

[Transcription]

Grief After Dark- Podcast
Season 1: Dark Waters
Episode 05: Sharks & Shit

[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

D:Hey Micki

Micki: Hi D. Hi everyone, welcome back

D: Welcome back I'd like to start us off by opening our beverages [opens can] Cheers

Micki: I wish you would. Mine's open, salute!

D:To episode 5

Micki:To episode 5, Grief After Dark. Season 1, Dark Waters. Episode 5, Sharks and Shit

D:Sharks and Shit

Micki: Funny name, but I gotta tell you, of all the conversations we've had thus far, this one was hard. This one was hard for me to get ready for because this is a focus on [laughs] on sharks and shit

D: [laughs] Sharks and shit, cheers

Micki: So you're stuck in dark waters, you're stuck in difficult emotion and all you fucking want is out. You just want out of that space. You want out of that heart space, you want out of that head space. Anything that can give you some sort of relief. And, depending on the scenario it can be day, months or years where you start to kind of feel like you're bouncing back. And you start to kind of feel like things are normalizing, again, like everything is gonna be ok and then something happens. It could be anything. I was talking to a friend of mine about this just a couple hours ago. It could be , you fucked up the mashed potatoes at dinner and you are in a downward spiral of depression. It's like you're right back to the fucking bottom of the ocean

D:Yo, of epic proportions too, I definitely know a lot about that. So for my offering today I have a quote from Brene Brown

Micki:Yay!

D:"What we don't need in the midst of a struggle is shame for being human"

Micki:Pshhhh

D: [laughs] Yeah, I know,

Micki: Yeah wow, well now we don't need to do the podcast anymore because that covers

D:[laughs] We're done

Micki: Goodbye everyone! [laughs]

D: Goodnight, thank you for coming

Micki:[laughs] BreneBrown.com

D: [laughs] BreneBrown.com, she is not sponsoring us for this. This is a bunch of whole ass free advertisement. You're welcome, [laughs]

Micki: Yep, that's a beautiful line that encapsulates a whole lot

D: It really does and I think it goes really well with our topic today because at the end of the day this is, this is the trap we kind of find in the water

Micki: Well my offering is from a book of wisdom for all ages. This is out of Falling Up by Shel Silverstein

D: Yay!

Micki: and it's a poem called Needles and Pins

D: mmmm

Micki: Needles and Pins

Needles and Pins
Sew me a sail to catch me the wind
Sew me a sail, strong as the gail
Carpenter bring out your hammers and nails
Hammers and nails
Hammers and nails
Build me a boat to go chasing the whales
Chasin the whales
Sailing the blue
Find me a captain and sign me a crew
Captain and crew
Captain and crew
Take me, oh take me to anywhere new

D: wow [laughs] wow!

Micki: It, I've loved that poem forever and it's adventurous and fun on the one hand,

D: mmmhmmm

Micki: But, in light of dark waters, it struck a really profound chord for me

D: [whispers] yes

Micki: cause it kind of, it aches of that, that last line it gets that desperation of like, just get me out of this

D: Yeah dude, just, I want to be done. And, I can't even tell you how many times I've said that through out my life even my journey and even more so recently like, I just want to be done

Micki: long pause, because i'm just kind of sitting here staring at the wall because the fact of the matter is, and this has been like a matra for me for probably a year: I keep saying the only way out is through

D: YES

Micki: And I know I heard in the last 6 months to a year that really when you're dealing with a difficult emotional situation the only way out is through, there's no way, there's no way back. I also learned that pretty recently that that comes from the point of no return. The point of no return is like an old, from old pilots and it signifies the point where you don't have enough fuel to go back anymore

D: mmmhmm

Micki: But, continuing a progression where you feel like you're on a treadmill in the middle of a tunnel and the tunnel might move [laughs] and give you the illusion that you are actually getting somewhere but you feel so stuck. It starts to feel so hopeless like you don't know where to find any relief any more and I think that's probably where you're hitting the major dangerzone.

D:mmmhmm

Micki: Major danger [laughs]

D:[laughs imitates song from Archer Tv Series] Danger zone, sorry [laughs] sorry

Micki:[laughs]

D: Ok, Yes and the synchronicity here for me today is [laughs] so interesting. I have a group that I sit in with every week on Tuesdays. And so that reference about the treadmill or the conveyor, you know the ones that go through the airport

Micki: The People mover?

D:mmmhmmm, the people shoveler, I don't know. That came up, and it's really that loop, and that's the place where the work kind of happens can you talk yourself off of that feeling, can you redirect your focus and saying "hey you know what this is the THING", this is the human part of the thing and it's ok to be in that place and it's ok to be like "well shit, i'm so done with with this" because then you can ask yourself some very specific questions like, what exactly am I done with? This is kind of like how I am trying to rewire my own brain and I don't know if this will work for other people unless they try it and tell me and that's science, yay [laughs]. Uhm yeah, so what in particular about this do I not like, what in particular do I want to be done with. I want to be done feeling like I always end up in this place

Micki:right

D: And then shaming myself for it afterwards

Micki:Yup and somehow like allowing yourself to feel like the reason you're back in it is because you've failed

D: or because i'm a horrible person or because i'm just so you know.... iT's the internalisation that I have a hard time walking away from

Micki:Yeah

D: Because that is one of the core things that was placed in my programming. That was one of the core things, that I was not good enough, I couldn't do enough, I couldn't be enough, I could work hard enough for the particular outcomes that we all wish we could have you know what I mean

Micki:Absolutely

D: Or that I didn't deserve them for that matter

Micki: Yeah, that's a different beast

D:Sharks and shit, so

Micki: yeah, that's it

D:[laughs]

Micki: Same shark family

D:yeah

Micki:different types of shark and they go hand in hand but those have to be dealt with separately. It's interesting that you're saying that because that seems like one of those just feeling your feet on the ground things to kind of recenter you. Cause if i get to that point when i'm done, i just feel like i'm fucking done with everything, like it's an all encapsulating statement

D:Yup

Micki: Take this whole giant bucket of shit, all of it and just throw it out the fucking door, I quit.

D:yes exactly

Micki: Super done

D: Yes, I've said exactly that. I'm done with all this bullshit. It sounds so harsh after the fact, when I get to a place where I'm calm but I also know if I don't say these things out loud or if I don't resolve that feeling in some way, I'm gonna have that feeling until the next time

Micki:right

D:and I think letting it out and letting it run its course is ok to do, because again I go back to those questions, are you really done doing this or are you just tired and usually that answer is that I'm so fucking emotionally exhausted that I don't have the energy to give to anything else, nothing else and I don't want to continue to give the energy to any of the shit that I'm giving it to. Even though I love whom I'm giving to.

Micki:Yeah that's a good red flag. If it's things you generally enjoy, if it's stuff you generally want to give and it's wearing you out, you need a break

D: You need a fucking break and you need to recalibrate and you need to reset your nervous system and you need to let those emotions run their course without shame. Without saying "oh, I'm a horrible person because I thought I wanted to be done with raising kids or running this shop or whatever your circumstances are

Micki:getting out of bed [laughs]

D:[laughs] exactly, I'm done doing that. I don't want to do that anymore just throw me in the casket and when it's all said and done just throw some dirt on my face and keep it movin

Micki:Tired

D: Yeah, that's the kind of tired and NO, I'm not considering suicide, let's just put that like right there in the forefront. No, that is not something I am considering

Micki: Yeah it's good, clear it up

D:Yeah you know folks be gettin in their head and then they get all worried and then they need to talk to you, because that's a taboo subject in and of itself as well and it's like oh my god, and it's not a laughing matter at all

Micki: Well none of this is

D:None of it is a laughing matter and the thing is we need to let those thoughts, just let it happen because on top of those, you already said that you don't have energy to do anything, but when you layer all the other stuff top of it to worry about

Micki:Right

D:The overthinking part is going to come in layers. We don't let ourselves get through our stress responses even when it's not that serious. So when we talked about that a couple episodes ago, about letting ourselves just run it through and sitting with it and saying hey this is what it is and it's what it is right now at this moment. That is mindfulness

Micki: I think of Eckhart Tolle, he has one talk where he's like if you can be in the present moment and you can sit in whatever you're in there's sort of, it's almost like you end up with a detachment when you say it's ok. His whole thing was like ok I'm sitting here and I'm miserable.

Ok [laughs]

D:[agreement] Ok

Micki: Yeah

D:[laughs]

Micki: Ok, I am miserable, right now.

D: Yes

Micki: Just bringing it back to

D:And without trying to FIX IT immediately...ooh let me fix that for you

Micki: I fuck that up too, I want to fix it fix it for me and I want to fix it like yesterday

D:right

Micki: Cause again, just get me out of this moment, get me outta this gross shitty feeling

D:mmm and the expectation that we have that it's gonna be fixed right away and it's gonna be nonexistent after that. And this perpetual state of comfort that we all really just want to be living in deprives us of the tools, when we don't have those things we can't build resilience that way

Micki:No, and it's really just not how humanity functions. It's an ideal that we're sold pretty hard

D:Yes

Micki:If you have these things, if you live in this place this way, if you're with this kind of person

D:Always perpetually focused on the good, listen I have an abundance of good in my life, an abundance of good

Micki That doesn't mean it's not hard once in a while :

D:Tha part

Micki: Gosh I just said that to Tim actually because he had remarked on me seeming generally unhappy or that I had been unhappy for a long time and maybe I was coming out of it, and I thought about it for a few seconds and I came back maybe a few minutes later and I was like, It's not that i'm not enjoying my life, it's just that life is . The fact that I struggle with things doesn't negate that I am enjoying my life. I'm living. I have so many things in abundance that I appreciate. I have so much gratitude, I stop all the time, at least daily , and i'm just like how lucky I am for like ramen, I mean it doesn't take that much once i'm in a mindset of gratitude

D:It don't take much [laughs]

Micki:i'm like this water right here, it's just the perfect temperature [laughs]

D:[lagns] yes

Micki: And that's a magical space to be in, but it's hard to get there when you feel bad because it is compound. I really like the word recalibrate

D:mmm it's that, we've put too much emphasis on the focusing on the " just focus on all the good things" but here's the deal, we aren't all experiencing these spectacular things back to back and we know that to be a fact that we are not all experiencing these things in the same way so we cannot approach them the same way

Micki: Of course

D:What has meaning or carries meaning for one person in a specific way doesn't translate over to the next person if they've been through some things that this other person hasn't been through. It happens all the time so it's like gratitude and grief can coincide and cohabit with one another because gratitude doesn't cancel out the pain of anything that i am going through at all.

Micki: ABsolutely

D: and I can go on all day about the beautiful things that I encounter every single day. Will I smile more often, probably. Will I be able to function maybe, maybe not, it's a crapshoot

Micki:Yeah

D:And I have to remember that feeling first of all.. So if i've never had the feeling then I don't know what i'm supposed to remember. And there are some people who haven't experienced some deep seeded joy in the world. We have to leave room for that when we're out here preaching our little thang and telling folk what to do and thinking we have the answer. Those answers are for you. They're Not always for everybody else

Micki:God I wish there was a fucking answer for everybody

D:mmmmhmmm

Micki: wouldn't that be incredible

D:And the tools and the ways that you use them, that's for you. So i can give you my tool and you can figure out another way to use it probably, something that I didn't even think of as it applies to your life and how you're doing it

Micki:I played a game one time with a group, it was a knitting retreat and we split up into groups of like three or four and we all collectively came up with as many things as we could think of to use knitting needles for

D:that's so fun

Micki:Yeah kind of mind opening yeah, just look at things from a different perspective and whatnot, but yeah the ability to use maybe your tools, your solutions, without judgement. I find that if I trust my gut and do what I feel like doing, I can get everything done that I need to do and I feel great when it's finished and it does all get done. It doesn't all have to happen when you think it needs to get done or when they tell me it needs to get done. I'm not talking about work deadlines, you gotta do them

D:right right right

Micki: But in my life in general as much as I can possibly go with the flow of how I feel and allow that to take up space it all just works a lot easier than when i am trying to fit myself into a box that someone else wants me to fit in particularly with emotions for crying out loud

D: YEsss, we were just talking about that as well in the group, and we were talking about how, one of the ending things we left off was, what if you did do things that made you feel good? You personally that makes you feel good.and how comforted and how cared for do you think you would feel? That inspired a little piece of poetry that I'm going to finish writing [laughs] it might turn into a little one minute meditation

Micki:fabulous

D: So ye:ah, those are the places that if we could just trust that we can swim, trust that we can float or trust that maybe you know the shark isn't here to eat me today, right now. And I can redirect that shark. Listen go on over there, you can be here we clearly all live in this water and so you know

Micki: I don't think of very many things at least in my life experience d, off the top of my head I can't think of anything that works better than when you're just mindlessly flailing

D:mmhmm... mmhmm

Micki: I think a lot of times the flailing response calls for being very still. I saw this video a few months ago and Tim I guess just found it and was showing me last night there's a woman named Christina Zonato and she has removed something to the tune of 300 fishing hooks from shark's mouths

D:What [giggles]

Micki:I think she said it was like 25 or 26 years she's been diving and working specifically with sharks, my understanding, it was one video, I'm not an expert. I told you.

D:[laughs]

Micki: This video is so incredible. The ocean in general has been terrifying, a source of great fear for me, most of my life I didn't go in the ocean for something like twelve years, like i'm not a strong swimmer, the sea creatures scare the living shit out of me it's all very creepy. But sharks for me, you know a lot of people are scared of octopuses , eels or fish with the teeth outside their face that make the incandescent light thing

D:yeah yeah yeah

Micki: For me, frickin sharks, they scare the just bejesus outta me. So i'm watching this video and it you know made me squirmy, this woman she gets her diving gear on, gets in the ocean and sharks will come up to her. She just gets in their mouths, she's wearing gear of course and pulls all these hooks out. Well then she said if she does that with a few sharks in a school, new sharks will show up with hooks in their mouths. It's almost like these sharks are like YO there's, hey she'll fix this for you

D:[laughs]

Micki:and she's kept all these hooks and there's a video of her sitting on the floor of the ocean with sharks just laying their head in her lap like a dog. It's like this shark laid down on the ocean floor where she was sitting and it just put their head in her lap and she sits there and she pets them. It's unbelievable.

D:wow

Micki:And that's all to say to get back into that peaceful moment of presence, even a not very peaceful moment of presence, just getting yourself to a place of sitting in it. It makes me feel gross just talking about it actually, i have my hands on my solar plexus, it just feels so gross

D:[laughs]

Micki: Really I mean if the only way out is through, I suppose the only way through is to actually feel it

D:and really not try to talk yourself out of that feeling in any capacity like "oh you shouldn't feel like this or it's ok to say I feel like this. Period. Without excuses, without judgement, without internalisation about other people looking on about how you feel and giving their opinion about how you feel. Just to say it and ride all the way through it. I feel angry because, whatever it is

Micki: yeah

D: and i might not feel like this forever, but right now in this moment this angers me

Micki:have you ever, have you done the thing where you set some meditation time aside for yourself and like closed your eyes and had a conversation with yourself?Like have you sat you down across from you and talked to you

D:[laughs]uhhmm not across from myself, BUT tell me more

Micki: I think I have Entering the Castle by Carolyn Myss. which is a book of transformation but man it's rough, at some point, she's like talk about the ways you've been humiliated and i'm ugh oh god ugghhh

D:mmmmm

Micki:Ewww okay and you do the work and you know what the second half of it is? Now talk about how you have humiliated others. I wanted to crawl in a hole forever. I mean very enlightening, but whew, rough book. But she's very much about if your go into these different

rooms of your castle , wish is your spirit basically your own soul there's a lot of the chapters of I sit down in a chair and then I walk in from across the room and I sit across from me and I have a conversations with me about fill in the blank

D:mmmhmmm

Micki: And I started kind of doing it generally in my everyday life and for me I think it's easier for me to disembodify myself and put a separate me across from me so that I can look at myself. But I have also talked to former me, i've talked to younger me, mostly it's been the present me but what i've told myself it's almost like separating my emotional self from my logical self

D:mmmhmmm

Micki: And now the two of me can have a conversation. Like now we can sit down and it's not so much chaos, the room's not so loud.but i'm also a gemini and potentially schizophrenic

[chuckles]

D:[laughs] wow

Micki:Now you all know I am certifiably crazy [Mocking tone]

D:heyyy

Micki: o really it's been a really interesting practice, it's been very enlightening

D: I feel like maybe you told me about this a long time ago, how long ago was this?

Micki: I read the book maybe around 8 or 9 years ago

D: Ok yes. I feel like it was way back in the day and uhm I remember the castle reference and the cleaning up and all of that. I'm gonna have to revisit and pick that up and see what's going on in them streets cause that sound really interesting and it is along the path of things that i'm doing right now with myself so

Micki:It's full of really incredible lessons. It's a dive into oneself that it's helpful talking to other people because when you think you just get into to this circle brain situation, but when you can read a book that actually takes you on a path, it feels like a physical trajectory, the momentum of it

D:Yeah, we definitely need to add that one to the resources that we share later on. So what has been a thing that helps you turn that feeling around?

Micki: When I'm back to bottom again?

D: mmhmm

Micki:Well i'll say this and tell me what you think about it . it feels to me, let's just say on a scale of 1-10 and 1 is where you breach the water and there's sunlight and you can breathe again and 10 is where you are sunk all the way to the bottom and the sunlight barely hits. The first fall is not always down to 10 , sometimes the first fall is down to 7 and I start working my way back up to the surface and then I fall and then it's at like a 9. Eventually a lot of times, I'll hit 10 but i'll only hit it once Once I get down there and I start to work my way back up and when I fall it's never all the way down again, so for me when I'm deep in it, I think just a general sense of I've been here before, I know this feeling, I know it will pass. I know that I'll get out of it. I also really try hard, when I experience difficult things in my life I'll do the whole "what did we learn?" . I know it sounds hokey but if I can take knowledge and understanding from a shit show, I feel like it served a purpose

D:mmhmm

Micki: It gives it value and meaning so I don't just float through the world feeling like everything is fucked [chuckles]

D: [chuckles] Right

Micki: And so I have also been in that place where I can just lay on the floor or in the bed or wherever I am, crying and gonna say, someday this is gonna make sense, some day I am gonna look at this and have a greater understanding of what i'm going through and maybe even why. Someday I'm gonna see what I can take from this experience, but it fuckin' sucks right now.

D: mmmhmmm

Micki: And then I can be in it and still maintain a little glimmer of hope for a day when it's not gonna be so bad

D: Yeah

Micki: Do you have actual activities that you do

D: Oh, when the shit gets real, I don't have any activities that I actually do, everything kind of just kind of fucking slips your mind when you're in that place and more than anything I want people to know that it's not always perpetual comfort and it's not always like you're gonna bounce back within 25 minutes, fuck that shit. It's unrealistic depending on the situation you know if it's your hamster and you can go to the store and get a new hamster and give all the love that you had for the previous hamster to the new hamster and that hamster doesn't know the damn difference, Great, everything doesn't work that way. So you know, I think there's so much power in really being in that place, not necessarily wallowing and sad saying yeah things are just going to be shitty for the rest of our lives and yeah fuck everything and fuck everybody, it's really easy to latch onto that because that's the thing that is constantly being reinforced when we reinsert ourselves back into the world. And again, it's easy to latch onto because that's the running fucking theme right now. [Laughs] Shit's going to be shitty and horrible forever [laughs] So I think allowing ourselves that little pocket of saying yep, yep yep yep I am feeling this, I'm not a machine and i'm not required to get over it at all or tomorrow, but i'm allowed to visit another feeling whenever I want to. I'm allowed to visit joy, I'm allowed to visit desire, I'm allowed to visit pleasure, I'm allowed to visit childishness. I'm allowed to visit all of these other things. This isn't the end all be all everything place

Micki: right

D: Although it feels like that, and I have to say, that's what it feels like and then my heart also know that yeah I do have a whole lot of other stuff I like to do, and if I could pick one of these things that I have just enough energy to do, maybe it's read a book, maybe listen to a book, maybe it's watch my favourite tv show and let that calm and soothe me for a minute that I will shift into the place where i know that I feel loved and comforted and it's a place that I generate solely for myself. It's not me waiting for other people to generate it for me because I'd be dead by now. It's that place where I cultivated my self soothing, it's the place where I know if all else fails I do have that, I'm allowed to rest and I'm allowed to let this burn off, I'm allowed to be mad. I'm allowed to do all those things and still get up and get my life together tomorrow or next week or whatever the case may be

Micki: I was just reminded of many moons ago I had a very perilous time one week to wrap it up where my boss who was like family to me and my grandma died like within 3 days of each other and I had to test for my third degree black belt that Friday [chuckles]

D: uuuggghhh

Micki: And I was in bad shape and this was a time in my life when I could not, not only could I not reach out to other people, but I couldn't even let the people who desperately wanted to be there for me, be there for me. It was too much vulnerability, it made me feel too weak. The "you're strong thing" was reinforced when I was young and I fed it. I really did, I wanted everyone to see me that way and it turned me into this person. My friends just wanted to take me out to dinner, I was appalled like i'm miserable right now you don't want to be around me, I couldn't let them be there for me

D:Yeah

Micki: And there was one day, I think my grandma was still in the hospital and my boss had died and my black belt test was still coming up and it was a Saturday and I got up and I made myself coffee and I got the book and I cracked the cover and I sat in this chair and read all day and all night. And as long as I was in the book it was fine, the minute I had to get up to pee or drink water or get one of the many beers I drank that night, I would burst into tears

D:[laughs] right

Micki: The minute I would set it down I would burst into tears, I'd be right back in the moment in reality, and I'd go pee and cry the whole way through and then come back and reopen my book and just get my head back in it as fast as possible. I did that the whole day and I think it kind of saved me

D:Yeah, you know we don't give enough credit to those things that we can do while we let our higher self work some shit out

Micki:Yeah the healthy escape, we talked about that already right?

D:I'm fairly certain that we talked about escapism

Micki:You guys, we don't even know what we've talked about anymore

D:I am the picture of escape artistry [laughs] mental escape artistry is my speciality and uhmmm

Micki: Yeah you're good at it, you create some amazing shit when you're in a bad place

D: [laughs] exactly so you know this about mebe and whereas on the outside I could really be looking normal and functional but I am off in my head on a fucking adventure that I am in control of, well not necessarily in control of but it doesn't have anything to do with anybody else, it's for me, it's my answer, this is what calms me down, it's the thing that brings me back to the actual magical place that I live in physically. This is how a lot of my art happens and when people get to witness that, they are clearly seeing my coping mechanisms

Micki: absolutely

D:In real time and in play so like making the skulls and painting these creepy ass masks, these things bring me back to the love and joy that I know exists in the world

Micki:Yup

D: And it also keeps me on this side of sanity [laughs]

Micki: absolutely, yeah, one hundred percent, I feel very very fortunate to have turned my art into a job but I mean stranger things have happened than you find a passion that you really like and you end up being pretty good at it and people want to buy it. Not the creepiest thing that has ever happened to me, but, and I know you and I have talked about this before, there's so many different layers to art as therapy. Number 1, I feel like a lot of the things that people learn to do when it's for therapy are like knitting or fiber arts beading it's things that tangibly, it's textiles and the feel of these things in your hand alone, and then the focus required to make the thing brings you into a moment, it puts your brain somewhere else, it puts your emotions in sort

of a more manageable space because now you're gonna pay attention to this thing that you're making and then when you're done you have this tangible piece that's a representation, I don't care if it looks like anything, I don't care what it looks like, I don't care what you made, if it has a function or not, if it's pretty, if other people think it's pretty or it's terrifying. You made a thing that represents a part of you that you're living with and there's magic in that and then to be able to share that with a community of other people especially others who know the feeling it's so cathartic

D: Yeah

Micki: There's so much healing to be had in creating art

D: And you don't need to be a fine artist or an artist in a gallery

Micki: You don't even have to be good at it

D: You don't. Just make something. The art of moving these things through your body and out that's magic. Magic is about "Oh I can make shit fly across the room"

Micki: Yeah it's a really different and unique way of sharing emotion with others and allowing your emotion to move through others

D: mmmhmm

Micki: letting other people feel things

D: mmmhmm Yup. I want to go back to that thing about receiving because I think that that's also a super important aspect of healing, is that we allow ourselves to receive and we allow ourselves to say yes to the people that we trust and it's people we know we trust. Even though when that feeling is happening, I don't want to be bothered and I don't want people bothering me, I am there so often, more often than I really want to admit [laughs], but I am really am there in that place so often and it's definitely a practice to allow and remember that we are worthy of receiving

Micki: Yeah, I was accidentally taught that my emotions were burdensome, other people set that example for me. They felt like difficult emotions were a burden, they were a burden to me so they were gonna be a burden to anybody else and so if I feel like a great big fuckng bummer then i'm just going to be a wet towel on any fun that anyone else is trying to have. It never even occurred to me that nobody was trying to have a good time, they just want to be there for me. They're not even trying to make me feel better. They just want to be there, they want to support me. It is a difficult process I'm still learning and not always good at when I feel the most defensive is definitely when I'm the most afraid of being vulnerable, but to very slowly start opening myself up to the safest people to me. It's a really small circle. It's a very very small circle still.

D: mmmhmm

Micki: Because i'm still learning and trying to be better at it

D: [laughs]

Micki: Still really squirmy business to me to be strong and capable and you know have all the shit together all the time

D: Yes, I think it's squirmy for a lot of people. I know that I often extend myself and I don't have any ulterior motive or anything and if I want something from you I'll tell you and if I don't I'll just be like I want to kick it with you, are you alright? [laughs] Can I make you some tea, things like that, or do you want to talk or I'll just say he what's up, how are you doing and I really want an answer, not because i'm trying to not be focused on what i'm doing, but because I need to

practice receiving that and when people reach out, to reach back and take some of those love risks and saying that this person isn't here to just extract all kinds of energy from me and maybe we're going to do something beautiful together

Micki: And on the flip side of that I would like to just put this out there too as a reminder for myself and everyone else. When you're in that space and people are reaching out to you and you're not wanting to accept it, I just would like to remind myself and everyone that reaching out is not easy either. When you know someone is hurting and someone's in pain, and especially if they're experiencing emotion that scares you or something heavy, really anything heavy it's hard to reach out to somebody, you don't know what to say and you don't want to do the mundane like hey if you ever need anything, or just a simple hey do you want to have a cup of coffee or something

D: Any gesture that you know, depending on the person that you're talking to of course, but if you know this person, there's so much room for healing even if you don't know what to say. We experience being in the same room with people, we may not necessarily talk about what our problem is but we do get to experience the love that is maybe in the room or the laughter. You might make me laugh when I don't feel like laughing and it might just come up organically and that is a super good thing, it's never a bad thing because laughter is the best medicine

Micki: Yeah

D: And so are you laughing at death? Probably not

Micki: Not in the literal sense of the word, but if I'm going to try cope with something odds are good that I'm gonna try and laugh at it

D: exactly [laughs] right right right

Micki: Just how it is

D: So it's not necessarily that you're laughing or mocking the thing, this is where like the guilt comes in, survivors guilt and stuff like that, whew should I be enjoying myself? Of course you should, of course you should. Of course I should be feeling bathed in love right now, of course you have the room to cry even though we're sitting up here laughing as hard as we can laugh. There's a very clear difference between somebody who is just perpetually pessimistic and purposefully comes into the room to bring it down. I don't want to fuck with folk like that on a regular basis just in general, go on somewhere with your shit

Micki: I don't even want that on an irregular basis. I don't want that really ever

D: Like if it's purposeful, when people are experiencing trauma and shame and things that they're working through, actively working through and they're just getting pummeled the fuck out of, like life is just pummeling the shit out of them, they can't fucking help that.

Micki: No

D: like they can't just turn that shit off

Micki: No but there's a sincerity to all of that

D: We were talking about a story, back in group last week about how in this African community if a woman experiences her child dying or the death of her baby or whatever, she will dance, and the people in the community will take turns coming to dance with her so she is never by herself, so if she stops dancing, there's somebody there to hold her and lift her up and keep dancing with her but nobody is shaming her and nobody is telling her to stop crying or just stop feeling what she is feeling, they are feeling it with her, they are in there in that moment with her and they are taking turns so it's not just one person doing the giving. So it's a community effort and i

think that's the reason we need to be talking about these things and building these communities so we can do that for each other. Caretaking is exhausting because i've been the caretaker 24 hours a day for how fucking many years it's been. You know i'm exhausted on both sides of my coin, i've burnt both ends of my candle, i've done used up all the oil, used up everything in my soul like it's fucking empty. And I need people to come and dance with me you know, and hold me up for some of these dance numbers that I have to do

Micki: Yes, just knowing that. Just even getting to a place where you can say that is a new level of accepting that community

D: Yeah it's wild

Micki: But if you're not there, just know that if people reach out to you, you know you don't have to hang out with them you don't have to do anything just you know maybe thank me, because it's all hard, not in a good way. [laughs]

D: [laughs] On both sides of those coins, it's hard, not in a good way [laughs]

Micki: not in a good way, not in a fun Friday night way

D: Not the orgy in the park kind of way

Micki: Not at all

D: You know. I do hope though that we all come to that place and that this is one of those turning points for all of us emotionally in saying that it is ok for us to feel this way because this is actually what's happening and then on the other side of that coin, when things aren't tough and tight and as heavy, that we are able to open ourselves and extend ourselves to those who are in that place because we understand that place or we've seen that place and we've been in that place. And, if we're not strong enough or feel we're not strong enough, it's ok to say too, to say hey i'm not feeling as strong as I can be in order to support you but here's what I can do. I can bring you some coffee, I can leave it at your door, I don't have to talk to you. I can maybe send you a text every two or three weeks to check in. Little gestures and they don't have to be every single day

Micki: No it's just maintaining the connection

D: It's maintaining the connection whenever you can and not having these grand expectations of oh my god i need to talk to this person and I need to lift them up every single day

Micki: It's just watering plants you know

D: If you don't have it in you, you cannot give of yourself what you do not have of yourself. So that's another thing that we also need to be aware of is in radically accepting as the receiver is you know shit these people don't have it to give me and I can detach myself from the feeling of abandonment and all the shit that I have self imposed or that has been reinforced in the past. I can really be open to each relationship and saying you know this is not what we actually do in the first place and I love whatever it is we do when we do it

Micki: Yeah

D: And it doesn't actually need to be anything other than what it is and I can move on with my day

Micki: We just just scraped the surface of a whole lot of fucking -

D: [laughs]

Micki: I hope we said something

D:I hope we said something and I hope that people feel supported and loved and like I hope they know they can reach out even though they don't know me or whatever by email or something and I'll get back to you in like ten business days or something like that [laughs]

Micki:Yeah

D: Because i'm a real person and it takes me a while to do some shit

Micki: A real live human

D:Yeah, I don't have 95 pairs of hands

Micki:The Hindu Goddess with all the arms

D:mmm don't ask me for that

Micki:mother nature right in one of her forms

D:mmhmm

Micki:I don't know i'm not that

D:I really wish I had all those rms that I could just you know take care of everything

Micki: even just one more would be great. I'm lucky to have two functioning ones and I shouldn't complain. Are we ready for questions?

D:I am so ready. Who Are You? It's a cute little segment where we ask questions and stuff

Micki: I think you, are you asking first?

D: Is it my turn to ask first? Alright, so which living person do you most despise?

Micki: Ooo oo

D:I know

Micki:Despise ?

D:mmmhmmm

Micki:uh I'm gonna not put a name to that

D:[laughs]

Micki:There is someone

D:Yes, yes.

Micki:I'm gonna leave them anonymous but truly in my heart of hearts believe they are a waste of oxygen

D:[laughs] Daayumm, ok, I feel the same way about the person that I most despise as well and I will follow suit and leave that person unnamed.

Micki: Question, is it someone you actually, personally know?

D: Yep

Micki: Ok

D: MMhmm [laughs] Anyway yes, if I say any more you'll know exactly who the person is, I mean you know exactly who the person is, but everybody else will also know and so yall just gon have to be psychic. Anyway, next question, what talent would you most like to have?

Micki:I would like to be musically talented

D: Aren't you though?

Micki: I'm gonna say no because I put talent on like a really crazy level. You know how there's people who can play lie 8 different instruments

D: mmmhmm

Micki: And it's not like they just pick it up and know how to play said thing, Tim,

D:right

Micki: you know anonymous random people work at it, I play piano and I have to really try , I can sing ok but I'm no diva. Like, I wish I had more musical talent

D:Alright, alright well

Micki:You?

D: I wish I was a magician, like a live one, like sleight of hand. I think I would excel at danger acts though because I have some really genuine fear responses to some shit [laughs] and it would seem more real like you know/

Micki: Yeah! Like Magic Castle shit?

D:Like Chris Angel, and the one that does Death By Magic, he's pretty dope I really like him but I like magica and that's a thing you really don't see a lot of is black women magicians

Micki:I don't know if I've ever seen a single one

D:That's what i'm talking about, I might be talking to the universe right now and the universe is gonna answer

Micki:[imitating an announcer] Ladies and gentlemen

D:[laughs]

Micki: Wait what would your magician name be?

D: [laughs] you know, I don't know. We'd have to come up with it. Maybe some of our seven listeners would help me out with that

Micki: Everyone, flood that inbox with 7 emails if you would

D:[laughs] ahhhmmm what video game do you wish life were more like?

Micki: I umm don't play videogames

D:mmhmm let's say that, did you play videogames back in the day ?

Micki: r Super Mario Kart ?

D:That's a game [laughs]

Micki: That would be the last time I played a game, that's all I got sorry

D: [laughs]

Micki:You? You play videogames

D:I do play video games

Micki: Tell me

D:

Micki:

D:

Micki:

D: Kind of one of my secret super powers, I don't play the ones where you have to control the camera and shit like that. That shit makes me seasick. I just need to have a fixed camera angle for things, but I really enjoyed playing the Lord of the Rings video game and being Legolas, he was my favorite character. So kind of like that [laughs] if there's war to be had, I want to do it like they do in Lord of the Rings

Micki: Alright

D:[laughs]Who is your favorite action movie hero?

Micki:Oooooohhh we just were watching all the Avengers movies, it's gonna have to be Marvel

D:Captain Marvel or what?

Micki: I'm gonna have to say Captain Marvel, off the hip

D: alright, alright well, I have a couple, I like DC and Marvel because there's room for everybody in my life. I would have to say hands down my all time favorite would have to be Wolverine because he's a dick, but also he's a nice guy. [laughs] Also, because he was my favorite, Superman was one of my favorites because of Christopher Reeves and then of course when I learned about Thor back in the day in the 80's, I really liked the idea of this hammer and the guy who has to forge this weapon and the whole mythology of Thor and Odin. So Thor's at the top of my list because I was born on Thor's day

Micki:ohhh

D: I'm a nerd I know [laughs] So, I belong to Thor, fight me if you will

Micki: [laughs]

D: But, his hammer is the biggest, ok? [laughs]Would you ever start a celebrity fan club if so, for whom?

Micki: No! [laughs] But I did have a really fun dream about Keanu Reeves a couple days ago

D:[laughs] Oh my god

Micki: Heated teenage love still survives deep down in my subconscious

D:This is wild, you have no idea. We had no idea that I was gonna ask that question. I didn't even know, we have a list of questions. So the next thing I'm about to say, because the answer to my question or this question is YES, and we have a Keanu Reeves fan club [laughs]

Micki:Shut up! No you don't!

D:[laughs] I swear. Not only do we have a Keanu Reeves fan club, we are creating something very special with Keanu's likeness that may or may not involve telling fortunes.

Micki: Well shit!

D:in order to not give it away

Micki: I have to join the fan club immediately

D:[laughs] you have to join the fan club immediately. We gather whenever our hearts feel like

Micki:Whenever we have beautiful loves dreams of like

D:Exactly so if you had had your dream, you would immediately, you would wake up and immediately get into that group message and talk about the deliciousness of Keanu Reeves and your dream and we would, hold that space for you

Micki: Wow

D: And we would pick pictures that we think would most coincide with that dream [laughs]

Micki:[laughs]whew it's getting warm in here

D: right, well it's supposed to be a secret society, but it's not a secret terribly but nobody

Micki:just between you and me and our 7 listener, you guys don't tell anybody

D: Don't tell anybody, but also when our product comes out, tell everyone! [laughs] this goes, that's number 5 and this leads me directly to what I wanted to say and whom I wanted to dedicate this show to. The Keanu Reeves fan club that we have and we are not taking applications but Micki, you are definitely in the club

Micki:Yes!

D:[laughs] Yeah and just to everybody who is so supportive when I'm in those places of despair and they randomly call me or pick me up and they send me a random picture of Keanu Reeves. When they don't even know that anything is happening. When I don't reach out, when I'm quiet or they show up with books that they know that I love or they send a message just to say hey to say what they've been doing and to ask what I've been doing and to just listen.

Micki: All the life savers out there

D:all the life savers out there and believe me there has been the most beautiful conglomerate of souls out there who have gathered in my stead and on my behalf to keep me where I am right now today and I am so thankful

Micki:I would like to dedicate this episode today to Marisa Osoyo-Monteano hyphenated now. I have known her since fourth grade and we went to junior high together , elementary school, part of high school, BFF, total timeless sister of a friend. She's been my penpal for the last handful of yea3rs. I owed her a letter for an embarrassingly long period of time, but we'll write like 6 or 7 pages at once. But no one could have cultivated my imaginary love affair with Keanu Reeves, like Mari.

D:Cheers to Mari, thank you!

Micki: And what's our song? What's our song today?

D: Our song today is a silly one, it's Baby Shark[laughs]

Micki:[laughs] Sharks and shiiit

D:in honor of looking your sharks in the face and laying your sharks in our lap and communing with your sharks and things like that.

Micki:Cheers, thanks everybody

D: Cheers thanks everybody see you next time, love you!