

[Transcription]

Grief After Dark- Podcast
Season 1: Dark Waters
Episode 06: Sink or Swim

[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: Hello D.

D: Hey Micki.

Micki: How, in god's name are you?

D: Oh my gosh, you know, I've been on the range of emotions because I have been doing a lot of things and so... Right now, I would have to say, like, content.

Micki: Mmm

D: Like, I've been more mindful, and I've been more graceful with myself, I think and giving myself the things that I need, taking the time to do a few of the things I committed to just for myself. Ahm, there's been a lot of distractions coming up for me, so like, distractions are the devil, for me, because...

Micki: That could be...

D: I am like, shiny object... let's run over here, and attend to that, shiny object and then, said shiny object is either for somebody else like anything but doing what I said I was going to do for myself, which is the place that I struggle so hard to leave, but I've also been able to be more mindful, so full circle here is that, I've noticed that pattern popping up and then I've also been able to quiet that pattern, and continue on. How in god's name are you?

Micki: Aaa, I am good. Yeah, I was really lazy, like an unchar... well... that's not, that's not true, I am characteristically extraordinarily lazy and fight it basically daily, most of my waking hours. But the working at home thing most of the time is moderately new for me and I thought I would be better at, like on time, off time and I've kind of sucked at it. I've been pretty much on at least part of the days most days and I've just had one of those mornings where I knew I had a couple of hours work to do, I don't think I dragged my ass out there until noon, and I felt a little bit guilty about it, but in retrospect it was really nice. I am feeling pretty decompressed and rather relaxed. The distraction thing you brought up is funny because I had that come up as well the last couple of days, specifically just people who need to talk and part of me always feels like frustrated, like there's other things I should be doing but I cannot abandon somebody who needs someone to talk to because people fucking suck at listening when you need to talk and I am a damn good listener.

D: Hey! Exactly!

Micki: And thankfully, I can make jewelry and listen to your lows and everybody is happy, so...

D: [laughing] yes

Micki: simultaneous

D: yes, the multitasker

Micki: oh, yeah and that still leaves a little bit more with every year that passes, it seems

D: On that note, let us have a toast to the distractions and to also handling ourselves with grace

Micki: Mmm, I'll drink that.

D: Mhm

Micki: [sound of glas hit the screen] that would be me, cheersing the computer, I don't know if you've heard that beautiful...

D: Yeah, and I almost spit my beverage all over the place, so that would have been... I did have my tissues here just in case...

Micki: Oh good, I don't...

D: [laughing] so...

Micki: Do you want to hear my reading?

D: I...really would love to hear your reading

Micki: I decided because last time we spoke, I brought up ahm... Speaking of distractions, did you hear that happening right now, my brain is just like, you know, I am just going to be done today.

D: [laughing]

Micki: [laughing] wow, we are on the down. Last time we spoke, I brought up the phrase "no way out but through" and so, I wanted to...

D: Right

Micki: ... read the excerpt from the poem A Servant to Servants by Robert Frost

D: OK

Micki: It's rest I want—there, I have said it out—

From cooking meals for hungry hired men

And washing dishes after them—from doing

Things over and over that just won't stay done.

By good rights I ought not to have so much

Put on me, but there seems no other way.

Len says one steady pull more ought to do it.

He says the best way out is always through.

And I agree to that, or in so far

As that I can see no way out but through—

D: mmm

Micki: Yeah, I started with the tired bit for solid reason, and I can really relate and I am not alone here, I can really relate to the over and, over and ooohhh. And we, oh, also, this is episode 6.

[laughing]

D: [laughing]

Micki: Today, those who have joined us, those that are still in these waters with us. We will be discussing the concept of sink or swim.

D: Yeah. And thank you, if you are still with us. Thank you. We appreciate you, greatly.

Micki: Our sincere and humble thanks and apologies.

D: I am not apologizing for shit. Hm, yes, so welcome to episode 6, Sink or swim. And my offering today, it is from The Essential Rumi, translations by Coleman Barks with John Moyne. I have chosen The Guesthouse, because I've been doing a lot of death work and listening and

diving into the idea of being with somebody in their death, what it means to really just be living, like, what, what are we doing here? Anyway, this one's called The Guesthouse

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

I know, I always pick these little heavy, like these little bricks

Micki: It's wonderful, it's so wonderful. You can't go wrong with Rumi. I swear I could just chew on that first line.

D: Mhm

Micki: For maybe the rest of my life. My body as a guest house, to my own self, to my own spirit and soul. But the concept too, of emotions like that just passing through and not something that I have to own or be. That's kind of been at the front of my mind lately, I caught myself saying to a friend, my anxiety... and I am like, I am going to stop that... today

D: Mhm, that reprogramming, that's mindfulness

Micki: Yes

D: that part, right there, is noticing that behaviour and making that decision to stop, right then and there, and I am not going to say this anymore, this is not the story I want to be perpetually telling so, yeah, I get that

Micki: Yeah, I don't want to own that. I just want it to be something that I occasionally experience. Fine I am just a guest house for it, on occasion

D: I don't want to decorate the house in it. [laughs]

Micki: No, I don't even want it sit down and make itself at home

D: There are times though, that, that's exactly kind of what you have to do, I think

Micki: I am afraid so

D: because when it's compound, or or complicated, or you know from an impact that leaves a lasting effect such as death. Depending on, with the relationship to the deceased, the beloved is. Yeah, you have to kind of, make that decision over and over and over and...

Micki: practice

D: And that's I think the scary part of that is not knowing when you are going to run out of energy for making that decision because there are things that just trigger and things that just don't go away or... You know managing that and walking along with that is you know this anxiety is going to be here and this is going to bother me, every time, with regard to death

Micki: mhm

D: For myself specifically, regard to the death of children, babies or anything like that. That is a trigger that I don't think I am ever going to be rid of. And... so I have to, honestly, when that anxiety comes... I have to be like, I just need to ride this out, or you know let it be what it is and not try to force myself into thinking that everything will just be ok, because I already have concrete evidence, that sometimes shit's not OK

Micki: Right

D: Concrete evidence, not speculation, not a brush with death, not... like, I have solid evidence that this can be taken away.

Micki: Yep

D: Final answer!

Micki: You have to know what to do with that.

D: Yeah, you have to know what to do with that, and we do ourselves a disservice by thinking that we can skip over that part or that's never going to, that's never going to bother me. As in love with my children as I am, I am going to be real fucked up if something happens to them

Micki: Yeah well and the paradox of saying we have to know what to do with it is, you can't know what to do with it. And I am really, I mean, it's on topic with sink or swim. This is the first time, I think, that I have thought about our topic and been like I don't know where I am going to go with this one. It's going to, I am going to let this conversation kind of take us where it will, because you are not treading water

D: Yeah

Micki: You can only do that for so long

D: Right

Micki: Treading water, if anyone's tried it, is tiring as fuck, and if you do it in the ocean

D: uh huh

Micki: Waves and fear

D: And sharks and shit

Micki: And sharks and shit... storms

D: Storms and there's all kinds of shit coming at you out here

Micki: It's dark and murky, at least the ocean I grew up by, fuck it. Cold and polluted and dark, and just cold.

D: Our dear oceans

Micki: Yeah

D: California, ohh

Micki: Lovely from the distance

D: Yes

Micki: I mean, I know people, a lot of people who surf and swim, but I just always like to enjoy the ocean from the sand, that's sort of my...

D: That part, I mean I will put my feet right here on the little shoreline and whatever

Micki: Fact of the matter is that at some point you want to get somewhere you might have to get in a boat.

D: Yeah [laughs]

Micki: Sometimes when you don't want to go somewhere, you might get put on a boat and the sad fact is, once in a while you end up just right in the fucking water

D: yeah there you go

Micki: Yeah again so you can only tread water for so long

D: Yup

Micki: If it comes to sink or swim there's a lot of factors at play there

D: mmhmm oh man I saw another one in this book about buoyancy so like that word just popped up into my head, and I don't know, shit I have both sunk and swam and so I think it's both of the things and not or, this OR that.

Micki: Oh no

D: I think it's both this and that and sometimes a little backstroke and sometimes a little butterfly when you're feeling good or whatever doing all the fancy strokes and whatnot [laughs] these emotional wounds are multilayered each of them. So it's not just one thing or the other all the time

Micki: On the lines of the analogy, sink or swim feels a bit desperate, to me. Like that's and either or, you are proactive or you give up

D: Yeah, it's that black or white thinking that we all kind of tend to have. I'm doing a course right now it's called Erotic Blueprints, which, it's fucking fantastic and we'll have to talk about that some other time but that

Micki: Erotic Blueprints

D: Yeah, and one of the things that they were just talking about is that trauma, needing to move it through your body like somatically reset your whole nervous system so you can choose to do another thing, and you can choose it in comfort, it's not out of desperation and it's not out of oh my god, going down that spiral of thought. The downward spiral of thought, of thinking that "i'm not good enough" "shame on me I shouldn't be doing this this long" or "I shouldn't be doing this at all" or "I should feel better" all those expectations that we kind of lump onto ourselves. First of all, society kinda does that and then we internalise and we then turn around and do it to ourselves too. So it's undoing all of that nonsense and fuckerey every single time, with each issue. It's not just, "I've dealt with this one thing and now all the things are better"

Micki: No, I'm good

D: mmhmm and now I'm good and then you figure out you're not good because bang, something else hits you and you're like well fuck

Micki: Yeah

D: I thought I was done with this, no, you thought you were done with healing and you're not fucking done with healing

Micki: It's what we were touching on last time

D: Healing is not a destination that you're gonna arrive at and that's your final destination and you're never gonna have another problem again ever again, it just doesn't work like that, we do ourselves a disservice when we skip over that and only focus on the positive things. I feel like that's for people who have the luxury of not having anything that is super traumatic happen to them

Micki: Well, I think the concept can feel a bit over simplified

D:and it's over simplified and it starts to sound like a cliché and it starts to sound toxic like does bad shit ever happen to you and how do you actually process it in order to get to that place, that's the sweet spot of what we should be talking about, not the "oh girl you just need to stop thinking about the negative bits." well, but what if the negative bits are gonna be the negative bits until I fucking die?

Micki: what if there's no healing those pieces unless you actually look at them

D: And being in the psychology of the person you are talking to. So for myself for instance, when people say things like that to me, I automatically think to myself that I don't really think that they know what they are saying to me and I don't think they know how i'm taking it

Micki: MMhmm

D:Because there is no time, place or any other thing that leads me to being ok with one of my children is dead. Nothing. Zero things. There's no good reason, there's no bad reason, there's just no fucking real reason at all. You can't rationalize that to me. You can try, but I'm still gonna be sitting here looking at you like you have 15 heads because you don't understand the gravity of that, at all

Micki: Right, well and that's the oversimplification. I mean if I, if i'm in a really shitty job th at's really not paying me very well and I fucking hate it for years and it's making me just a miserable person and I get canned and you start to tell me the silver lining, that's gonna feel a little bit different than, yeah, someone close to me dies or even has a traumatic accident, if i'm going through something that's not quite as easy as get a new job

D: Right

Micki: Or go get a new kitten

D: Get a new kitten or get a new chicken or get a new bunny. When we skip over and we simplify it, uh minimize it like that, that's where the injury happens land that's really where people start experiencing those secondary losses and shit like that because i don't actually have the time, or wherewithal or bandwidth or energy or spoons or whatever you want to call it to try to explain to somebody that this is some work i'm going to be doing for a very long time, possibly until i'm dead

Micki:I was gonna say, potentially forever

D:Because i'm not gonna forget that, I'm not gonna forget her

Micki: Yeah

D: That used to be, in the early days of my grief like the very raw days, that was my very real fear is that I was gonna get alzheimer's or some shit and just forget everything I knew about my life, but at the same time was, I literally was like "I think I need a lobotomy

Micki: mmmhmm

D:[chuckles] So that I don't die from this right now

Micki: Yeah, that push and pull, the need for and fear of the same thing when it comes to solutions, or like the idea of a solution especially. I get that too. I have friends that I think are trying to pitch optimism at me when i'm going through something and they do a lot of the like "well at least there's this..." or "oh well but this part's good" you know and I think there's some value to that but it also doesn't really let me give the issue any space. Like, I'm glad you're telling me the silver linings but it still sucks and when I came to that realization and I realized how hard it was for me when I'd really be feeling bad and people would be like "well at least you

got blah..." I think I probably did that to people for a really long time, because I'm mindful now when people are going through something, I can feel myself wanting to say like well the good news is ... and I just don't say it, I just, I mean you know read the room right?

D:Read the room. [laughs]

Micki: Read the room, sometimes it's called for and sometimes you just, I know this is a recurring theme for us, but sometimes you just gotta sit with somebody and be like that sucks, that sucks

D: And saying that it sucks doesn't mean you're buying into the melancholy "oh it's always gonna suck" but here's the deal, it really does feel like it's always going to suck

Micki: It does and if i'm gonna stick around your life, i'm gonna do my best to not let you sit in a giant pile of shit for years on end, without really lending you a hand and trying to pull you out but in the meantime, if you're in it and especially if it's new, this is a new fresh experience, I don't really have much else to say beyond "wow, this is rough"

D:mmmhhh or "dude, I've been there" and we hear so many stories about that where you know people, all they really want is to hear me too

Micki:That's why I'm here on this podcast talking right now, I'm just hoping for as many moments as humanly possible for people to be like holy shit it's not just me

D:Right, mmhmm, our society is so, I don't know, convoluted in our thinking and in our practices of how we do things and so want both, we want our cake and we want to eat it too, we want all the enjoyment with no pain. But, how do we know what enjoyment is if we don't have those things?

Micki: Yeah

D: Really that's a genuine question. Would I honestly know what it means to enjoy myself if I've never had joy? If I've never felt the feeling of falling in love, how do I know I like that feeling? How do any of us know? How do we know we got it right on the first try?

Micki:Well and sadly with relationships in particular how do you appreciate the good one unless you have a shitty one? And, how do you appreciate keeping something real, when you have to lose something real? Someone very wise was speaking to another very wise person and he was saying that when he started to feel overwhelmed by emotion that he will hashtag it. So just in his mind he'll be like #angry, #frustrated and he was like I swear to god it works every time

D: Well but even to just acknowledge it

Micki: put a name on it

D:It's so simple, it's so simple, even if you just acknowledge it, I'm not going to struggle anymore, I don't want the rest of my life to be a fucking fight about everything. You know, I'm not gonna fight my fear, I'm not gonna "I'm not scared of this" and gotta rebel against every mandate in place, just because , just because, none of these things are killing me so

Micki: No, on the contrary, it's far easier to be a guest house for all of it

D:It doesn't matter any more to me, there's a lot of things that don't matter to me any more. So many things don't matter to me anymore. So i don't want to spend my time fighting every single thing. My natural response is to fight anyway. Like, is it time for the, when does the fighting start?

Micki:You have mentioned punching people in the face just a couple of times on this podcast.

D: Just one or two times

Micki:[laughs]

D:and honestly I don;t go outside y'all so I haven't punched anybody in the face

Micki: You're safe

D: So everybody, exactly, everybody is safe from getting punched in the face and honestly on I'm like ol boy Scrubs, I see it in my head and like I get to decide whether that's gonna work out for me, so i'll see two things or i'll see four or five outcomes and i'm like " mmmmm I don't think I want to go to jail today" So i'm gonna go ahead and go have a seat somewhere

Micki:That's a good motivating factor

D: Exactly so I don't need to punch everyone, I can mentally punch them though. Uhm shit I forgot even what I was saying. Anyway

Micki: You were talking about fighting

D:Yeah i think that's what's in my automatic programming, that fight or flight or the fawning or the freezing.

Micki: Yup

D:And I think my primary reaction is just it's time for a fight and then we can talk about it later or not talk about it [laughs] whatever

Micki: I'm a solid fawner or freezer, sadly, I don't know if that's sad I mean i guess that also human nature but

D: Right, it's human nature. It's just, you know we don't need to classify it, I don't think, beyond this is what I do. Like, I do that.

Micki: right

D:[laughs] and then

Micki:I do that, I would like to be better

D:mmhmm or even I just do that

Micki:that's contrast too right

D:Right and then mind your business

Micki:If I hadn't made all the terrible choices that i've made in my life, how would I know how to make better choices? See, my fuck ups serve a purpose! Damn it!

D:Everybody's does and but we, we kind of get served the same lessons if we don't listen the first time when someone says you gotta sit your ass down, you have to learn why you need to sit the fuck down. And your messages are for you and so even though you can share them with everybody else, letting go of the expectation that this is the only way. Listen, this is one way and it might help you and it might not, I don't know exactly where you are and we probably haven't had a deep dive like that in our communications about the things, so here's what i'm doing and here's what i'm struggling with and if you have similar struggles, here's what i've done, try it. If it don't work for you find something else, by all means share it with me because I want to know

Micki:mmhmm well yeah and the little, that little nibblet about hashtagging your emotional state, I started doing that and it really does and it just kind of puts the emotion more in perspective rather than something i am experiencing it just helps me kind of step out of it and you know, you said buoyancy and that way I don't have to thrash, I don't have to thrash around in the waters because I feel like i'm sinking. I don't really have to try to swim if i'm buoyant, I can just wait for the tide to take me in. And it's really about trying to figure out what the tools are to stay buoyant and for me I know we talked about this last time a lot of it is trying to step out of the emotional experience. There's a time and a place, I mean you have to experience what you have to experience, I get it. You need to feel all the feelings, I'm all about it

D:[laughs] But feeling them all at once that's not an optimal state for healing anyone

Micki: No and just kind of succumbing and sinking into really fucking shitty emotions and a really bummed emotional state is not what I want the rest of my life experience to be

D:That's the sweet spot, it's not what you want, the rest of your life to be. It's not what you want [laughs] so have an advantage by knowing what you don't want, now we can ask more questions now, well what do you want it to feel like? I want it to feel like "this" , I want the pressure to be lighter, you can make a list if you want in that place and that is not an easy place to get to, it's not an easy place to be in and then when we are stifled with, like we don't think we're ever gonna get what we want, so that's a trust issue. So we don't trust that we're gonna get it, we don't trust that whatever we're about to do is gonna work. SO those are all things you have to deal with before you can even approach the subject of focusing only on the positive things all the time

Micki:right, moving on and moving up

D: Right because all that other shit is still sitting in there and it's still festering, it's still circling you in the water. You know, and you have other people saying just ignore it, no bully has ever stopped fucking with somebody because they were ignored. That's the time that they get stronger because they don't like to be ignored and they're not gonna forget that you ignored them.Grief is not gonna forget. Grief ain't gonna say "whew imma go take a nap now."

Micki: Yeah that's along the lines of the ignorance is bliss thing

D:mmhmm

Micki: I mean to not understand something at all, perhaps, just to really truly be completely ignorant of something, I can't say that's bliss but it's probably a bit easier than once Pandora's box of understanding is open. But, trying that whole ignore it till it goes away thing is so antiquated that it's shocking when I still hear people approaching things that way. And I know it's survival, it's just people trying to get by. I just don't feel like it's the most, not only is it not the most productive way,, it's not doing a goddamned thing about it

D: It's not sustainable. It's not sustainable and we need to be more honest about our emotional state, like I have trust issues, I have no problem saying that anymore because the fact of the matter is that's just part of who I am right now, and that's because by things it keeps getting reinforced, not by things that I am attracting to me, things that are just out of my control, so like if you're working on rebuilding your trust with the universe, that doesn't have anything to do with how great of a life other people have

Micki: No and I mean, Jesus we don't even have enough time to break down the problems of philosophies where they're just like you know if this goes right, you're welcome, if this goes wrong it's because you fucked it up. Like it's so unfair. If you following everything to a T and you don't wind up with a million dollars on your doorstep tomorrow morning because that's what you were visualising, you must have been doing it wrong

D: [laughs] yeah, that's just the thing, I attract all kinds of wonderful abundance in my life and that shit doesn't stop AND it doesn't quell the pain that i'm in, none of those things can fix that, while they are abundant and while they are beautiful,

Micki:Yeah but I would also say that there have been a number of times in my life where I have just tripped and fallen in a pile of money

D:mmhmm

Micki: And that was not necessarily anything I did right or wrong, that's just the cards played out well and the same would go with bad shit that's happened to me. We don't have bad things happen because we're corrupt or we're broken or we're doing it wrong. We have difficult shit happen because that's how life goes

D: I think I exist in both of those spaces

Micki: Well it is both space

D: Because it is both spaces, it's not all that one thing, "oh if you only focus here, you'll never attract anything bad to you" that implies that you have some sort of control over some of the bad shit that can happen and you don't.

Micki: No but I think control is one of the better selling points to that philosophy.

D: It is

Micki: You can really get people on board if you can convince them, especially people who have experienced trauma, if you can convince them that nothing bad will ever happen again if you fill in the blank with one of the 8 billion fucking things they're trying to sell you everyday of the week

D: Yeah

Micki: It just doesn't work that. It sounds nice

D: Exactly. If I don't do the work, there's no healing that's going to happen honestly. Not on those fundamental levels, not on the levels where I have to talk to my own self all the time. Those changes are not gonna happen. Outwardly people can do whatever they want to do, they've gotta do their work. I have to show up to do my work as well. So that part is absolutely true, and you have to choose it. In the cases of death, in the cases of sudden death, in the cases of loss and the cases of suicide. In the cases of all the random shit that can happen that is out of your control, you are not drawing those things to you, you are not manifesting death. Am I drawing people to me that deal with death all the time? Absolutely, I'm Adventures of fucking Grief Girl, this is the purpose, hello it's working

Micki: Yeah

D: And, it's also my job to do my self care, so when I say "I'm tired", I'm tired and I'm not answering my phone. But that doesn't mean I quit my job

Micki: It doesn't mean you quit anything

D: It doesn't mean I quit anything, it means I need to reset and let me get up and go back to it. When I reset, I am tired or hungry or both or I need something

Micki: Yeah

D: I need to fix this and then I can get back to it and I can get back to my work. I think that is one of the components that people often skip over is that like there is an incredible amount of emotional labor and energy that goes into being able to choose to be present ever again

Micki: Yeah

D: To be engaged, ever again, which draws me back to my point of like I don't care about a lot of shit any more and I don't know if that makes me a bad person or whatever. I feel like I am just exhausted. I cared a lot about a lot of things. You know there's a lot of causes that I no longer care about, there's a lot of shit that I no longer champion. What I want people to do first and foremost is that they have to do the work, they have to choose the work and if they don't want to, that's fine too because I get that.

Micki: Yeah

D: Go on and lay down and put your feet up [laughs] go ahead and lay down and put your feet up because I understand. I'm not here to try to talk people out of it

Micki: No and I keep thinking about the analogy of like, if you're born with just a certain number of fucks in your wallet

D: mmhmm

Micki: Your "I give a shit tokens" to spend, in a whole life time, I think probably there have been some incredible people who have done amazing work on this planet, who just seemingly had a bottomless bucket of those tokens. They just never ran out of giving a shit. There's a bottom to this wallet, for me

D: Absolutely, mmhmm

Micki: And you spend so much of your youth mispending said tokens, I'm not getting those back. They're gone now, they are spent and so the precious few that we have left, I would really like to just give them to things worthy, something that is of value, because I figure if all I have left is a tiny handful of I give a shit tokens, it's gonna have to be good for me to give a shit [laughs]

D: It's gonna have to be good, like it's gonna have to be real good

Micki: And I think a lot of people just dropped tokens through Covid and 2020 not on invaluable things but I mean people, there's legitimate concerns

D: mmmhmmm

Micki: Lots and lots of people died from this virus

D: mmmhmmm

Micki: People came damn close and survived it. That's a traumatic experience that you will keep with you forever

D: And there's people who are still recovering, I'm talking like 60 days, 80 days in

Micki: Oh it's not over

D: I mean like in their recovery because they've had Covid

Micki: Oh yeah, we're not remotely close

D: And so lie, you know there's moms out there that I'm watching their stories and I'm like, WOW

Micki: Yeah, I should probably say that we're recording this in February of 2021 and by the time this gets released, I would love that some insane miracle, the angel shall descend upon the Earth and save us from this whole scenario

D: Something, I don't know because I feel like it's disrespectful to tout this thing, regardless of where you think it came from because A. YOU don't know, you don't actually have any concrete proof [laughs] whatever, on both sides, whatever

Micki: Yeah we would also need a whole other entire hour if we were gonna get into

D: Yeah if we were gonna get into that

Micki: The logistics and politics of

D: And that's not a thing I really have and interest in debating, that's one of them things that I don't give a fuck about because like...

Micki: nooo

D: But what I do give a fuck about is the things that I am feeling from other people during this ordeal, what I'm feeling during this ordeal because it is an ordeal. What I know is, what I'm watching I don't like, it doesn't sit well in my body, it doesn't make me feel good to tell

somebody they're wrong whether they believe it or don't believe it. It doesn't make me feel good to trigger other people with my behaviours. It doesn't make me feel good to watch other people in recovery and then I go outside and act dumb

Micki: Yeah, it's only kind of now occurring to me that we've set up this whole long conversation to discuss a complex emotional landscape and maybe that's why i keep bitching so much about opinions. [mocking] "this is just my opinion" haha...[laughs] I don't see much room for opinion in the emotional landscape. I think opinion is how you logic your way out of emotion. If you need to dodge emotion, you go do that somewhere else that's fine. I'm not here to have an opinion about your opinions

D: mmm mmm

Micki: There's more than enough

D: There's so many

Micki: There's more than enough

D: [lowly in the background] soooooo many

Micki: You don't need mine too, but if you want to talk to me about the emotional landscape of the scenario, i'll buy you a beer

D: Two beers

Micki: Hey you know what if it's a good landscape i'll buy you THREE!!

D: Hey! We're getting drunk

Micki: don't drink three that's too much

D: You're getting your own pitcher [laughs]

Micki: Please drink responsibly, if you insist on me buying you three beers I might also buy you and Uber, how bout that

D: Yes, because we do things safely

Micki: That would be right about time for questions

D: Awe yes! I hate to like leave that one on the edge like a little cliffhanger or whatever but you know y'all can form your own onions and thoughts and wishes and whatnot, start your own podcast and such

Micki: Keep your opinions off my emotional landscape, you're just dropping emotional turd bombs all over my nice lawn. My well manicured roses. My rose garden

D: Heyy, keep your little turd bombs to yourself

Micki: [laughs]

D: [laughs]

Micki: We're gonna have to, I'll make a note for our patreon. We need little turds that just say opinions on it [laughs]

D: Or assholes, one of em.

Micki: Okay are we ready for who you are?

D: who are you, I'm so ready [clap clap]

Micki: [singing] Question, grab bag

D: [laughs]

Micki: Hey Dionne, what inspires your ideas?

D: Oh my god, how much time have we got?

Micki: I know it's a loaded one

D: That's a loaded question, alright so, I think everything is kind of just life, the people I meet. The people I know already, grief, the feelings that I have. So I guess I can say that the inspiration is my life and my daughter, both of them and then my son. Just everything around me like, shit, there's magic everywhere, like everywhere. People kind of just walk into my life and they give me these little creative love bombs, those are my favorite. The creative love bombs and 'they'll thrust me into the zone and then i'll be like let me write ten pieces of poetry, thank you creative love bomb

Micki: Yeah and as a jeweler in general that's where I am seeking creativity, in my gemstone creations not even necessarily the type of piece I'm about to make, but what stone I would like to work with. It's why labradorite is one of my favorite rocks it all about finding the magic in the everyday, yes good lord I find inspiration, i'm a rather passionate human, so i can find inspiration in some mundane shit

D: Oh my god, that part yes, that's like my whole thing, the magic is everywhere it's so abundant, you just have to be looking. I don't know if I have mentioned Big Magic, but the ideas are just right there, they're sitting there waiting for you, they want you to turn around. They're waiting for somebody to kiss you and be like hey mmm go on and write that piece of poetry girl

Micki: [laughs]

D: Go on and write about that feeling that you had when I kissed you on your lips like that

Micki: Shit, that's several books full of

D: Exactly

Micki: What is your favorite thing to celebrate?

D: Oooh, my favorite thing to celebrate uhh I like to celebrate little mundane things like Jesus no offense to any of the Jesus' uhm anyway

Micki: Oh man if that's offensive they clocked out a long time ago

D: I mean really

Micki: They're not here any more D

D: [laughs] They're not here

Micki: They left about 5 episodes ago

D: Yes, [laughs] uhm so let's see, everything really what was the question [laughs]?

Micki: What is your favorite thing to celebrate? [laughs]

D: what was the question even [laughs] Oh my god, everything, I like to celebrate even the tiniest little wins and stuff. Because I was never really taught to do that it was just keep going and put your head down and do the work and all of a sudden you have achieved whatever goal and what's the next thing that you'll be doing.

Micki: mmhmm

D: You know for myself now having had to slow down and revamp and rewire and regroup and recalibrate all of this, it's like shit, I celebrate if I get out of the bed "whew! Hey I'm in the bonus round" that's wonderful uhm [laughs] you know, I celebrate doing my homework now, oh gosh I actually did my homework, I need that comfort. Most people probably need that comfort but they don't want to admit it and it's ok, you're not going to jinx anything by celebrating each step of the way

Micki: Absolutely. I'll celebrate absolutely anything, I guess it depends on what you think of as celebration

D: mmhmm

Micki: Because there's events, we celebrate birthdays. I know a lot of people think that birthdays stop at 30, I think that every year that goes by that I survive calls for at least a small celebration. I don't need to throw a formal dance or anything, I'm gonna at least eat some good food and drink something delicious that I enjoy, maybe have a nice port afterward or dessert but a lot of my, because I love food, despite what I've said about ramen and cup o noodles I really do like a good meal

D:[laughs]

Micki:and that's my favorite way to celebrate, and so I'll pretty much celebrate anything when the moo strikes. If I just need to have a nice dinner, I will find some bullshit to celebrate and I don't feel bad about that at all

D: Yes yes yes we all could use a dose of losing the guilties for celebrating, saying hey you know what this is wonderful, I'm gonna celebrate that

Micki:Yeah

D:Yeah

Micki: Do you like to watch reruns ? Yes, you watch reruns everyday, why would I even ask you that?

D[laughs] :

Micki: You've already established, I apologize that was a terrible question to ask, can I just answer yes for you

D:[laughs]

Micki: Can I just throw Jean Luc Picard because he's gonna make an appearance most of the time?

D:[laughs]

Micki: Is there one thing besides that show that you enjoy watching reruns of?

D: You know, I watch reruns of a lot of things because I fancy myself a little fantasy/sci-fi writer and so I will frequently watch Charmed or some shit

Micki: Did they redo that show?

D: The old one and the new one, yeah they did redo that show

Micki: And you've watched them both?

D:I've watched them both several times, except for season 7 of the old one, I have a problem with goodbyes, but anyway. And that's the same with season 7 of TNG is the least watched of the series for me, I've seen it like a hundred times, but I've seen all the other ones like a million times so I don't-

Micki: TNG?

D:The Next Generation with Captain Picard

Micki: OH, oh I apologize, I didn't realize

D: [laughs] I'm a big, yeah anyway

Micki: I missed the acronyms, I'm not nearly that cool

D: [laughs] you know [laughs] can't be good at everything [laughs]

Micki: No, I'm not good at very many things at all

D:Me either [laughs]

Micki: Do you like the person you are becoming?

D:Oh shit I don't know because

Micki:That's kind of a big question isn't it?

D: It is a big question. I actually have spent time thinking about the person I am right now and I have to say that i'm thankful and I am looking forward to becoming whatever else is in store, so i don't know what that's gonna look like which is odd for me because I can see a finished art piece any day but I can't see the finished thing. I just don't know what's in store so I can't really say, shit I might fall off the deep end one of these time [dog barking] I don't know

Micki:I'm totally with you. My gut was to say yes

D:mmhmm

Micki:because i feel like i've got some pretty cool shit going on and i've got some really good people in my life and honestly for the hurdles and you know it's just so hard just being a person.

D:[laughs] right

Micki: Megan's daughter said that when she was like 6 years old she was going through some shit and Megan was talking to her about it and this little 6 year old thing just goes "it's hard being a person" [laughs] and i'm like there's so much wisdom and i've been quoting her ever since but I really feel like life just keeps getting better. I am continually intrigued by this weird reality show.

D: Yeah, right?

Micki: Uhm so there's a question here that you wrote and i'm not sure if you mean it literally so I have to ask you... it says: Have you ever walked into a wall?

D:[laughs] Yeah, that's literally have you walked into a wall. I have, a couple times [laughs]

Micki: Me too! I think the best, I walked into a sliding glass door, it's not a wall

D:[laughs]

Micki:But it was a party

D:yeah

Micki: Like a grown adult , a bunch of people right outside and inside right by this door and I walked all the way into it

D:[laughs]

Micki: Like I can't believe that I didn't fall down and wasn't bleeding afterwards it was a real big moment

D: Oh my god

Micki: I don't think I was any more wasted than usual at a party it was day time and it was just really a respectfully clean sliding glass door

D:[laughs] oh my god, that's so good. Uhm I have walked into plenty of things, while I might seem grateful to people, uhhh one of my superpowers is walking into shit [laughs] or like you know-

Micki: [laughs] I come across as very graceful but my superpower is actually clumsiness don't tell anybody it's between me and you and our seven

D: and our seven listeners [laughs] and especially on stilts too, like i've hit my head

Micki:godOh my

D:[laughs] It's been wild

Micki:If the worst thing you've done on stilts is hit your head, I commend you

D: Well I mean i've fallen on stilts, i've hit my head on stilts. I've gotten stuck in a little hole or whatever

Micki:[laughs]

D: You name it, the bloopers, if I had a blooper reel damn. I am really surprised that I haven't, I shouldn't say surprised because i do take a lot of care, like you have to be really in your body, you can't just be willy nilly walking on stilts, because again even when you are in your body and present you can walk into shit

Micki: They're stilts

D: mmhmm and i'm still short on stilts so like when you walk into shit you're like whew i guess i'm not 8 feet tall, I hit my head on this door [laughs]

Micki: Well I think short people are notoriously bad at paying attention to what's above them

D:I don't have to, like I literally don't have to

Micki: I think one of my best like idiot moments was I was making our bed and I had grabbed the comforter and went to fluff it out you know kind of straighten it out on the bed and you grab both corners and you give it a good shake except i was standing on the bed right because that's the easiest way to do it when you're 5'1 and your arms aren't super long and the ceiling fan was on

D:[laughs]

Micki: And I stood up to shake it and it came around and hit me right on top of the head and i just crumpled, i just fell down and crumpled on the bed and was like wow that was dumb

D:[laughs] wow

Micki:[laughs] Kung fu master

D:See kung fu master, if that's not a metaphor for all the shit we've been talking even though i am very much in my body and my spatial awareness is very keep, i still have those moments where i will trip over shit or i will run into a wall, thank goodness i've never broken more than a toe because i've been overly vigilant about that so again that's my trust issue peeking up, i don't really trust anybody with my body or with my this or that, mmm mmm stand aside, let me handle it. I am one of those people that would literally do surgery on themselves or I would let Adam do it because I trust him and he's got really steady hands and I know he more than any of the people that I know, he wants me to be alive [laughs] so he ain't gonna fuck this up

Micki:You know, just to play it safe, lets just count on no surgeries

D:Yeah that's what i'm saying so that part for some reason that trust part gets triggered in me and and the switch gets flipped and i'm like mmmm mmm mmm no no no, and as much as I can look at someone with a broken bone or whatever I start to feel some kind of way when its related to me or my kids, I don't want to look at it

Micki:No, No i would have made a terrible nurse. I have extraordinary respect for anybody in the medical field especially now I have great respect for all of the careers that I don't have

D: Yo I will make you some tea. I mean I can sew up your wounds and i don;t mind looking at that kind of thing but i don't want to look at it on myself, like i can help other people and i can be guided in ways and I can embroider the shit out of a pattern on your body if you need to be sewed up

Micki: I mean I can do any of it, I just don't want to. I go into a really good soldier mode when there is an injury present

D:same

Micki:I don't want to. Thanks to all of you for taking care of my injuries so that I don't have to you are very appreciated

D:mmhmm yeah thank you for your service,good game yall

Micki:good game

D: Whew, is there anyone you would like to dedicate this show to?

Micki: Why don't I think about this one? This is the one that I always forget to prethink

D:I don't actually think about it either but i think mine kind of just came while we were doing the show and it's all the people who know how to comfort me and maybe they don't know. I think there might be a few people who do;t know the effect that they have on me creatively and so those people, I dedicate this to them today because I have been on fire [chuckles] so thank yall for that

Micki: I like it. I guess in light of our conversation it's almost a blanket dedication to anyone that's in the process of sinking or swimming right now. If anybody's free of that these days, kudos to you

D:Kudos to you

Micki: It's been a real constant sort of battle of swim swim swim swim. I'm tired, I'm starting to sink, no I can't sink, I gotta swim i gotta swim i gotta swim you know and once in a while you get those beautiful moments where you really can just be buoyant and you can rest and the seas settle. You can just lay on your back and look at a beautiful sky. I guess I just want to dedicate this to anyone who hasn't given up that fight yet.

D:yeah

Micki: Cheers

D: Cheers y'all

Micki: Thanks D

D: Thanks Micki

Micki:Thanks listeners, thanks for being here

D:[laughs]

Micki: I love you

D: I love you [laughs]

Micki: Oh what's our song?

D:Oh my gosh well

Micki: How obnoxious is it all I kept thinking about was, fucking Dori from finding Nemo

D: [singing] just keep swimming

Micki: We can't follow up baby shark with fucking Dori

D:[laughs] ok ok ok okokok ok

Micki: We need something meaningful, something good, something that's gonna move our spirit to stay afloat

D:[laughs] well I don't know because what popped up just now is Little Earthquakes from Tori Amos and that song kind of just popped up in my periphery in the last week or so so i don;t know, these little earthquakes

Micki:Done