here on KMRD from 3-5. We have our first question of the day. This person says, "Recently I have started trying to using astrology and other similar resources (like the human design chart you mentioned in a past show) to learn more about myself and get a better understanding of my internal struggles with the hope that that understanding would help lead to positive change. However, I find it is having the opposite effect I was hoping for. Instead of leading me to learn more about myself and feeling pride/confidence in my self, I feel defeated, disappointed and trapped. I feel that I have received confirmation that the negative aspects of my self are something built into my system and something that is so engrained in my spirit that it is not possible to change. For example, by reading and strongly relating to content about being deflective to relationships and having a an avoidant attachment style I feel more lonely and incapable of finding strong relationships more than ever instead of growing from this knowledge in a positive way. So my question is how do you use self guiding tools to promote positive internal change and not make you feel trapped by these definitions of your self?" Thank you for this beautiful question! I feel like this is something we don't talk about a lot in our greater, new-age understanding of the self - whether it's any modality you're using, astrology, human design, enneagram. I feel like I can most relate to this when reading about myself within the context of the enneagram.

If you don't know, that's a 9 number series - you can have different wings, maybe some of you listening are like "you're explaining it really badly." I'm not super in tune with that system, but it's one that definitely - when I read about myself, I remember just like "well, this is who I am. They're right, and it's not pretty." So I just want to say, I relate. I don't think you're alone in feeling that. I know for me sometimes when I get a bigger chart reading by an astrologer, I get really fearful. Fear is a feeling that creeps in for me. If it says something about my relationship going through a difficult wave, I'm like "well, that just proves I can't be in relationships. I'll probably have to break up with my partner." And so far - I mean, yes, that has happened sometimes in relation to certain dates in an astrology reading. And I can also say in my current partnership that came up during a transit in a time where it was a harder time for us. I think that's where each of these modalities, or systems, really has to be just used as a tool to integrate with everything else you know. And remember that the only constant is change. Borrowing from an Octavia Butler vision of "change is God" and that's the only thing that's true. This spiritual notion of being on Earth is that there's so much unknown, and especially in this time of being amidst a global pandemic and how much we truly don't know, is to loosen the grip. That's something I've been trying to practice - that's the other thing, this is all practice. You're not going to be perfect at it. You're not going to immediately be able to apply astrology or human design or anything and just know everything. I think that's some of the discomfort - thinking we're going to get to a "solved" place, right? So if you're feeling that discomfort, it must be a rush to a finish line. I also heard you say understanding avoidant attachment tendencies and your astrology revealing that that's true. I think taking the death sentence off things is going to be helpful. Like, staying curious and non judgemental of yourself, saying "oh hey, I know this about myself." Seeing clarity as a gift instead of something to be afraid of. That's definitely something I'm working with. Now, you can use that to dig deeper into the root of why - some of your avoidant tendencies. What makes you feel safe, what makes you feel good? I know that for me when I'm in relationship to an avoidant partner or in a friendship, a platonic relationship, a familial relationship, I can just start to see them unpack - what makes me feel safe? A lot of times you might just need more alone time, and how can you communicate that to partners? I don't think you're going to be alone forever. Yeah, I think also that specific label - being avoidant - gets sort of a bad rap, and I've seen a lot of people in my own life

- find tools - I don't want to say heal because I don't think it's something that needs to be healed as much as it's something to gain more tools around. You can also just take a break. Stop reading astrology stuff. I have a few friends who - there's other modalities even of astrology that are like, you're not a Cancer, you're a this thing. It's just information to get closer to our personal truth, which is also always changing. For me, I've had to take breaks from reading certain horoscopes, same with human design, I've gone really, really deep in before and then needed to take long breaks from any modality to return to - I'm a human who breathes and is on Earth. I've talked about her many times, but I love Pema Chodron, my favorite book by her is When Things Fall Apart. I love that title because it's not "if" things fall apart but "when." And so yeah, just looking for different teachers, different strategies - I mentioned Octavia Butler. adrienne maree brown would be an amazing contemporary writer - Emergent Strategy is a great book by her, Pleasure Activism. There's a lot of writers and thinkers out there who are giving us much broader - a wider path and journey to the self than such a strict modality as the enneagram or Myers-Briggs or human design. I think it's ok to pull back a little bit. For me for human design, I really had to remove myself from that world and people who were talking about it, and lately I feel more excited about it, like oh yeah, I want to return to that knowledge. So, take a break! It's ok, don't look at it. Look to other teachers or paths that are giving you a bigger vision of who you might be. It is my belief that everything inside of you is changeable, the world is constantly changing, we're always in this great vast unknown, and so there's - I feel called to say the sentence "there's nothing to be scared of." And that's from someone who fully melted down earlier today and said "I'm afraid of everything. I'm afraid of losing everything, that everything goes away" and my partner so lovingly said, "everything does go away." I think there's a chilling piece that comes with that, to know that everything's going to keep changing, we're going to keep losing things, we're going to keep starting over. Keep finding the tools that nourish you. If astrology isn't nourishing you right now, it's ok. Walk away. Find something that is - there's so many things that are. Many blessings to you, thank you for this beautiful question. We are going to scoot over to some pop music, a little Nick Jonas with "Jealous." You're listening to Friendship Village. If you have a question, call into the station or email friendshipvillageradio@gmail.com.

[Music]

You're listening to Friendship Village, I'm Marlee Grace. We have another question, a little heartbreak, a little pain. This person says, "I'm sad today. In February, my lover and best friend and partner felt so deeply in their soul that it was time to move away from Michigan. They did, and moved to Northeastern, New York to work at a farm. We stayed in touch every day, had arguments, told jokes and shared photos, had conversations of longing, and expressed frequently that we missed one another. This past week they returned to Michigan for 7 days, and we fell back into our romance and intimacy - hard. This morning they departed once again with the possibility of them visiting again in December. In my gut right now I feel awareness around not being able to do 'this' - another whirlwind week of romance and love - when they're back for another visit months from now again, not in a way that is emotionally sustainable for me because today my heart is so sore and longing for us to be in the same place again. They do not want to move back to 'the mitten' and I'm unable to go with them. We love one another and both express wanting to be 'partnered' again, while accepting that they do not want to be in Michigan. How can I work with my heart right now? How can I allow intimacy without serving myself a heap of emotional turmoil?" I had my hand over my heart reading that whole email and question. I think because I know that feeling, and it's really painful, and really disorienting. It's also beautiful that you asked and I think the most important to me is really the last line of how can I allow intimacy without serving myself a heap of emotional turmoil? I think that's so important because it's something I ask myself in a non-whirlwind partnership, I think that's a question we should always be asking ourselves. That's important to ask yourself that because - I have a couple thoughts on this situation. Some of them will almost be devil's advocates to themselves or to each other. I'm going to give us a few sides of the coin. I share that - my experience with intimacy and inner turmoil - only because I think whether you do this with this person or if you were magically in the same space, you might feel turmoil within intimacy either way. So just not putting too much pressure on the situation as the thing that's causing you turmoil, right? Again, I'm always answering these questions for people and I know nothing about you, I don't know you, but I'm thinking about how relationships - this is my own side of the coin - there's part of me that's like "what's so bad about a week every six months?" I don't think that's a bad way to be in relation to someone. I think if you're practicing good phone boundaries and really resisting urgency to know the answer to what your love is

supposed to look like, you might really be being invited into deep intimacy with yourself. Let's say you're going to stick with this and you can't walk away - and I don't mean "can't" in like a love addiction way, but like there's clarity around that there's something still there. Maybe being "partnered" can happen in this really new distant way. I'm always thinking about digital boundaries and minimalism. I dated someone briefly and long-distance once and a rule she gave us was to not focus on longing as despair. We made a choice to be in relation to each other and so because we were making that choice, it wasn't really fair to add despair and longing. Of course, you can say "I miss you," or that we miss each other, but I guess I'm wondering what would happen if you did stay in this and you rewired the vision of what partnership is. Because I think that's what the pain is - I heard someone say this the other day, "my suffering comes from trying to control and manage everything around me. And when I don't try to control and manage everything around me, I'm actually more much tuned into the fact that things are exactly as they're supposed to be." You can also walk away. There's also something to be said about if you can't or you don't have the strength to practice that and use those muscles, you might have to walk away. And so that's this question of "how can I work with my heart right now." I think there's something to be said about deep breathing, putting your hand on your heart, deep journaling, really getting in there to see what is the fear? What is the pain? What is the fear of doing partnership in this way, in this really new, different way? And what does your heart really need? Maybe your heart doesn't have that capacity - and I don't say that to imply that that kind of capacity is correct - even when I talk about non-monogamy or openness or queerness or all the things that come up on the show, I'm really a believer that there's not a "right" and "wrong" way. There's not a cooler way. It's not cooler to be in this new vision of partnership. But I think really taking some silent time. Maybe it'd be good for y'all to take some time of not communicating at all. You mentioned there's been a lot of communicating and I know for me in those long-distance situations, it can really trigger the wanting to process, wanting to connect even more. I think what I'm just continuing to be invited to share with you is this invitation to get to know yourself and your heart space. Motherwort is a great herb, a great tincture that you can take for that heart space. Dori Midnight makes an amazing essence called "heart mender." There's a lot of heart medicine - even just taking rose quartz and laying it on your heart for a while. Yeah. I really felt this question because I think I've had those kind of loves before that are really - its' really

painful where some sort of geographic or the container isn't really right. But looking back on them, I feel grief in some ways to think - I feel really happy with how my life has gone so far, and what my current romantic partnership looks like, and my life today, but there's definitely some grief around thinking it had to be a certain way so I couldn't do it. That's what I want you to take some time with - is there ways to pivot within this long distance, interesting relationship. This is an extremely different example, but my partner has been fighting wildfires for the last few months and there are these extended times where she's gone, so I'm speaking from that place today. I spent a lot of time being really afraid of what it would do to our partnership, what it would do to me - and it's continued to be an invitation for me to get to know myself differently. That also gives her permission to know herself on an individual level and for us to keep building a foundation through some of that chaos. And a lot of times when the circumstances - she doesn't have service so we can't communicate as much. That's my other offering, how can you step back from some of that communication? And that's so scary! This goes back to my suffering is because I want to control everything. If I could just communicate with my partner 24/7, I would have control over the situation. I would never lose the relationship, I would never lose anything around me, in my career and my friendships. We know from being alive and what a lesson of this pandemic - everything is unknown, everything is changing - and so, yeah, I'm wondering what it could look to have a looser grip on it? And the other side of the dice, the coin, is like asking yourself what you're afraid of? And taking an inventory of what other relationships have you walked away from and been whole still? Just knowing you can be whole still. My most classic example is my ex-husband, who is my dearest friend, my chosen family, a collaborator, a true love and platonic partner of my lifetime. If you would've told me in my third year in partnership, "you'll be divorced someday" that would've just broken me. But now I'm just so - I have so much faith and hope that this love - which also, it sounds really beautiful! I just want to reflect that this sounds like a really beautiful love in a lot of ways and just trusting that what's supposed to happen is going to happen and that the universe's will might actually be better than anything you could think up. So turn it over, hand it over to g-o-d-, goddess, great spirit, the divine, hand it over to them and take care of yourself at the same time. Baths, stretching, walking - you're allowed to be really sad, that sounds really hard. The big missing is a real thing. Thank you for your question. Many blessings as you tend to your heart space and this

love that sounds really important. Grateful I got to hear about it today. You're listening to Friendship Village. If you have a question feel free to call in or email friendshipvillageradio@gmail.com. I'm Marlee Grace and this is Dua Lipa.

[Music]

That was Lady Gaga and Bradley Cooper from the hit blockbuster "A Star is Born." I'm Marlee Grace, this is Friendship Village. We have a few more questions on this advice and music show. We heard Jessica Pratt with "Back Baby," Jann Arden with "Insensitive" which was a song that as a child - my dad had given me the Jann Arden CD and I don't think I ever played a single other song on that CD. It came out in 1994, so I was 6, which sounds about right. And I think I literally listened to it 2,000 times. It was my favorite song as a child. And we started off with Dua Lipa "Pretty Please." Our next question. This caller says "As a child I had always wanted to start my own radio show—there are some fantastic cassette tapes of me interviewing myself for "the radio", as proof. I feel that what you are creating really reminds me of the importance of community care! How does one start an advice and music based show, especially if they are shy and introverted? I think more things like Friendship Village need to be created—get us off that Instagram and tap into tackling our day to day struggles in community (and the healing magic of music)." What a great question! I hope more radio shows exist. I mean, I think find your community radio station. Something that has been so exciting for me is because so much of my work and what I create exists online, I really want to focus on what's directly around me. As a newcomer to Madrid, New Mexico, I met my friend Stells, some of you know her as Stella, and Stella pretty much runs this radio station. She was like "you should have a radio show." Similarly, as a child my dad had a 35 year career in radio, and so it's really close to my heart and I feel like it's a deep part of my ancestry, if you will, in some ways, a lineage of sorts. There's a lot of - I'll link it in the show notes, my friend Will Owens, an amazing artist, they have a radio show that I believe is based in Philly where they're based sometimes, but is an internet radio show. As much as I encourage you to check in wherever you live to see if there are opportunities to serve your direct community, I would also say there's a lot of ways to invent your own thing, and I think that's a beautiful part of the digital age but it's also beautiful to ask yourself "what have my neighbors already made, and can I be among them in that way" I hope you invent whatever you invent or find

something really sweet to be a part of! I think that radio has a rich and interesting history, I think it needs more women and queer and trans and BIPOC folks, and more everything, all the people! I think that's what radio is missing sometimes. So I hope that you carve a space out for yourself and make your own thing like Friendship Village or make it how you want to be! Many blessings on your question today. We'll get back to some music here, if you have a question email friendshipvillageradio@gmail.com or call into the station!

[Music]

That was Miguel with "Remind me to Forget." You're listening to Friendship Village, this is Marlee Grace. We have another question. This caller is moving from Seattle to a new place, a small town it seems on the California coast, a tiny beach town. And they're probably going to be one of the queers in this place. They say, "I'll be living in a household where queerness is not discussed—the kiddos I'll be taking care of didn't even know the word gay until I mentioned it today :) I've only been fully aware of my queerness for a couple of years now, and am still very much in the process of knowing myself and finding communities that I feel a sense of belonging in. Here in Seattle, I've taken it for granted that I know many queer people, have close queer friends, and see queerness all around me. I love my queerness, and I'm so proud to have accepted and integrated it into my identity—but I'm worried that once I'm in a more heteronormative place where I may be the only visibly queer person, I'll feel self-conscious and less courageous in my queerness. With the pandemic, I may be less able to connect with queer organizations and individuals in nearby towns, though I'm sure there will still be opportunities.

Do you have any advice for how to be courageous and curious despite being the odd queer out in a new place during a global pandemic? How have you navigated spaces where you didn't often see yourself reflected? How can I summon the self-love and strength I'm going to need in order to take on this new adventure without shying away from or hiding parts of myself that are so integral to who I am, and what I believe in?" Beautiful question. It's hard to not be surrounded by queers. I mean I want to live in a world where I'm constantly surrounded by them. Yes, another question really specific to my own history - I lived in a small town in California on the beach where I was one of very few out queer people at all, and especially in my age group. And I was dating someone who lived in LA, again, we weren't in

a global pandemic so it was different then. But that was where I was getting queer community from. When I was in my smaller community it was extremely straight. It was hard. The thing that made it less hard was definitely digital queer communities. As much as I struggle with social media and how we use it and how it melts our brains, I also know that for me living in a rural place that is either predominantly white or predominantly straight, being connected to digital communities that reflect the greater world I want to see and surround myself with is really helpful and important to my practice as a human and artist and organizer. I think it was just fun to make stuff gay. You can play with - if there's safety in being out and queer in certain spaces in this new town that you're moving to, I think wear your rainbow shirt or make a bumper sticker. You can insert your queerness in fun ways. There's been a lot of times - there's different support groups I go to where I'm also often times the only queer person there and I don't always mind it. Not to sound like it's an ego boost but sometimes it's ok to be - if it's a safe space. I also didn't give those groups enough credit, I remember when I came out being like "now it's gonna be really weird, I'm gay and they're straight and they're gonna treat me weird, I'm going to have to explain stuff to them." It's been amazing over the years to see so many of them actually push themselves into greater understanding of queerness without me having to explain it to them. And I feel ok with them asking me questions - we've been in community for like 9 years. These older straight white cis people who I think maybe are Republicans some of them, definitely evangelical Christians amongst them - I give them more credit now than I did when I first came out. And some of that was from me just standing in myself and my truth and my queerness and not being afraid of what their reaction was going to be. I quoted this person earlier but adrienne maree brown in Emergent Strategy talks about when you trust the people, they become trustworthy. I really love that idea. Just trust, trust who you're going to be around, and trust your queerness in your own heart, and stay in touch with queer friends. It was really important to me, especially when I was living somewhere where I was like, I can't even date anyone here, there's no one unless I can convince another lady to switch sides, you don't have to switch, you can just go amongst sides, go back and forth, anyways, the point is I never found that person there. I ended up moving away and finding someone somewhere else. That's the other thing - I also moved back to Michigan, I was in a space and community that felt really heteronormative and then my now partner showed up in my life. She didn't live where I live - and I think there's also a magic in like, I was hosting a lot of queer

friends who came and were residents. You can invent queer space and invite people into it. Again, I'm sort of speaking outside of a global pandemic but it can exist in Zoom and chat rooms and message boards, wherever you can find it. I don't know if that was the best answer, but I think I'm just - I want to say is that you can carve out whatever you want to see. You can make it happen where you live. Trust the process, trust you being called there and invited in for a reason. And it's also maybe not forever, maybe that's not your forever places and maybe there'll be another place where you can lean into your identity in a more celebrated way. Go visit Seattle, go back there and be around queer people there. One of my favorite places to be around queer people - my best friend, who is queer, lives there. Going to drag shows and fun queer places and being in queer community is definitely important to me. That's another thing, I often - now I live in a tiny town where it seems everybody's at least a little bit gay here, I really enjoy that, I really like that, grateful to have queer landlords and neighbors and that feel really nourishing to me right now, but I can see maybe I won't always live in community like that. It's important to know that where you travel to and where you go post-pandemic, very carefully, however you're doing your thing, and in the meantime finding fun queer zoom spaces and digital spaces. Many blessings, thanks for your question, so many great questions today on Friendship Village. If you have a question you can email friendshipvillageradio@gmail.com or call in. Speaking of being queer, the next two songs I want to dedicate to the love of my life, Jackie Barry, here's Bonnie Raitt with "Something to Talk About."