[Transcription]

Grief After Dark- Podcast
Season 1: Dark Waters
Episode 07: Anchors

[Gentle Piano background music]
Disclaimer
Micki: This podcast addresses death, difficult emotional content and contains profanity. Listen with-
D: Your own motherfucking discretion [laughs, coughs] Get your kids. This is Grief After Dark

Micki: Hi D.
D: Hey Micki. [laughs]
Micki: Hi everyone.
D: Hey everybody. Welcome back.
Micki: Welcome back.
D: Welcome back, to Grief After Dark
Micki: to Grief After Dark. Season 1, and we are getting down to it. This is episode 7 of 8.
D: Oh wow.
Micki: Today we will be talking about anchors.
D: Yes
Micki: and I have had some really interesting things come up and drop themselves on my path in the last week and a half, since we last spoke. Anchors, some super cool synchronicity, so I am excited for this conversation.
D: Same same, I am excited too, like I am always excited to talk to you in general…
Micki: Back at ya
D: but like now that we have this thing going on, I feel like, you know, it's a real thing.
Micki: I like it.
D: I love it.
Micki: And we missed our last recording, and that was supposed to be like 5 days ago. And… I feel like it's been a month.
D: [laughs] I feel like it's been too long, oh my gosh. What happened?
Micki: That also might be, because I don't think I have ever been less prepared or more out of it than I was last week
D: [laughing] Which is totally alright, because, you know, shit, shit happens.
Micki: Something like that
D: Shit be happening and that's real, I mean, that's like the sharks, you know what I mean. You know, while there is a ton of beautiful things down in the ocean to see, there's things that come up and...
Micki: Yeah, a of of beauty, a lot of chaos.
D: mmm, mhmm
Micki: I am just on the boat, you guys, I don't know what to tell you.

D: hey, and so, how are you this week though?
Micki: I feel great!
D: mhm
Micki: I feel… hopeful, I feel like some really cool synchronicities including the podcast stuff. I feel like some puzzle pieces have fallen into place. And it's stuff that I didn't even know I was looking for. So it felt extra good when it came together. Like, Just be like, ooohh
D: Right?
Micki: Yes!
D: [laughing]
Micki: How are you on this fine spring day?
D: Oh my gosh, I feel very good actually… and I like that I keep getting to say that, because I am painfully aware of, you know all the times that I don't get to say that.
Micki: Yes.
D: So, you know, I am very much enjoying this, I am plowing through on my herbalism things and it's going really well and getting sort of high marks [laughs] you know...
Micki: I am not surprised
D:... so it's been really encouraging, that and reigniting things that I already knew, like these reminders have been really beautiful and then I am doing this 8 week pleasure course, which I mean, like… my pleasure is going to be lit… that's, pleasure first, as a way I am trying to go forward with my day...
Micki: I think that's a fabulous philosophy
D: mhm, and it's kind of forcing me to reevaluate what I find to be pleasurable, you know double checking, checking in with myself. Like is this pleasurable because I really like it or is it pleasurable because society says I am supposed to enjoy this, or… You know, we can go down that rabbit hole any time
Micki: That there, yeah, that's a rabbit hole for sure. Ahm..I just had this conversation… I am going to do that, every time, right?… "I was just talking about that with …
D:[laughing] hey
Micki: like within the last week I was talking to Tima and it was something I was listening to, it was with Dereck Sivers or Saivers, the guy that created CD Baby...
D: mmmm, ok, ok, I remember now...
Micki:... aand that dude, he's a very interesting guy and was a godzioĺlionaire and just got rid of all of his shit and put all of his money in a trust that funds music, blah, blah… he said, and it was wisdom passed down from a friend of his… Life philosophy is " if it's not fuck yes, then it's no". That….
D: and...
Micki: … is very foreign to me...
D:... yes, and it's NO being a full sentence, like, it's not no because… I have to blah, blah, blah. It's no… no, thank you!
Micki: Yeah. It's so new, it struck me so hard and… it's really going to take some practice, because I've been saying yes to things, that weren't fuck yeah for sure, they were barely even

like a maybe and I would say yes. But it also has to do with, you know, the older I get the more precious… I think the more my own sort of mortality...
D:mhm
Micki: ...comes at me... the more precious my time becomes, and then I hear people say… you are the sum of the 5 people you hang out with the most
D: [laughing]
Micki: and I am like… I got to really make sure… I don't know there's 5 whole people I hang out with...
D: that, that's the first thing… hey… there are 3 people that I hang out with… very regularly [laughing]
Micki:... I mean, you are one of my 5 and I feel really good about that one… I could definitely
D:... that's it, exactly...
Micki: I could embody more Dionne, 100%
D: And I can embody more Micki, 100%.
Micki: Cheers
D: Cheers, yeah, let us raise our glass...
Micki: raise our glass...
D: hallelujah
Micki: and find 5 good people that anyway...
D: Listen… Remember, years ago we had this thing...you had told me a story about somebody you were talking to and it could have been Josh, but patience pays...
Micki: patience pays
D: … and we kept, and we kept saying it, patience pays...
Micki: patience pays…
D: patience pays...
Micki: yeah… just… keep reminding me… that's funny, because Josh texted me something within the last week about patience and I was like, oh crap ...
D: [laughing]
Micki: fuuuccckkk, patience is such a waste of time though… I was like, I need a t-shirt that says patience is a waste of time
D: we can make that
Micki: Grief After Dark…
D:... we can make that...
Micki: patience is a waste of time
D: [laughing] Patience is a waste of time… oh my god… yeah, because 20 years later, here I am working on my motherfucking patience
Micki: yes
D: ugh, let's speak of the patience. What offering did we have today… for our..to kick off our anchors, episode 7.
Micki: I have a simple quote by Theodore Roosevelt
D: Ok
Micki:... and he said "Do what you can, with what you have, where you are."
D: Amen to that.
Micki: Lots of people have said it, just not quite like that. He is very succinct about it.

D: Hey. This is what we need. I am all for simplicity, don't give me 975 words which you can tell me with 7 words or less
Micki: we say… and then release a 2 hour long podcast episode...
D: well, but we go through plenty of things..
Micki: yeah...
D: we don't just...
Micki: we are good at it
D: the labour… if you are going to say a thing, say the damn thing and then go on about your business
Micki: yes
D: so I can see receive full impact of it, otherwise I don't know if I can hear you
Micki: the shiny things off in the corner
D: Exactly, I am over here down the road and wrote the whole story between the time you said your first sentence. Anyway… I have a selection from the Essential Rumi which was translations by Coleman Barks with John Moynce and I have chosen Quietness
Inside this new love, die.
Your way begins on the other side.
Become the sky.
Take an axe to the prison wall.
Escape.
Walk out like somebody suddenly born into color.
Do it now.
You're covered with thick cloud.
Slide out the side.
Die,
and be quiet. Quietness is the surest sign
that you've died.
Your old life was a frantic running
from silence.
The speechless full moon
comes out now.
Micki: I closed my eyes while you read that...
D: mhm
Micki: … what a beautiful meditation. I am covered in chills.
D: Oh my goodness, yes. I have, have been really fortunate in the information that I've came across this last couple of weeks and Rumi, I think is one of those that has really been… this has been in my collection for a really long time and I have to say that I have only read it within the last two years the most. I, when I say a long time I mean 20 years almost I had this...
Micki: wow
D: … book, so
Micki: Now it's the time
D: … and it was a gift of a gift from somebody, so..
Micki: You can't go wrong with Rumi
D: Exactly

Micki: One of synchronicity things that fell in my lap much like that book of yours today is,… I like to listen to the podcast Hidden brain. It's super interesting and I was way behind the episodes, and I started marathoning episodes and he was talking to a man named William B. Irwin and they were talking about a philosophy called Anchoring
D: Of course they were
Micki: of course they were… so in… are you ready for some psychology amateur hour, and my disclaimer that says I am not a psychologist
D: Right. I am always ready for that
Micki: or expert in anything and all I do is look online so give me a break… ok so… so in psychology Anchoring is a cognitive bias that causes us to latch on the first thing we are fed. If it is the price of a car, if it's an argument or an idea, we end up basing everything else after that around that first value that we've latched on to aka anchored to, right
D: yep
Micki: pretty much all of the examples that I found about it had to do with numbers which was really frustrating to me because it's mostly about sales and selling, like go figure, so like… if you are a seller you use this bias to your advantage, if you are a buyer you need to be aware of this bias, but in this Hidden brain episode… so William B Irwin holds a Phd in Philosophy from UCLA, he is a philosophy professor and he practices stoicism
D: Ok
Micki: He's written several books on stoicism… now… stoicism as a philosophy seems to be pretty widely mistaken for… like they want you to shut down emotion all together. You know, the definition of stoic is - a person who can endure pain or hardship without showing their feelings, or complaining
D: mhm
Micki: I don't know if the definition came before the philosophy, I don't know if the egg came before the chicken and that, but imagine reality in the stoic philosophy you are striving for tranquility, and you achieve tranquility by means that go quite against the grain of how society likes you to roll… so…to sum this up, found an interview by him and this is what he said in regards to how stoics approach the psychological anchor bias. He says; our anchor is what we compare things to, in our evaluation of what happens to us in daily life and most of us are anchored too high. As a result we are disappointed in what life has in store for us. We are sure we deserved better. The stoics advise us to set our anchor low, that way we will be much more satisfied with what life has in store for us, we will also embrace and appreciate what we already have and that is the key to having a happy life.
D: mmm
Micki: Now, I read the line, stoics tell us to set our anchor low and I am like, uhhh, I don't want to set my anchor low, like that sounds like a great big bummer
D: mhm
Micki: Other issue that I found with this is… if you start to imagine how lucky your life is by starting to imagine losing things, when you are talking to people who have already lost the most important shit in their world, it will lead you down a dark path of horror and anxiety.
D: Preach… [laughs]
Micki: whomever
D: whomever

Micki: I mean if you set the bar low you can just become lethargic, like you are like the dude in the Big Lebowski, right. Although he was quite content with his life, I am just saying if you can find that sweet spot ballance of that and you can acknowledge today , right now what you do have, you can stop comparing, you can stop blaming and you can all the way stop listening to people telling you, how you should be doing it.
D: Absolutely. I fully believe in being in acceptance and my therapist said a couple of years ago , I believe she called it radical acceptance, because it's just how it is… and, and maybe thinking about, do I need this thing to be different. If it can be different, what is it about the thing that I want to be different, when you are dealing with the unchangeable things...
Micki: yeah
D:... is difficult, because I want everything about that to be different….
Micki: right
D:.. and therefore, nothing else matters if people are constantly spouting at me how I should be doing the thing, while ignoring some unchangeable facts that I have to really physically live with every single day, that's when things become hurtful, because they are not thinking about me, they are thinking about the version of me they would to be entertained by or the version of me that is easier to talk to, the version of me that's easier to be in the room with, which listen… if you can't be in the room with me I will encourage you, not to be in a room with me. How can I help you get out of here the fast as you can? Because that's energy that I don't have to spend trying to make sure that you are ok. You get to go take care of yourself, I get to take care of myself how I see fit and everybody will be happy. It's just doesn't look like the happiness that you wanted. From me. And , I don't have the energy to explain to anybody why it can't be that way for them, so, you know… go on and do whatever you are going to do. I want you to actually be happy, and if anything here is stressing you out in any shape or form, then I need you to not be here.
Micki: Absolutely. Yeah, and they are not going to be one of my 5 people that I try to be a sum of. So that's cool too.
D: Yeah, I mean I think it's taking control of like, of deciding, is this something I want this person to really change for me… yeah we can, we can put all kinds of expectations on it and if you really loved me you would, blah, blah… fuck off. Love is knowing where to quit. Love is knowing when to stop pressing somebody's buttons. Love is knowing that is not always about the relationship you have with one another, it's about some shit that this person has to go through and they are going to need some hands to grab onto, if you can't be one of those hands, get out of the way and let other people who can be those hands be… in that place. And when you see that person again, you might actually get a glimpse of that person you were hoping to see all this time. But they can't do that, if they are doing it for you. You know that goes back to that Don Miguel Ruiz a couple of weeks ago, you know you cannot place your happiness on me, while I am down here having a hard time because I am going to let you down. I will tell you right upfront, I will let you down one of these times and you have to be ok with that.
Micki: Right, I don't know how aware people are of the expectations they have on the others in that though. That's not to excuse them for having the expectations. I just don't know how much awareness people have, in like, you were, you were saying, like… if I can't be this person that you need me to be… I don't know if people even consciously realize what they are putting on you. Because of what they feel like they want from you. Just letting you be who you are.

D: Mhmm and letting this ride right out. It’s going to be forever, so like accept that. These fluctuations in me are going to be forever. This is not, you know, until I have another baby or until I resurrect my father from the dead, or you know, all these wonderful things...
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