

6:30am Episode Transcript

Cycle 2, *Idiosynchrony*

Released July 23, 2022

Changes in speaker are indicated by headings, which use speakers' initials.

0:00 HG

This episode of *Idiosynchrony* may contain strong language.

00:05 JB

I am a creature of habit....not habit. Routine. Routine is survival, it is safety, it is good. And I just have to be okay with that. Spontaneity is a thing. Mostly, it's overrated. Mostly, it just looks like mess.

00:30 [gentle guitar music by Kedar Dange begins]

00:45 [*Idiosynchrony* title: overlapping voices echo and repeat "Idiosynchrony for 5 seconds"]

00:50 MHT

I think sometimes, I wish like wish, I could like take this time of the day, and hold it in my pocket and then pull it out when I need a little added dose of quiet.

01:06 HG

I had some kind of dream last night that I was in like a historical reenactment village. And I had to like put together my uniform. Like a plain black dress, and like one of those crossback aprons with the ruffles and the pocket. I guess, it's like a *Downton Abbey* look. I couldn't quite find out the pieces....but it was very important that I had something, so I was like trying to cobble it together.

01:40 MHT

Good morning. It is just around 6:30 aka the best time of the day. Maybe not the best, but one of the best. The sun is rising!

2:01 JB

I really used to hate the morning. Like I used to be someone who had too much work to do, I guess, and stayed up all the time, and the morning's always miserable.... Now I guess I wake up and do the work in the morning instead, but like...

02:21 HG

I don't know what dreams mean. And some people think they don't mean anything I guess.... You know, we must bring our own meaning to the dream, which to mean does make them meaningful. Maybe we bring our own meaning to everything.

02:41 MHT

But this is like, bubblegum, and peaches, and fruits, and harmony, and like soft velvet rugs.

02:57 JB

And it probably doesn't hurt that there are a lot of mornings where I wake up and it's like I've been hotwired by something or somebody. Like I just feel, uh, very energetic, like more awake than maybe I'm supposed to be.

03:22 MHT

I woke up before I even intended to and it seems like my body told me that this is what... this is the reset button....that I needed this morning.

03:36 JB

Maybe I'm exactly as awake as I'm supposed to be, but I feel like I'm holding my eyes open a little too wide, you now?

03:46 HG

It's like a, like a bee time. Like a little busy bee time. Like it's not five, or four, it's not early, it's like...I'm industrious. I'm up at 6:30 to do all kinds of little busy bee things before work. But maybe I just feel like that because I usually get up at 7 and so if I have to get up at 6:30 it's to do a few extra little things before I go somewhere.

4:16 MHT

Yeah, the world's quiet. The world's quiet right now. And there's water but things are much stiller.

04:32 HG

I visited some beehives recently. There was like seven of them. They had an electric fence around so that a bear wouldn't come eat all the honey. And one of them had a little thing of sugar water on top because the hive wasn't doing as well as the others..... I love bees.

04:46 JB

You see a lot of animals in the morning if you go on walks outside that you don't see other times of day. There's a lot more birds, there's a lot more squirrels.

05:12 HG

I read once that bees are kinda unique because there are no, there are no like little tiny fences that keep them in the hives or anything. They could literally pick up their queen and leave at any moment. But they don't because bee boxes are a really good option for them and I think a beekeeper to kind of monitor things helps their survival too.

05:45 JB

There's a lot of ghosts hanging in people's yard and like, like fake tombstones for Halloween, which is just a silly holiday, but I'm supposed to like it because I'm a theatre kid at heart, I guess, and I'm supposed to like the costumes and the well, and I like candy, I do.

06:05 HG

So it's really an agreement between the beekeeper and the bees, you know. I'll provide optimal living conditions, and I'll supervise [laugh] the health of your colony, and in return if y'all make a little bit extra of the honey, I'll take it. And that's charming to me.

06:26 JB

Never understood holiday decorations, I think I'm just curmudgeonly that way. I find them ugly as fff--well...

06:38 HG

Also bees have a cute look. Little fuzzy guys with little stripes. Not all insects got that lucky, some didn't get as cute. Well, they're all cute in their own way but...

06:47 JB

Those people, their, their jack-o-lanterns both look like they've been curb stomped.

06:54 HG

Maybe bees just have better press, better PR teams.

06:58 MHT

There's a few other folks around just looking... and I wonder if this is a ritual for them, or...the ways in which the sunrise serves them...Um.. Or the way in which they're speaking to it. How it serves each other. That makes sense, I guess.

07:29 JB

And someone is driving and the base is up! And it's not that, it's not that time of day yet, but I'm rid of it.

07:43 HG

It is not an industrious 6:30, this is a sleepy little 6:30 on a Sunday morning. I've got a huge fuzzy blanket just cocooned and swaddled around me.

07:57 MHT

And the grass has that little hint of dew, but when you're close, you can't really see the dew, but when you're far, I guess when you're super close you can see the dew, but when you're far away from it, just kind of looks like twinkly lights almost, up on the grass.

08:17 JB

I think it's especially sweet to see, like an old dog.... I think there's a special kind of love and care there that comes from people, too, that's, that's...special. I don't know.

08:40 MHT

Okay, I think I'm going to do a couple more minutes before the sun itself will appear, but right now it's...

08:50 JB

These creatures this kind of love and boundless energy, but no longer boundless.

08:56 HG

The walls are painted with a very sweet, blueish-whitish color that catches the light in a really nice way in the morning because it's kind of a blue morning light like reflected on the blue of the wall.... And it's very cool, it's not warm. It's cool the way that it just feels more like a morning.

09:22 [Guitar by Kedar Dange begins]

09:23 JB [over the guitar]

There's a sympathy for loss that we've watched.

09:28 MHT

It's a pre—it's a prelude to the wonder.

10:10 JB

Idiosyncrony is a podcast that explores the moments we share and the experiences we don't.

10:22 HG

Idiosyncrony was created by Jay Buchanan and Holly Gabelmann. Kedar Dange is our Featured Musician. Caroline Neelley is our Accessibility and Transcription Volunteer. You can follow us on Twitter @idiosyncrony or email us at idiosyncronyproject@gmail.com. Visit our website, www.idiosyncronypodcast.com to learn more about the project and how to become a Contributor yourself.

11:49 HG

Idiosyncrony:

11:50 JB

What does it sound like when you are?

Note:

We want to thank our Contributors for this episode: Jay Buchanan, Holly Gabelmann, and Maddie House-Tuck. Special thanks to Kedar Dange for the music in this episode.