

[Transcription]

Grief After Dark- Podcast
Season 1: Dark Waters
Episode 04: Sirens & Lures

[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:Hey D.

D: Hey Micki

Micki:How ya doin?

D:Oh , I am surprisingly excellent today[laughs]

Micki: Yeah?

D:And, I don't mean to say surprisingly but I am never lost in the sense that like I don't feel this excellent all the time

Micki: I'm with you

D:I think the more that I acknowledge when I do, the more I will notice when I do

Micki: And be thankful for it? Hey in this day and age I hate to say it but probably excellent is a bit of a shock for most of us

D: [laughs]

Micki: SHockingly, I feel pretty good!

D:Yeah, yeah. Shockingly, I feel pretty fucking good

Micki: Yeah

D:[laughs] What about you?

Micki:Uhh Same!

D:nice, nice!

Micki:Same, I could complain but that would be a complete waste of precious air time. You guys don't want to hear all that. Welcome to Grief After Dark. Season One: Dark Waters,Episode :

D:Wow, we're like halfway there. SO this is, this is amazing

Micki: It's our hump day of podcasting [laughs]

D:[laughs]

Micki: What better to talk about than Sirens and Lures

D:On a dirty hump day... mmm

Micki: [laughs]

D: I have to tell you too, every single time I pick something up or I watch TV, and this probably go with our later commentary, it just struck me that I see all of these boat references, all oof the uncharted things and when I sent you the power path the other day. The exact fucking words, prior to reading that and it's all there, it's all there

Micki: It's all happening

D:it's all happening

Micki: It's the red car thing you were talking about before. Thank god we're talking about this shit and not shitty shit

D:[laughs] not shitty shit

Micki:I don't need more shitty shit to just be showing up on my day to day. Dark Waters I can live with. So, invocation?

D:Invocation

Micki:Uhm mine was referenced in, big shocker [laughs] Brenne Brown, Rising Strong. Uhm, she references the description of mindfulness from The Greater Good Science Center at University of California Berkeley and on their website it says: Mindfulness means maintaining a moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. Without believing for instance that there is a right or wrong way to think or feel in a given moment. When we practice mindfulness our thoughts tune into the senses of the present moment, rather than rehashing the past or imagining the future

D:mmm... mmm

Micki: It felt applicable

D:Always

Micki: Especially today

D:[laughs] I have mine here. It's from chapter 13 of When Things Fall Apart,Heart Advice for Difficult Times. I am not going to butcher this name, so I'm just gonna read the thing: Chapter 13 Widening the Circle of Compassion. Only in an open, non judgemental space can we acknowledge what we are feeling. ONLY in an open space where we're not all caught up in our own version of reality can we see and feel and hear who others really are, which allows us to be with them and communicate with them properly.

Micki:That gave me chills and brought a little tear to my eye

D:mmm

Micki: I mean that's what we're here for and thank you for offering me that space

D:ohhh thank you, thank you for offering me. Offer me ,it is an exchange, it's what we're supposed to be doing I think and how we're supposed to be doing it . Like of course it's not original and as we were talking about pre show, we are doing the same things over and over so

Micki: And have been since the beginning of humankind. I've heard a lot of different opinions about this from different, mostly moms, with kids dealing with social media issues

D:mmm

Micki: And social media bullying, and I was just talking to a friend of mine. Her daughter is 13 and she was saying that like you know the troubles that they go through though having your life blasted on social media. And I was like, ok here's the thing though, when I was in eighth grade I showed up to school one day and I don't know when this bitch talking about me, like I don't know if she was calling people the night before. It must have taken hours to get to my entire social circle, and we ran in like the same crowds but like this girl told everybody I knew that I was talking shit about them and then made up stories. I was like twelve or something [laughs] I was so little. And, she made up specific stories of shit I that I had talked about people and almost everyone believed her and I know that it's easier and faster now because you can do it on social media and everybody sees it all at once but I hesitate to say it's that much different

than back in the day, I mean girls just find different ways to ruin each other's lives now but they're still doing the same fucking thing

D: People, people

Micki: Yeah I'm saying little girls because that's like

D: yeah yeah, and I think too as somebody's mother who does not allow them to really use social media for those reasons. Like I am that mom who's like we ain't entertaining that shit here, cause listen [laughs] I will call your mama, and we're going to talk about this. DON't come over here with your nonsense and fuckery, that's all I have to say about that. I don't have time for that shit in my regular life with my regular accounts. I feel like if people need to do that in their lives they are severely lacking in other shit to think about

Micki: For sure, that's also people's creative past time

D: Exactly

Micki: Just being shitty to other people

D: That has been perpetuated across time of course this is just, what we were just saying. We're doing the same shit on the same day and I am not looking forward to the day where my kids are allowed to use social media and even then, I didn't have my own cell phone and my own everything until I was about 21 years old and I could pay for it myself and I was already an adult and already allowed to advocate for myself and tell a bitch to fuck off like I don't have time for that

Micki: did you have a pager?

D: Yeah I did, I had a pager and my little coins to go call back on the payphone [laughs]

Micki: mmm hmm the good old days when life was much simpler

D: yeah [laughs] in the late, late 1900's

Micki: [laughs] Oh that hurt my feelings, yeah, good old days

D: [laughs] Yeah, uhm

Micki: What about, you have a young friend, and I don't want to say her name, but what about, what's her experience been with social media?

D: You know she's really there and present in herself so I think it's a little easier but I know for certain that those are the things that do still go on. And, it's like why are you entertaining these bitches? Let me, can I talk to them?

Micki: Yeah

D: When is it my turn to talk? [laughs] And that's the thing I think, the gaslighting, you know it's embedded in our society in such insidious ways and we don't call it that but you talk about somebody for so long and you keep preaching at them and you're telling them that they are this that and the other and then the minute that that person snaps like you know what, let me tell you about yourself they're the person that's in the wrong and it turns into wow you need to ignore them, and you need to turn the other cheek. As a person who was bullied in my youth in my early early youth, I'm going to tell you that turning the other cheek doesn't always work. Sometimes you gotta knock a bitch out. Period. And that is the end of the fucking sentence.

Micki: [laughs] i don't condone physical violence, but, i'm gonna have to agree with you

D: i don't either

Micki: In one way, shape or form, sometimes, somebody needs a fucking smack down

D: Somebody needs to get knocked out because you're talking to me like you have never been punched in the face before [laughs] so, and I don't like that and please don't push me to being

that person that has to punch you in the face, because I can assure you... locked and loaded.
We ain't playing those games

Micki: right in the neck

D: And that's the decision that I've made. And that is the decision that I've made, and people don't understand that. So when you approach people, and there are those types of people who are bullies, they're not thinking that they're ever going to get their ass kicked, whether it's via words or physical kerfuffle, they don't ever think about that part because in their minds they're the top of the food chain, and I can assure you again. If there's one thing that people need to know about me is that I will absolutely whoop your ass if I have to and that's not negotiable

Micki: There's also that really sad thing that an awful lot of the time somebody who is bullying their peers is getting bullied somewhere else

D: Absolutely and you know when that is

Micki: Yeah they bully differently

D: Right, it's a different type of bullying

Micki: It's a different type

D: Yeah, if somebody's trying to take your lunch money, whoop their ass and keep on going, put your money in your pocket [laughs]

Micki: [laughs]

D: You know, if somebody's talking about your mama, say that to my mama face and see what happen [laughs] see what happen

Micki: I am gonna cycle back around to the facebook conversation because I am still kind of stuck on it and facebook, I'm not on facebook, I joined it right before I moved because I thought that was the only way I was gonna keep in touch, and then I had it for four or five years and I was like fuck anyone I want to keep in touch with has my number. And I was wasting too much time, I was scrolling too much and it really was a total, it was a judgement fest

D: Yeah

Micki: like it was too easy for my ego to get on there and just be fucking right and point fingers all the time and it just seemed unhealthy and a super big waste of time. So I deleted my account, I know a lot of people who keep their facebook because they're involved in some really cool communities, including you D

D: Yes

Micki: Like, you've got some really cool shit going on but on the Sirens and Lures idea, I think that facebook and other social media sites create a very interesting platform for things that seem, and it's advertising right, they seem like shiny fixes, like problem solvers, if you put your makeup on like this, or you wear your clothes like this, if you study this spiritual following that your life is gonna be a better place. Sometimes they're right, sometimes they're wrong. What I'm interested in is when you're in a tough emotional spot. It's sad that this is a podcast [laughing] because I want people to see you like pointing at me

D: [laughs] right right, if they could just

Micki: you're ready already. Know the difference when you're in a vulnerable spot and you're hurting and you really are sincerely looking for something to make you feel better. It's really complicated to weed through that shit in the normal world, but with a global platform that a lot of these social media sites offer, that's a lot of bullshit to comb through. That's a lot of Sirens.

That's a lot of real pretty, real flowy hair shiny biitches that are gonna absolutely ruin your life, it will drown the shit outta you

D:They're gonna hold you right under the water, their hand is not even under the water, that's how serious it is

Micki:yup

D:Uhh yeah I went through that as well and I am an advocate for people taking whatever they need, take their space if they need it, if they don't want to be on facebook, don't be on facebook. Because if you know yourself like that then don't do it. Also one of my young friends, gifted me with something that was really amazing, not that I didn't know this but I was reminded. I am in control of the shit that I consume so I went through, I was at the height, or beginning of my grief and I was very much isolated and all of that. I went through my settings and eerie time somebody popped up saying some stupid shit or some untoward or anything that was just like, that don't feel right and that don't set well with me, instead of arguing with them, I would mute them or just unfollow them altogether. After a while, there was only content that I wanted to see popping up. People that I know are going in the same directions that i'm going in let's say, and it took me a long time to really tailor my responses to things. In that, I don't have to respond to every single fucking thing, but the stuff tht got my goat up or whatever, that ruffled my feathers, i would be like why does this ruffle my feathers and then I would sit with it for a minute and then I would decide why it ruffled my feathers and then if I could let it go, then I would let it go. If I couldn't let it go, I was deleting them bitches, like "I gotta delete you" and then I didn't tell them. I didn't put on my facebook status that "HEY! I'm combing through my..." because a lot of these motherfuckers are ghosting and lookie loos anyway. And, I'm not talking about my relatives who are following me, so don't y'all get up in your feefees and stuff and start talking shit [laughs] don't do that anyway... It's a public space, treat it as such treat it as a tool treat it, you know use your discretion and

Micki: And, that's discretion for sure. I mean to me that seems like a mature, grounded and mindful response to not just jump in and start type yelling at people so you can be right or people who just get off on the argument

D:Oh yeah, you know damn well [laughs]

Micki: I know a few

D:[laughs] You know

Micki:I'm not on facebook and I know a few

D: And you know back in the day I was always down for a fight, oooh are we internet fighting today let's go! [laughs] But after a while I realised A. it's a waste of my time and i'm not trying to change people, i'm not trying to make myself be right all the time. The messages that are for me are fucking for ME

Micki:Right

D: They're not for you and I don't actually need to be preaching at you to get you to see what I saw, because what you see is what you see

Micki:And odds are good that if you preach it they're not going to see it anyway, that's not a conversation, it's not a dialogue, people aren't on there to learn, they're there to judge. Not everybody, i'm not saying THEY, but obviously

D: right, riight

Micki: The concept of social media is fucking incredible, tie the whole world together? Fuck YES. If it's unifying and so often it is awesome. I'm just talking about trolly people and people who are like subtly trolls, they're looking for some shit to start and then every time, ok we're gonna do another basic biology.

D:[laughs] Yep

Micki:I'm gonna speak real briefly on this

D:Heyyy

Micki:But I am not an astronomer. Every time you make a dot connection in your world, everytie you can look at something and have it make seense to you, and especially when you can look at something and have it fall in alignment with something you already believe, you get a little kick of dopamine

D:Yes

Micki: This is why confirmation bias works so well. So I already believe a thing right, I can go on the internet machine and no matter what obscure shit I believe in I can "air quotes" "prove it" and that gives me a little rush of this happy chemical dopamine, my brain gives me this good little chocolate chip. Every time here's a little piece of chocolate for you. You connected some dots

D:mmmhmmm

Micki: What happens though, this is a good thing, I mean dopamine's a happy drug it's great, you know everybody wants more dopamine in their life. I would just prefer you get it from running around the block rather than shooting me down on instagram because I posted something political that you disagree with. This is where the dopamine game gets really complicated. If I get really self righteous in my belief system, I can go out there and just start arguing with random people that I don't know, that I don't have to see face to face. I can insult them willy nilly like and suffer generally no repercussions and get that little chocolate chip dopamine kick

D:mmmhmm

Micki: Dude it's like the dopamine of judgement game, it's problematic

D:And then the internalization of those things. We then start doing the shit to ourselves so [laughs] Which is why I love to remind people that they're adults and they are in control of the shit they consume and when you want to be done consuming a thing, be done consuming a thing. And it's cool if you come back

Micki: Yeah you don't have to put it down forever, take a break

D: Exactly, take a break, do what you need to do to take care of your mental space and that's kind of what I want to teach my kids before they get dumped in and thrown in the abyss that is the internet, that is everybody who is faceless and sitting behind a computer . They need to know that these are actual people, first of all. We like to romanticize it by thinking that oh this is a fictional place, it's not real life it's not real world. That's such a dangerous thing because we are all actually participating in the thing, so where is the unreal part of it, is my question to folks often and they're like "oh, but-" and that's great "and people aren't showing you their real lives" , well does anybody owe you all the things in their lives that are going on? Take that shit with a grain of salt, like if you see people constantly going on vacation, the questions shouldn't be, why are they always on vacation? Bitch, i'm trying to go on vacation, how? [laughs] How are you

always on vacation? Let a bitch in on these secrets cause I want to be posting my pictures with my feet up

Micki: Then we get into another dirty J word which is jealousy. And I understand the concept that people are only showing you the best part of their life. That's human fucking nature. You don't see me walking down the street and see my whole life in front of you. You see precisely what I want you to see

D: That's where we're caught up though. If I show people literally the shit that's going on in my mental world space, they don't want to be bothered with all that shit

Micki: I don't even want to be bothered with the shit in my own head [laughs]

D: That part. [laughs] That. part.

Micki: You don't need that

D: They don't want to be bother so it's a very fine line to skate on even with Adventures of Grief Girl, people really, you know it's a mixed bag, but often I hear " why do you talk about death so much?" Well bitch we're all fixinta be dead and there's things that people really need to understand about the engagement that I have with death, with grief, with mourning, with all of these things and sometimes that shits really dark and also it's really bright and beautiful

Micki: Yeah

D: You can't really have one without the other thing, I don't know that it's bright and beautiful without the darkness. Living a life in perpetual comfort you're not learning anything

Micki: No and I would probably encourage anyone that would ask you that question to do the same thing you do when you encounter some nonsense on social media, take a step back and wonder what about it upsets you. Why is it uncomfortable, are you shying away from death? why?

D: mmhmm

Micki: What do you like to talk about all the time, maybe I don't want to talk about that either

D: right, like hey..And also they need to understand that maybe this message isn't for them right now. And if it's not for you right now, I'm not begging for followers really. By all means go start your own podcast

Micki: It's an incredible irony in so many ways that I started a podcast because i keep saying I don't want to talk if somebody doesn't want to listen and I don't want to talk if it's a monologue. I want good dialogue or i'm gonna go home and run a bath and read a book or something, I'm fine with that.

D: having that rich dialogue and that rich space filled with thoughtful commentary and additions to the community, like this is what we can offer on these topics. I am not here to make sure everyone heals themselves, I want to inspire you to do that, and here are the things that were helpful to me and are helpful to me on my journey, that's all. Now, there are a lot of people who claim that they can heal you, they claim that they've got the magic for you, but what I will always say to somebody, is, you are the only magic you will ever need

Micki: Yup

D: You don't need someone to heal you, you can do this yourself

Micki: Guidance is helpful

D: Guidance absolutely, what have other people been doing, but at the end of the day when it comes down to it, you are with yourself the most, out of everybody on this planet, and everybody is not accessible to you at all times, you have to do the work. You.

Micki: And like you said, there's nobody on the planet that knows everything inside your head, everything inside your heart, all of your experiences. Your experiences are yours. People who were in the same room didn't have the same experience as you

D: Absolutely not, exactly. Growing up in the same family, one would think shit would come out the same way. But the differences between myself and my siblings it's obvious. It's obvious that you can still be in that same environment and it will affect you differently, and this is science that everybody can do, this is not science that you need an actual scientist to stamp your paper for
Micki: No and if you don't like science you can just throw it in the trash can. Look around.

D: Call it whatever you'd like, observation, I don't what you want to call, you don't even have to call it anything

Micki: The family is at the forefront of my mind, the family that I am closest to, the siblings that get along the best. My siblings and I get along great. We're good good friends, me and my brother and sister. We're super different kinds of people. We just respect it

D: mmmhmm

Micki: Imagine that

D: Respect! R-E-S-P-E-C-T

Micki: I know what it means to me and tell me what it means to you if you would? It's the antithesis of judgement and jealousy right?

D: yes because when you respect somebody, you can have access to lots and lots of things and it starts with respect. It's starts with respecting yourself

Micki: Yup, step one

D: First you gotta know what respect actually is and this thing that was designed for us

Micki: You mean that really fun, unmutual, you will respect me but i'm gonna treat you like a piece of shit forever

D: yeah yeah respect is earned and it ain't freely given

Micki: It must be earned and it must be mutual for it to work

D: And so when you're respecting yourself you can say hey I see that this is important to you and i'm not going to shit all over everything that you're doing with my nonsense and fuckery. Even if you think your nonsense and fuckery is the top of the food chain, even if you think your religion is the best, even if you think your spirituality is the best, even if you think your culture is the best. You can still say hey, they do things differently over there and I need to, wait for it, respect that and not shit all over it with my nonsense and my fuckery. We have these ideas of what respect is and we always respond accordingly and it doesn't always go well and then you have folks killing each other over the silliest shit ever. Things that they don't actually have any rights to.

Micki: No but man people are really into their, well we already, we did the belief system thing already I can't beat that dead horse. It would be awfully nice if people could just come to a place, that does seem like a bottom line first step to just work towards finding a respect for where other people are coming from. It seems really kind of amateur when I say it, but it's easier said than done. You know, if you think that's an easy concept in general in your life, good for you, but when you're confronted with a really offensively different point of view it starts to become a little more challenging to respect. I mean self respect, I'm thinking like on a scale from 1 to 5, how much people tend to respect themselves

D: And how often do we demand it of other people

Micki: On a scale of 1-5 how much would you say you respect yourself ?

D:I would say i'm hovering around a 4.5 because there are those times [laughs] and i'm human and shit be real

Micki:4.5 is good, like really good

D: I mean, you know

Micki: It depends on the circumstance. I also have delusions of grandeur about how much I respect myself because while we're sitting here talking about it I want to say I am probably a 4 or 4.5 depending on the day, some days more than others but the issues that I confront in my life now are the things that I really struggle with, have to do with me not respecting myself and not standing up for my boundaries, I don't demand respect of others certainly. I just insist that if you're going to step into my space that you're respectful of me and my space. I don't think that's that crazy. You don't gotta do out there in the circus of the rest of the world

D:that's not the kind of respect that i'm talking about either, and i think that that stems from compassion, mindfulness things we've already been talking about, expectations all of those things so, the best example that i can give is the patriarchy, you will respect the patriarchy meaning you will destroy yourself to uphold this bullshit ass rhetoric that we're doing everyday. That's the kind of respect that i'm talking about.

Micki: yep i'm just talking about little day to day that's hard enough

D:right [laughs] like my religion is better than your religion and they even understand their religion as a whole. How are you gonna be a whole ass murderer over here talking to me about respecting anything

Micki:Yeah and you can understand your religion until the cows come home, unless you understand the one you're bashing that doesn't really work for me either

D: Right and it's respecting another person's culture. My culture is not the same as Italian culture but I for damn sure am not going to go over to Italy shitting all over Italian culture because I think I'm the cat's meow. Fuck off.

Micki: And why would you do that, that food is worth respect if nothing else

D: I want food, i'm gonna do whatever you ask me to do as a matter of fact [laughs]

Micki:Just gelato

D:But yeah I do want to circle back to the thing you were asking about how often do we disrespect ourselves in the sense that I am shitting on my own boundaries and saying oh well i'm making exceptions and oh i'm not going to stand up for my core things and what i actually need. If I need rest, I am not going to overextend myself any more.

Micki: Yeah it seems like a straightforward question and i would really, not that i'm sitting in it, encourage everyone to ask this of themselves because my knee jerk is like, yeah I respect myself a lot and when it comes to how I interact with the world, the patriarchy and you know things that I have to but up against on a regular basis, I think I'm generally good at self-respect. However, if it comes up in little things, I may not be respecting myself as much as I think I do.

D:mmhmm

Micki: It's just, I'm appreciative of the awareness

D:yeah I think that's the thing, we're not looking for perfect here, we're looking for awareness, we are looking for "oh okay, this bothers me, here's why this bothers me and here's why I'm not going to participate in it anymore" and that message is specifically for you, and if somebody asks you by all means great, share your opinion or whatever . But my thing is going out actively

and telling people what to think. I don't have time for that. I don't have time. [laughs] I am not here to tell you that you should choose one thing or another. Here's the options and choose accordingly

Micki: dude i'm not nearly convinced enough that i'm right to try and tell anybody what they should be doing

D: Because I don't get it right all the time

Micki: I don't get it right for myself, i'm certainly not gonna get it right for you

D: right like heyy, use your discretion, use your brain, you have one, you know what feels good to you, and you know what doesn't feel good to you. I can talk about this all day long yes, but at the end of the day again, you know

Micki: Yeah if you're not, to me, I start having bigger emotional responses when I think I know something and I actually don't. So it's really, I keep going back to what you said, it's the maturity of like feeling the trigger, not responding, take a couple big steps back and just stand in it for a second, take note, where in your body are you feeling the thing. There's a ton of charts and I don't know how particularly interested anyone listening is in chakras but there are spots in your body that process particular things, and there's charts all over the internet that will talk about what things in your world, in your physical response systems and your emotional response system. What parts of your body hold it and carry it and process it. If i'm feeling something in my solar plexus, that's where a lot of my shit goes

D: yeah

Micki: Throat and solar plexus is like my fricken nemesis, my poor solar plexus takes the brunt of so many things

D: Your solar plexus it's right over(under) your lungs it's right over(under) your heart it's such an important area and your throat is your communication, I would further that even with communication like if people are having problems with their hands. I think it's definitely worth looking into

Micki: Well Yes because solar plexus deals with insecurities guess what else, boundaries, seeking approval, people pleasing and that's what gets me because just when I think i'm past it I reach a new level of processing and again on a good day i am thankful for the process and on a bad day my solar plexus is just sick and then you wear more citrine because yellow corresponds with solar plexus. Which that's a whole things too, there's gemstones for the chakras and tralalala , there's lots of paths to healing

D: And tralalala [laughs]

Micki: Yeah chakras and gemstones are a conversation in and of itself.

D: It totally is and the whole body of healing thing like i'm glad you brought it up because I am doing, returning to some bodywork and returning to all of those things that I know. It's been twenty two years almost since I went to massage school and got all my certifications and doing all my things and spent 6 to 8 years in the business and when I had kids that all kind of got pushed to the back burner but I was always doing the work whether it was on myself or people you know here and there would come to my house and all of these things. So I was just remembering how in tune I was at that time and how strong I was at that time and looking back at my life and where I am right now in the epicenter of this grief work and doing all of these things, I don't think that, the assimilation of the information, has not been that difficult for me

Micki: Well I mean your ability to continue living

D: That part. And I understand how my body works, and I understand how we can let these things lock up in our bodies and releasing them is super duper important. My next exhibit is gonna be about what grief kind of does to the body. So I would love to chit chat about that more as we go along because you know healing the body of grief that's a real thing. It's not simply just "oh your daughter died and here's your three weeks of bereavement time"

Micki: Now get back to it

D: Now get back to it, and the expectation of "you should be functioning at this level" for people. I am here to say this as a bodyworker that shit is unrealistic. It's unrealistic in our culture because we are so conditioned to seek out things that are outside of ourselves

Micki: Lures

D: [laughs] yeah

Micki: Those fucking lures

D: The fucking lures, yeah, 'oh I can heal you from that' or "You should be done with that" and I'm gonna tell you, this shit stays with you no matter where you go. No matter where I go, we could become a space faring civilization and when I go to the stars, she's gonna be there, right there waiting for me to get there and the damage that it can do to your body. The suppression, you know not acknowledging what's happening. People drop dead all the time of sadness and loneliness and we don't talk about those things. We need to have it be explainable, and I can't explain it to you if you aren't having this experience you're not going to understand fully what I'm talking about and while the ideals of mindfulness are miraculous and wonderful, it's not a one size fits all, so you have to really, [laughs] be mindful and respectful of that concept

Micki: Yeah it can't be anybody else's definition, that's why what I read rang with me so much. I'm gonna go back to it here, it's the Eckhart Tolle thing, it's that level, mindfulness people I think often will think of consideration, you know, being mindful of other people, is where I think a lot of mindfulness comes up especially for women. But, mindfulness by this definition is really about stepping away from the emotional response for a second if you can and when you can. You know it takes, it'll take me days to weeks sometimes depending on my emotional response and how bad it is and what else is going on in my life for me to have the ability to like breathe and step away from it and look at it more objectively without judgement, without expectation, without desire even of any change of the circumstance or outcome. Just to be able to look at something objectively is the kind of mindfulness that I'm going for

D: Folks just want to make it seem so easy, well it is easy when you ain't dealing with the shit somebody else is dealing with. It's really easy to say Oh you just need to do xyz or you just need to bladdadity blah, that's great. But, when you are underneath traumatic experience after traumatic experience after horrific fucking thing, it's not as easy as it's always easier said than done

Micki: Yeah well we're also talking about the difference between throwing a blanket over a pile of shit and actually trying to clean the pile of shit

D: Hey. To culling that wound and clearing that shit out and putting the medicine in

Micki: Yeah that's painful

D: And keeping the wound clean and keeping it medicated. That's a full time fucking job on top of the 97 full time jobs you have with living in today's society

Micki: mmhmm

D: I first and foremost, need to take care of my mind, if you all do some research about the brain. The brain, you ain't doin a lot if your mind ain't there. Your quality of life is not imaginable at that time. When distruction happens in your mind, it's difficult to bounce back from that shit
Micki:Yeah it's damn near impossible. The brain is the conscious and subconscious driver of this shit show over here

D:Yeah so when I tell people to take care of their mind I really mean that shit. Take care of your brain, take care of your mind, and then you will be able to take care of a lot of other things. And that is not a walk in the park, it's not simply choosing one time that you're gonna be right, it's choosing it every time it's being in that right mindspace to choose it every time. It reminds me of that Frog and Toad story where they have a list of things to do and they cross off when they do the things and they get to one part of the list, they get to their picnic in the woods or whatever and the list flies away and they're like oh shit, I don't know what to do next. And that's kind of how it is, [laughs] like your list fucking flies away and you gotta rethink of what was on the list and it was simple daily stuff that was on the list, take a nap, go for a walk, talk to my friend do this do that. You know all the things and the list blew away and all hell broke loose because oh my god my list is gone and I don't know what the fuck to do next. And that's exactly how it is, I hate to over simplify it but listen, simple is sometimes the best way. I don't need nine hundred and seventy five scientific epiphanies

Micki:Yeah, simplicity is a giant, who said that?

D:[laughs] I don't know who said that, but like doing things simply, can be so effective, and we should never rule that out. We should never rule out the simplicity of like looking at it as something you have to revisit every time instead of deciding that your outcome needs to be one and done

Micki:Right. Also I just looked it up simplicity is a giant. It's not a thing

D:You said that [laughs]

Micki: There's another phrase that's something else is a giant and simplicity is the something else

D:You said that then so bang bang there we go [laughs] that's one we can put on a bumper sticker

Micki: You can quote me on that but they're all gonna laugh at you [laughs]

D:Well for all the brilliance we have in this world I think we overcomplicate damn near everything

Micki:oh yeah

D: And that is a broad, sweeping generalization and you know shoot me if you want to but I'm gonna stick with that, because how many times do we talk ourselves out of doing a thing because it's so complicated

Micki:Start. Please just start.Just do one thing. If you do one thing, you're one step closer and I will buy you a drink for it.

D:Let's go

Micki:Get shit done one step at a time

D:That one thing, and the pressure that we put on ourselves to be so great. I'm gonna talk about Amanda Furdge for a moment because she put something really beautiful on instagram and if y'all ain't following Amanda Furdge y'all need to get on that. She put two selfies or three selfies or whatever, I want to look at all her selfies, anyway, and they weren't necessarily selfies

actually, somebody took these beautiful portraits of her and she talked about her legacy that she's leaving or cultivating right now, and she went on to list all the beautiful things she's done in her life. And we are all kind of directed to not talk about ourselves, because conceit, this and the other, so it's hard to tell when it's genuine [dog barking in the background]. This is beautiful genuine work that she does and i'm so glad she did that because, what a powerhouse. What a beautiful human being to be in the world with, and inspiration to ask all of you to do the same thing. Talk about all things you've done in your lifetime. Write them down

Micki: Yeah, Tim did that for his fortieth birthday. He put a post on facebook about how many places he's lived. I think he listed how many bands, pets, cars, jobs. You know life, we're so focused on where we're at right now and where we're trying to get [to]. We so often forget to look back at all the things we did that got us here. It's important, the whole thing with her, it's sad that it feels so exceptional for someone to talk about the great things that they've done, that's some bullshit jealousy thing too. We've been taught and conditioned to be quiet and be small and be invisible because anything else is conceit and ego and being overly proud, and i'm gonna say fuck that because life is hard and we've all done a lot to get us where we are today. I don't care where you're at, you've been through plenty. If you're still breathing and you must be because you're listening

D: Because you're listening and you've done some shit worth applauding yourself for and you should and we're not going to get any work done if I don't know what you're capable of. If I didn't know you're a Kung fu master, i'd be like, why, you didn't tell me?

Micki: You know actually really quick, you know why I don't talk about it? I did in my early days and every, the only people who ever did this to me were bigger dudes, like lifters, big buff dudes that got some shit to prove. I would say, and a lot of times it would start with "you work out?" and i'd be like yeah I study Kung Fu. Firstfucking thing they'd say, "oh so you want to fight!?" That's weird right? I'm 5'1". I'm a 5'1" fucking girl man you don't gotta fight me to make yourself a man also I don't even need Kung Fu to kick your ass soooo...

D: hey

Micki: heyyy

D: [laughs] Alright let's get ready for

Micki: Are you ready?

D: Yeah i'm ready

Micki: Who are you?

D: [laughs] Who are you? Y'all this is our segment and it's super fun because Micki and I have known each other for like twenty years and there's a lot of stuff we still haven't talke about [laughs]

Micki: No, honestly you keep, these questions, I don't even know the answer for myself so

D: [laughs]

Micki: Yeah, and I think I said it in the last episode but my hope in this was. I have so much fun tinkering of the answers, I have fun listening to your answers, I am hoping everybody is asking themselves these things

D: I hope people are really interested in discovering themselves and what makes them tick

Micki: Yup, are you ready?

D: Yes I am ready

Micki: Ok, do you tend to follow your head or your heart?

D: Oh you know that kind of depends on the day

Micki: The day or the scenario?

D: Yeah let me retract that and say the scenario, i think following my heart I have to be really clear on whatever the thing is. I would say in recent years I lean more towards my heart because intuitively I am nearly always on point. It's when I start overthinking things that I start fucking up and making mistakes so I am am going to go ahead and say i lean more towards my heart centered decision making now

Micki: Same , good answer right [laughs]

D: [laughs]

Micki: Yeah, no, really, heart because I try to overthink things and I want to overcomplicate things and i'm not saying that logic isn't involved in especially business decisions but it's always heart first. My brain can think something, makes perfect sense and if my heart disagrees, it's a no go

D: That, exactly.

Micki: I love that you added this since we've both been with our spouses for fucking forever

D: Oh my god forever

Micki: Do you believe in kissing on the first date?

D: Absolutely, I sure do. If the mood strikes you

Micki: If it's going well

D: Hey, for too long we have been wrapped up in the idea that "you're not respecting yourself, or you're just giving it away" fuck off, fuck off

Micki: Nah that's fucking archaic. I'm not a casual sex person. I have too much mind and heart involved. Like I have to be attracted to you in a lot of levels for me to have sex with you so i'm not had sex with a lot of random people, but the ones that I have, I'm not sure that a date was even involved.

D: heyyy [laughs]

Micki: Uhm, are you scared of spiders?

D: I do not like spiders

Micki: You don't?

D: They're not my favorite thing, like spiders? Come on... we have a resident spider here, we've had two resident spiders here. Glorbia 1 and Glorbia 2.0 and I respect their space and they live here now but don't fuck with me and i'm not going to fuck with you so

Micki: I don't know what an orb spider is, is that like a cat faced spider

D: I'll send you a photograph of it, they make really beautiful webs and they've got these bulbous little bodies and they're really lovely but they're really fucking creepy, like anything with more than two legs and eyes on their asshole it's a lot

Micki: eyes that sit on top, I actually really like spiders

D: yeah, that's too much

Micki: We've got, I don't know if they're tarantulas, Tim calls them tarantulas, I don't know if they're tarantulas or not. They're probably about four feet... [laughs] not four feet, [laughs] they're about my size [laughs] they're about four inches and they're really furry. We're on a migration path so in the fall, every year we see them and they're like crossing the road and you gotta dodge them

D: hmmm mmm [nope] I don't want it

Micki: I think they're cool, so are you a creature of habit?

D: You know, I flip flop fish on that. There are some things that I have to do that are very habitual but there's no things that I'm so in love with that I have to do it everyday and if I don't do it I'm going to surely die, no. it depends, I do like consistency, and I like consistency in other people and I like consistency in products if I'm going to buy a thing, I like that but you know

Micki: Yeah. I'm exactly the same way. I am so not a creature of habit that I have a very hard time with schedules. I have a hard time being consistent at things that I like to do. Sitting in front of my piano right now, I don't play piano consistently, I play it when I feel like playing it. I work consistently because I have to make a living, but I don't work consistent hours. I don't do anything almost habitually but I also like consistency. But I think that's our thing where like there's comfort in consistency and but we just don't find that in a schedule

D: mmhmm

Micki: We don't find it in going to the same restaurant and ordering the same meal every time. We find it in =, I like to drink beer because I know what this beer is going to taste like.

D: That part [laughs] yes

Micki: And people, because of childhood relationships I have a really hard time with inconsistent people

D: Yes

Micki: Uhm if you were a geometric shape, which would you be? [laughs] that's so obscure. That's so random

D: [laughs] it's so random

Micki: Dionne, what shape are you?

D: [laughs]

Micki: I'm pear shaped personally [laughs]

D: I think I would be a sphere. That's the shape I kind of lean towards, even in my art it's hard for me to connect with the sharp edges of things. and when I draw things, particularly women, I really like the curviness of the body

Micki: I'm not gonna lie, I just looked up if a spiral is a geometric shape

D: [laughs] Is it, tell us [laughs]

Micki: Well Dionne, in geometry a golden spiral is a logarithmic spiral whose factor is a symbol that I don't know what it is. So I'm gonna say a golden spiral

D: [laughs] well you know then that opens up the possibilities [laughs] you know

Micki: Well thank you

D: Thank you

Micki: And thank you, all six of you

D: all six of y'all

Micki: oH we picked up a new one you said

D: Yeah so seven

Micki: lucky 7, our lucky 7 listeners

D: [laughs] yes Would you like to dedicate the show to anybody today

Micki: Yes I would. I have two friends that have stayed very close to me in the last year. One of them is Josh and one of them is Megan. I mean I have many friends who have really saved my life and sanity in the last year, but these two have really just brought a new dose of real into my

reality and it helps me dodge the sirens and I appreciate them for it and I think they know it but i'm gonna dedicate this to them.

D:Yes. Cheers to Megan and Josh. we talked about Amanda Furdge today. So I would love to dedicate this to her because she's just a picture of grace and love and power and a person that really moves authentically and she inspires me to do the same everyday. And today, I actually started my day with a text from her and in that vein I will say, Amanda Furdge you are always on it and I love you and that's all

Micki:Cheers Amanda Furdge. What's our song?

D:Oh yes, so our song today is Human Nature by Michael Jackson [singing, why why do you do me that way]

Micki: I love it, it's perfect! I love you!

D:I love you!!

Micki: Cheers everybody, itl next time.