

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

[Music]

That was "Smooth" by Rod Thomas, I mean really by Santana featuring Rod Thomas. In my humble opinion, one of the greatest musical collaborations of the last hundred years. I love that song. Happy to start us out this Sunday, Friendship Village, music and advice with me, Marlee Grace, every Sunday from 3-5. If you have a question and you want support, advice, on creativity, identity, walking through the world, being a human, all advice questions welcome. Call into the station when you're hearing the music at 505-473-9696 or send an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Today's show is a lot of 90s alt rock hits, so if you're into that, stay tuned. Here's Weezer, "Island in the Sun."

[Music]

That was Green Day with "Pulling Teeth" and before that Red Hot Chili Peppers, "Can't Stop." Anthony Kiedis himself is from the same hometown as me, Grand Rapids, Michigan. Also the home to Gillian Anderson of the X-Files, she has other roles, but. City High Pegasi for Life. That was the mascot of my high school, that's how you know it was a weirdo art high school without sports because our mascot was a mythical flying horse, which plural is pegasi, hence City High Pegasi. So shoutout to Gillian Anderson, Anthony Kiedis, Grand Rapids' finest. And we started with Weezer. You're listening to Friendship Village, advice and music. We have our first question of the day. It's about platonic love and friendship. This caller says, "I've been thinking about, what are some of your favorite ways to show someone, especially a friend, not a romantic partner, that you love and cherish them?" I love that! On Friendship Village we talk so much about non-platonic love, relationships, how to navigate them, and I just love thinking about friendship, obviously! Friendship Village. iT's so sweet because today I was actually thinking about friend breakups or friendships that feel really different now, that just aren't the same as they used to be. It's so easy to obsess about that, right? To obsess over a friendship ending, which leads me to - when I feel that shame or fear that I'm not good enough because a friendship ended, I think the perfect thing to do is really 360, look around and be like, who are the friends in my life who are so here for me and I want to love? My first answer is send them mail!

Especially as we work to support and save the USPS, the US Postal Service for those of you who don't know. I love receiving mail, I love to send mail, especially in pandemic times it feels - we're really lacking that sort of tangible exchange of touch and objects and holding and togetherness that I think sending something through the mail can be really sweet. It doesn't even have to be a letter, it can be some object you don't want anymore, or a drawing or a sticker that you ordered from somewhere or dried flowers or seeds, there's so many things we can send in the mail. Decorate the package, the outside, draw on that, collage it. It's definitely an opportunity to tap into yourself and the friendship. I also like thinking about doing romantic things for platonic friends, like sending them flowers or chocolates, something that smells really good. I think that we sometimes save those obvious romantic grand gestures for our partners and I think we should be doing them for our friends. I think that'd be really sweet. The text message doesn't quite feel enough for me right now. I had to text someone today to set a boundary and be like, I don't have much in my right now to share with some of those peripheral friends or people who haven't shown up in the same ways for me. Because I think for me part of that is I really do want to focus on my current friendships. When I do that it helps heal the part of me that is sad about an old friendship being gone. Many blessings as you navigate romancing your platonic friends - mail, flowers, I don't know why this is popping up but gift certificates to their favorite store? I like to think of non-money things and money things. Mail can be really cheap, under a dollar to send mail. And also spend some money on somebody if you can! Make them something - we forget how much our friends like handmade things. Even if you're not particularly good at a certain art medium, like I don't identify as a drawer or illustrator, but I love to draw quilts or things and mail them to people. Last thing - I'm thinking about purging, like how many pieces of clothes I have and don't need anymore in my house. Thinking about my friends, which friend would love this tank top or something like that? Good luck navigating your platonic friendships and making them feel sweeter every day. If you have a question call into Friendship Village 505-473-9696 or email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com).

[Music]

That was Third Eye Blind with "How's it going to Be," Eve 6, Everclear, The Gin Blossoms, Vertical Horizon. It has been so fun to dig into this genre of songs today. Usually I mix it up a little bit

more but I chose a very specific direction. You're listening to Friendship Village, if you have a question about advice that you need in your life, give the station a call. Also, I did this maybe a week or two ago but if you have a dedication that you would like to share - we will collaborate on the song, I don't want to play a song that doesn't feel like it goes with Friendship Village, but if you have someone in your life who might be listening or want to listen to the recording and you want to give them a shoutout, give me a call. I would love to help you dedicate a song to them and answer your questions. Here's "Good" by Better than Ezra.

[Music]

That was "Head Over Feet" by Alanis Morissette, before that James, Dressy Bessy, Better than Ezra. You're listening to Friendship Village, I'm Marlee Grace. We just had a heck of a question come in and before I even answer it, I'm sending some like protection spells to all the humans in the world who date men who - cis men - who maybe date cis, white straight men, who are acting up, ok? Prayers of protection for the daters and men, get it together. Here's my thoughts. This caller is navigating kind of feeling like they've been in an on-again, off-again, spacious partnership with someone for 3 years and there's some new truths that have come up and this person's going to see this man tomorrow and is like, the question is sort of like, I know this other thing is true that I didn't know about that's been happening behind my back and I have to face this person tomorrow. How do I do that with so much rage in my heart and also stay soft, also stay tender? Which I think is a beautiful question that we can apply to so many parts of our lives. It reminds me of how we are looking at the world right now, what a beautiful invitation for all of us to figure out how we hold rage and act in tenderness at the same time? Whether it's the injustices of the world or an injustice in your personal life where someone lies to you or is putting on a facade or not telling the whole truth. My advice in this situation is to - and I also just want to honor and affirm that it's natural to want to scream, yell, kick, punch, throw things at this person, just be really, really angry and hurt. You're allowed to feel those feelings. I just read something that I saw someone say recently that's like, when conflict comes up with our partners, instead of being you against the partner and the conflict, to be like how do we have the team be me and my partner against the conflict? Which is hard when you don't feel united or have the united front. What I want to say is to be honest and again, this is so much emotional labor for

you, the caller, to have to do for this man, but creating a safe container to be like, it is safe for you to tell me what is going on, I'm not going to shame you, yell at you, etc. IF you really love this person, staying in curiosity and wanting to get to know his experience - is this old behavior? Did something trigger this? Why aren't you telling me the full truth? Why am I having to hear it from other people? There's something in the container that might not feel safe for that person. Which isn't your fault but could be something this person doesn't have the tools to speak up and say what they need, for safe communication. Setting the tone, like I want to be clear, and really stick to the facts. I found out this information, that's not what you've been telling me so I'd like to create a safe space for you to tell me what's going on, and why is that happening for you? And to just see what he says. Cuz that's the thing - we don't know the results. He could feel so calm and be like, oh my gosh, I've actually been wanting to talk to you about this thing, let's see where we go with it. Or he might act up and it's time to make other decisions. We can't overly dress rehearse what the other person's reaction to us is going to be to us as we're attempting to create safety in communication and yeah, again, I just want to honor that being lied to and not being told the full truth - really sit with the feeling of, as this caller described it, like your heart's on fire. And just really sit with that in extreme discomfort of - I feel small, and I don't feel seen or heard. I don't mean to project, but whatever's coming up for you - write that down, and maybe burn it. Burn the paper, write it down, get it in the journal, call a friend, turn it over. It sounds like there's other examples of where this person doesn't fully see you in your hobbies or your profession so I think just getting really clear with yourself about "is this person serving me?" I think tomorrow when you reunite there's going to be opportunities to see if he can meet you in that safe container. If he can't, that's the indication that it might be time to pivot. I don't ever want to say, walk away or break up, to pivot, because who knows what that looks like? Space again, or an inventory of why this resentment is coming up, why does this action threaten me? Is it the action itself, his lack of communication around it? Be strong, don't be a doormat, that's some classic 12-step language for when someone does you wrong, take care of your side of the street, do the inventory of are there moments in which I haven't shown up as this person asked for? And just take care of your side of the street. If it's clear that he isn't taking care of his, that's where we pivot. Wow, it's a hard one. Sending a lot of blessings to all people in partnership - whether it's on again, off again, you've been together

for 10 years, 1 year, a month, a week, there's just - I have never dug deeper into the dynamics of partnership than I have in my current partnership and with Jackie, my partner, I can't speak highly enough of that kind of inner work and curiosity about when we need to pivot, what does our safe container look like, why are we triggered by certain things that the other person says and how can we both act in our highest good which is really different and separate from other another. Hoping the same for you, dear caller, thank you for calling. And just many blessings as you navigate being reunited tomorrow. Thanks everyone so much for listening, this is KMRD-LP, Madrid, New Mexico, you're listening to Friendship Village every Sunday 3-5. Give the station a call or email me at [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Here's the Cranberries.

[Music]

That was Fast Ball with "The Way" and before that Closing Time, the Wallflowers, and we started with the Cranberries. You're listening to Friendship Village, I'm Marlee Grace, here every Sunday 3-5PM on KMRD. If you have a question, call the station or send an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). A little PSA. The New Mexico State Voter Information Portal - if you know me, you know I love portals, thinking about portals, going through them. YOU can register to vote, check your voter registration status and request an absentee ballot by going to [nmvote.org](http://nmvote.org). Visit the site or call for more information. We have a lot of work to do on the ground, people, and a bubble to fill in. Even if you don't like that bubble, I highly recommend it. Let's change who's in office, am I right, my listeners? Next up, we've got the same kind of vibe going, 90s alt right, possibly, is the genre. Here is the one and only Hootie and the Blowfish.

[Music]

That was Hey, Leonardo, she likes me for me. YOU've been listening to Friendship Village with me, Marlee Grace. We have another great question. This person says, I have been obsessed with work in the pandemic. I don't always feel like this but right now I'm really obsessed with work and can't quite seem to figure out how to embrace rest and hobbies and other things. What do I do, how do I take breaks, etc.? This person - I relate! I get addicted to work, in my professional life I write a lot about work addiction and think a lot about it. It's really hard to find those moments of pause. I will say that for me, I like - part of my - I make a living as an artist and a

writer but there are certain sections of my art practice that I don't make money on. I might make money teaching something but the actual doing of that thing I might not make money on. Maybe you are an illustrator and teach online illustration classes but don't really make money selling drawings, per se. The drawings could be a point of relaxation. I don't want to be like, "stop focusing on any of your work" because that can be really hard. This person mentioned being an artist and that part of being their own boss is really connected to their art practice. For me, I have my like, full on no work things - I live to watch TV, currently watching Grey's Anatomy, shoutout to Shonda Rimes for writing some of the greatest television - or inventing it - of all time. Taking baths is really important to me, walking my dog in the morning is important to me. I have these tasks like that, but it's easy to start to mesh everything into self improvement. So be careful of that. For me, I like to teach people how to make quilts but for me, messing around and drawing quilts isn't my job, per se. It isn't something with a deadline that I'm going to get paid for. It's integrated into my work and into my job but it's separate in a lot of ways. Maybe there's a book you could read that's about your field of work. Some of you listening might be like, stop giving this person advice that has to do with their work still! But I think it's really tricky to separate those things, so if you're really addicted and can't separate yourself, it's good to slowly move away from it. I've also been thinking about the importance of novels, which I haven't read in a really - years, years. I just started one and it's really good but it's hard for me to keep going because I really just want to work. So maybe ask a friend if there's a really good novel. My friend Fariha has a novel coming out next week called Like a Bird which I highly recommend. There's different ways to escape that are nourishing to you in whatever way they are. There's some people for whom binge watching TV doesn't feel good. For others it feels great. Finding those restful, fun activities - make a Zoom date with a friend, or yeah, make a list of what isn't work for you. Make a grey area list, like I said the drawing quilts might be a grey area list for me. I can't remember if I mentioned this last week but I just got to join some dear friends on a socially distanced camping trip and am slowly getting back into the Enneagram - shoutout to all of my 7s, which is what I am - and am digging into that and that's been a fun, non-work thing, get into a new modality and see what it's all about. Many blessings as you navigate how to not always be working, if you will! Thanks so much for calling. If you have a question for today, we go til 5 mountain time. If you have a question throughout the week, give me an email

and I will answer it next Sunday 3-5 Mountain Time here on KMRD. You can always listen online and to all recorded past episodes or read transcriptions at [marleegrace.space](http://marleegrace.space). Here's a little Sugar Ray.