

TBT 11

[00:00:00] **Hilary:** Hello everyone. This is Hilary and I'm here with Dana. Hi. And Sirius. Hey everyone. Welcome to the body trust podcast today. We came here today to record and had plans. We had plans to talk about, body trust and misconceptions about body trust. And we have found ourselves just not able to do that as the way we had planned today.

[00:00:30] **Hilary:** Yesterday was the day that, I guess, was announced that they would pull federal funding from, everyone, and while that ended with that being halted temporarily, all of us are really feeling the impact of that in our communities, in our work, in our partnerships, and as much as we want to record what we planned, we're more interested in showing up With what we have today around all of this, so misconceptions will come soon here, we kind of just wanted to have the opportunity to be here with you, our listeners in what is, we are just a week and a half out from the inauguration, lots of us the three of us aren't sleeping great, we aren't doing great, so why not be in what's real and we know that many out there, we're that are listening probably would really appreciate that too.

[00:01:38] **Hilary:** So here we are.

[00:01:42] **Hilary:** We We got together about, oh, just 45 minutes ago intending to hit record and ended up talking and talking and talking, as we often do. And then we just decided to hit record and see what, see what we have today instead.

[00:02:00] **Dana:** I was laughing because I thought, that's the end of the episode.

[00:02:07] **Dana:** And thank you for tuning in. We'll see you next time.

[00:02:13] **Speaker 5:** All right. Good luck out

[00:02:14] **Sirius:** there.

[00:02:15] **Dana:** No,

[00:02:19] **Sirius:** I was just going to say that this, this is interesting, right? This is not going to be our most well researched episode right? This is, this is really raw. It is intense. It is devastating. It is the, the immediate impacts are one thing, but the ripple effects.

[00:02:48] **Sirius:** Are they are still coming? And even and there's, there's so, and again, so many of us are engaged in conversations, whether [00:03:00] it's with our communities, with our workplaces, with our social media, with our friends and families about the ways in which there's so much intentional chaos and misinformation that's being sown right now.

[00:03:11] **Sirius:** Like it's, it's all very purposeful. And it's, it's very effective. It's working.

[00:03:18] **Sirius:** I think it's

[00:03:19] **Sirius:** creating chaos.

[00:03:20] **Sirius:** Yes. And I think it's very difficult to Resist that to not sink into it,

[00:03:31] **Sirius:** even if you know that that's what the plan is, even if you know that that's what the intention is, even if you can see behind the curtain that this is the outcome that is desired, knowing doesn't mean that you can change it necessarily. No,

[00:03:53] **Hilary:** no, it's just psychological warfare in a way asking us to respond in a, in a way that we may not and completely have.

[00:04:01] **Hilary:** And, the, the more impacted you are by the policies. The less you can be expected to rise above, of course, chaos, like losing your housing, for instance, or losing your job or your organization or your programs or your ability to feed and house people that you're caring for, whatever, in terms of them, people who rely on federal funding to, to take care of others.

[00:04:34] **Hilary:** Is utterly devastating and to not know when it will actually be pulled is also utterly devastating and it is, it is hard to not, to stay close to community and the things that stabilize us and to allow ourselves grief and like you're saying serious not necessarily succumb to what they want us to feel, which is

[00:05:08] **Hilary:** like we don't. have anything,

[00:05:14] **Sirius:** say, control, choice.

[00:05:18] **Sirius:** Or

[00:05:18] **Sirius:** stability. Yeah. This is incredibly destabilizing. And it's, I think, so, as I think about what's been happening over the last week and a half, I feel like everything up until yesterday was like, Awful. But yesterday, yesterday was like a different level. Like they really upped their game. And I think part of what's at play there is that they're hitting so many different levels.

[00:05:55] **Sirius:** And I think one of, one of the levels of yesterday is that
[00:06:00] destabilization is very direct for some people. Yeah. And then it's, it's indirect for others. And, and then unknown for, like, the, the, again, the ripples are still coming. And so this destabilization is felt by many more people than some of the other things that have been happening.

[00:06:25] **Sirius:** And even the, the level of, like, question. Is destabilizing. The unknowing is destabilizing also.

[00:06:34] **Hilary:** Yeah

[00:06:36] **Sirius:** I'm holding this also against, what I was reading yesterday about RFK's confirmation process and Carolyn Kennedy's letter about him. And it's, it's devastating and almost laughable that at one at the same time that they're pulling funding that support all these people's well being and health and safety, they're gonna nominate RFK.

[00:07:05] **Sirius:** I mean, we don't know what's gonna happen. I mean, I'm assuming they're gonna know

[00:07:08] **Dana:** you can't make the stuff up. No, like, wow. It's really disorganizing.

[00:07:20] **Dana:** It's I've said to, in a lot of text check ins from friends, like, I feel lost in time and space, like I'm here but I'm not here,

[00:07:37] **Dana:** feeling very fragmented, which is what they want, they want us to feel fragmented, they want us to feel disillusioned, they want us to feel chaotic, because when we are fragmented, we are easier to control, we, we lose our voice,

[00:07:58] **Dana:** And it's just, it's like you said, Ceres, it's like it came very heavy yesterday. Like it hit hard yesterday and it's not been light for a couple of weeks. Nothing that we've been hearing has been light, but yesterday's was a particularly hard punch.

[00:08:20] **Sirius:** And I think Dina, you talked about this before we started recording, but so much of what's happened over the last week and a half has been

[00:08:32] **Sirius:** Basically, for many years in this country, in the United States, we've said, well, they would never, and then they literally said, hold my beer, watch this. Yeah.

[00:08:48] **Sirius:** Mm hmm.

[00:08:52] **Sirius:** Like, and it's not women's infants and children pulling,

[00:08:56] **Dana:** yeah, pulling funding from the WIC program [00:09:00] for women, infants and children, the supplemental food program that has so much data to support, um, the way it, it helps improve the health of. of Women, Infants, and Children, thus the name. And when I used to, I used to work for WIC and our funding would, the funding would be like, are we going to get the funding or is it going to be less funding?

[00:09:22] **Dana:** And what I heard a lot when I was working for WIC was oh, well who's the politician that would want to take away food from women, infants, and children? Well, apparently they have arrived. The fuckers who are willing to do it have arrived. And this is, I worked for WIC 25 plus years ago, and they, depending on the administration that would come in, they'd be worried about funding, and yet here we are, and here it's happening.

[00:09:54] **Sirius:** And I, I mean, I, I think we could say that about nearly everything that's, that's been happening. Well, they would never try to roll back this part of the Constitution, it's in the Constitution. Well, it's happening. They would never, they won't touch Medicaid and Medicare. They did yesterday, actually. So now what?

[00:10:19] **Speaker 5:** I, I,

[00:10:22] **Sirius:** oh boy, I don't, I don't know. I don't know. Did we,

[00:10:27] **Sirius:** I didn't sign up for this, but a lot of people did. Thirty.

[00:10:31] **Dana:** Thirty. 37 percent of eligible voters signed up for this. And 37 percent of eligible voters just thought that she would have just been as bad as he is.

[00:10:51] **Dana:** And we knew, like, this is in, this is in writing. This is the 2025 project that came from the imaginations of white men, right? And one of the things we really need right now is radical imagination, because that imagination is not fucking radical, right? But 2025 Project came from the imaginations of old white men.

[00:11:23] **Dana:** And it's, it's been in writing. We knew this. And some of these people are still going to gaslight and say, we didn't know this.

[00:11:34] **Dana:** It's like all the, it makes me think of. I remember when we had the fires in the gorge just outside of Portland, and it was around Labor Day, it was at the end of it, it's the riskiest time for fires and in Oregon is in September when it's been dry all summer, and there was a group of [00:12:00] high school boys in the woods, lighting off fireworks, and a woman came up to them on the trail.

[00:12:09] **Dana:** And said, you are acting incredibly dangerously and you are going to start a fire and impact this whole area if you don't stop. And they laughed at her. And that was such a fucking metaphor. This was in 2016? 2017 I think were those fires. And I remember hearing that story and of course the Orange Menace was in office back then.

[00:12:37] **Dana:** I refuse to say his name. So he was in office at this time and this woman had gone on the trail and I said this is like emblematic of where we are in this country. Women are like trying to sound alarms and men are just pointing at us and laughing like we're being hysterical. And isn't that an interesting thing?

[00:12:58] **Dana:** What that we call women being panicked hysteria, right? Such a metaphor that we've known this. That's what I talked about in therapy. I feel like I'm like sitting. I'm, I'm on the top of a hill and I'm yelling at the top of my voice, like what the fuck did you think was going to happen? Why aren't you listening?

[00:13:28] **Dana:** And I said, that feels like that is not mine solely. It feels like a collective energy of people screaming at the top of this hill. Why? The fuck aren't you paying attention? Like, that's the energy that I've been feeling. It's like, we've known this. Like, some of you, for whatever reason, have not been able to see it.

[00:13:56] **Dana:** Or unwilling to see it. But we've known about this. And then you say, oh, but he has such a good economic plan.

[00:14:06] **Dana:** I wonder what you're thinking about the economic plan now. But doesn't this connect to whiteness, too, and the fact that we think, like, whiteness, well, of course it connects to whiteness. There's no question about that. So let me just say that. Of course it connects to whiteness. But part of it is, like, the way we've been thought, socialized socialized to think whiteness is good and, and whiteness, like, white people would never do that.

[00:14:33] **Dana:** Like, we're good. White people are good. No. No, this is completely rooted in white dominant culture and white supremacy.

[00:14:45] **Sirius:** I think about it a little bit differently. I think what's really at play here is the consolidation of power. And [00:15:00] power is deeply connected to white supremacy, patriarchy, and capitalism in this country.

[00:15:05] **Sirius:** And actually, at this point, it's a global question. But certainly here, though, the way that sort of white supremacy and Racism are playing out is merely a function of a way to consolidate the power similar. I think similar way to the gender and patriarchy is playing out as a way to consolidate the power the supposed threats of immigrants.

[00:15:39] **Sirius:** of technology, of, um, poverty, like all of those things are ginned up, get people really riled and scared to, to then come in and consolidate the power.

[00:16:01] **Sirius:** I think there are other threats that may be more legitimate to that power that they're also working against. I mean, we talked about the, actually, I don't know that we've talked about the great milk replacement theory, but the, idea that the white population is shrinking. And the need to counteract that by any means necessary, that's also part of this.

[00:16:23] **Sirius:** And I don't know, I don't know that people are always making that connection either. All of, truly, all of this conversation about abortion and reproductive rights, everything that's happened, has been about the white replacement, or the great replacement. Right. The, the, the need to control women's bodies is about the perpetuation of the white race.

[00:16:46] **Sirius:** They're, what they're really wanting is to be able to control white women's wombs. The idea that it would spill over or control other wombs is sort of immaterial, right? This is, this is, it's almost like, oh well, whatever. We just want to make more white babies, and so if we can, if we can pull these huge levers to do that, that's what we're going to do.

[00:17:16] **Hilary:** I mean, it's been the same agenda the whole time, whether it's been in whispers or shouts, right? Or it's been in the undercurrent of evangelist churches and communities, or out loud for all of us to witness, it's all been the same.

[00:17:38] **Hilary:** And, I think Dana, you're speaking to this core trauma. A lot of folks carry, right? Which is nobody's coming. Nobody's listening. So many common dreams, common trauma dreams or dreams that people have over and over again. There's the one where you're screaming, but nothing's coming out and thinking about this like [00:18:00] collective trauma response that we've all had to rehearse, because of our individual trauma.

[00:18:08] **Hilary:** Experience and harms that have been so centered in the same shit.

[00:18:13] **Hilary:** And how people who do not have all the privileges that I have with my white skin and all the, and my education and all this kind of stuff. People have been disenfranchised over and over again. I've been saying this shit way longer than anyone else. I had

[00:18:36] **Dana:** I know one of the pieces I was thinking of as you were sharing that was the piece that we read. Often in groups and workshops by Clarissa Pinkola Estes how to silence a person retrieving their voice

[00:18:53] **Dana:** when they say you're overreacting, say you're underreacting. When they say you're being emotional, say you're underreacting. Say, of course I have well placed emotions, and by the way, what happened to yours? I find myself thinking of these phrases as I am confronted with certain things. I can't understand you when you're being so angry.

[00:19:25] **Dana:** Say, you couldn't hear me when I was being nice, sweet, or silent either.

[00:19:32] **Dana:** I can't understand you when you're crying. Make no mistake, I can weep and be fierce at the same time.

[00:19:45] **Dana:** Ugh, there's so many. Lines, and it's a pretty long piece by Clarissa, and there's so many lines that I just find myself repeating again and again and again in my head.

[00:20:01] **Sirius:** I I mentioned to Dana and Hilary that last night I was at a meeting, a community meeting around the diversity and history of diversity in

the community that I live in. And. In one of the conversations one of the breakout conversations we were having, the idea came up of creating some sort of rubric or, or checklist around, essentially around media literacy, around understanding if a source is good or bad or, or, or researched or not, or sort of fear mongering or, or not.

[00:20:41] **Sirius:** And one of the criteria that People put on the table was if it was emotion, like full of emotion, if it was like sort of trying to tap into people's fear response, or if it was like a more calm, sedate [00:21:00] presentation of facts, material arguments, whatever. And the group definitely felt like, well, calm is right.

[00:21:07] **Sirius:** That is the right thing. That is, that is clearly anyone who's expressing in neutral opinions, expressing the right opinion. And honestly, like, it was just not a time or place for me to be like, nah, it's bullshit. But, but I, I, if, if this project moves forward in that context, I will definitely express that.

[00:21:30] **Sirius:** But I share that to say how someone expresses ideas. Should not rule that idea in or out.

[00:21:45] **Sirius:** There are a lot of times where people are expressing anger, sadness joy, right? Like, or, or, the range of emotions. And the idea that that should be discredited because it's emotional, not only is it sort of like White supremacy culture on its face, but it's also like, that's really problematic and dismissive.

[00:22:17] **Sirius:** And that's not to say that there aren't people who are manipulating that and there aren't people who are intentionally tapping into a fear response or an anger response. Like, yes, that absolutely happens. And I think maybe the tactic is to be more attentive to when that's happening and not to automatically discount when people are expressing genuine emotion.

[00:22:40] **Hilary:** Yes. It'd be so refreshing.

[00:22:44] **Hilary:** Yeah.

[00:22:47] **Hilary:** We have become so unskilled at understanding and managing what comes alive in us when we hear something or respond to something or when we feel something. For some reason, I don't think about this a lot, but this what's popping up for me as we're talking is how conditioned in the, like seeing like short reels and.

[00:23:10] **Hilary:** Shorter video form and memes and that kind of form of media that I actually, of course, love, but I'm noticing that, I've become very attuned to, like, hearing a quick opinion. And not, and then moving on to the next thing and it doesn't, there's just no processing time. Right. So this like critical media thing that people want to teach and have always wanted to teach and has value, but seems like it's a whole different level of instruction right now.

[00:23:50] **Hilary:** I was thinking about seeing some clips from Oprah's conversation about Ozempic with a doctor, I guess. Maybe she's recently done Under the Oak [00:24:00] Trees. I don't know. I haven't seen it. But in the clip, she says, I wish something to the effect of, I wish I had known, that, like, people Who don't struggle, people who are in smaller bodies, aren't obsessed with food.

[00:24:22] **Hilary:** They don't have this food obsession. I'm paraphrasing. And when I first heard it, I remember being like, huh, if I hadn't spent the last 25 years of my life talking to people of all sizes who are struggling with food and eating disorders, because of the way the culture, physicians, anti fat bias, and police's food and eating, I would have believed that.

[00:24:57] **Hilary:** That's the biggest piece of bullshit I've ever heard.

[00:25:03] **Sirius:** And you know , she said it in that calm, sedate Oprah voice.

[00:25:06] **Hilary:** Exactly what I was thinking when you were talking, yeah. Like, here's my realization, and I have all this credibility of having thought about things and presented my ideas for 30 years on every day of the week, and so of course I've thought this through.

[00:25:23] **Hilary:** Yeah, it's wild.

[00:25:28] **Hilary:** Wild delivery of propaganda, wild erasure of lived experience.

[00:25:36] **Dana:** Yeah. And once again, these are people with the crisis of imagination. Yeah. That their imaginations around weight loss and fatness and food and health cannot get out of this paradigm that they are so locked in. And the mental gymnastics they are doing to double down on the status quo is wild.

[00:26:04] **Dana:** And this is another place where we can see how badly we need radical imagination right now.

[00:26:15] **Dana:** I was in a workshop with the brilliant Desiree Attaway this weekend, it was a Journal as Altar workshop.

[00:26:21] **Sirius:** Erin Fairchild's workshop.

[00:26:24] **Dana:** Yeah. Altar, her, her sub stack, yeah. So it's called Journal as Altar and I just thought, I signed up last minute and thought, yep, spending an hour and a half with Desiree is exactly what I need right now.

[00:26:38] **Dana:** I'd never met Erin, so, she was also lovely. But one of the things Desiree said is when destruction is all around us, we must love and create, right? We're using creativity as fortification. Creating versus [00:27:00] destroying. It was a really, I really loved the framing of that. So I'm going to start some kind of journal as alter thing.

[00:27:09] **Dana:** But I. I really appreciated that piece of, we're witnessing so much destruction, so what do we create? And this is something that Brittany Cooper in Eloquent Rage, which is a book we highly recommend ends, that book ends with a, with a, a line that says, May our rage be a force for good. What we build is infinitely more important than what we tear down.

[00:27:46] **Dana:** So I find myself thinking about creativity. What we build, what we create is infinitely more important than what we tear down. And our friend Lydia Yaknovich, who's one of our favorite authors, says we, we must make art in the face. Fuck. You can actually buy a t shirt that says that if you want.

[00:28:11] **Dana:** Going there now.

[00:28:15] **Dana:** We've sold out the corporeal writings to make art in the face of fuck.

[00:28:22] **Dana:** I was hoping they have a bumper sticker or something, but it's only a t shirt right now.

[00:28:28] **Sirius:** I want to say that creativity is something that comes from the alchemical process of acknowledging what you're feeling and from grieving.

[00:28:45] **Sirius:** And I, we're entering, we've been entering, we're in this long, dark period where the closer we are to grief, the more we accept that grief is part of our everyday experience, part of being human, it's not resolvable, is what allows us to keep going, to move forward, and to make things.

[00:29:15] **Sirius:** So I'm glad today we did what we did, and said what we said, and processed the way we processed, because

[00:29:25] **Sirius:** I, probably like a lot of you, are looking and need, more than ever, spaces where we show up as ourselves and tell the truth and allow our processing of this devastation to, happen imperfectly, not as perfect advocates are perfect humans, but as messy humans that can hold space for one another
[00:30:00] when possible.

[00:30:02] **Sirius:** I think that's a really helpful frame or reframe for me because everything that's happening is going to require a response, a reaction. And we're in this difficult moment where some people are dealing with the impacts, some people are grieving, some people are

[00:30:45] **Sirius:** processing, some people are ready to act. And I, I think that there is space for all of that to happen.

[00:30:59] **Sirius:** And the, the, the,

[00:31:04] **Sirius:** just because the revolution hasn't started yet doesn't mean we're not On the path, trying to figure it out, trying to see, like, what's, what's possible. I just wonder if yesterday was enough of a tipping point where more people are ready to,

[00:31:30] **Sirius:** if, again, if not, sort of, like, I'm ready to actually do something, but at least in the place of, like, man, that was, that was terrible. Maybe this isn't the thing, and sort of, and, like, puts, puts them on a different path too.

[00:31:50] **Sirius:** I just, I, I think it's just a reminder to me as someone who has been thinking, studying, reading, listening, talking, writing, telling others about this for a long time or about these issues or about, what, what, how, how some of these things can play out over time, but not everyone is there.

[00:32:13] **Sirius:** Not everyone has been in that same place of, of looking at what's been happening with a critical eye. And so they're not as ready to act or as ready to

[00:32:31] **Sirius:** fully understand the scope of like what's, what's at play. And not to say that I do, I, there's many aspects of this that are beyond my knowledge and understanding. But I know enough to know that like, this is not right.

[00:32:46] **Sirius:** In summary,

[00:32:49] **Sirius:** Something's wrong here.

[00:32:51] **Dana:** This is not great. I don't like it one bit. None at all. Yeah, but

[00:32:57] **Sirius:** we want people to follow that, right? They can be [00:33:00] in process, but following that feeling of like, this is not right. Staying close to

[00:33:06] **Sirius:** truth. Yeah. I think there's some fear in that, and, I If you give in to the idea that this is not right, like, that really opens a lot for people, and I think that can be scary.

[00:33:23] **Sirius:** It's much easier to continue on, to think, this is okay, or this is, this is, this is difficult, but it's kind of normal, or, I was having a conversation with some people yesterday about the extent to which our privilege protects us from what's happening. And While that may have been true the day before yesterday, and it may have been true yesterday, there's going to become a point where that privilege no longer protects,

[00:34:04] **Sirius:** right? And what are we going to do then? And maybe we should be thinking about that now, because that point may be closer than we think. And it's definitely closer for some than others. Yeah,

[00:34:21] **Dana:** yeah. I think it's really helpful when we think about our social location and our intersecting identities to think of, that we're all having this experience.

[00:34:33] **Dana:** We're all experiencing this, but we're not all having the same experience. It's the same with COVID. We all experienced the pandemic. We did not all have the same experience. There's still some people who don't think it ever happened. Right? And it's the same thing with Anti fat bias and weight stigma.

[00:34:55] **Dana:** Like, we're all experiencing it. It's in the atmosphere that we breathe. But we're not all having the same experience. So one thing we can be thinking about is what's one thing we can do to show up for people that are less safe than us.

[00:35:16] **Dana:** And what's one thing you might do? I also thought about, like, the courage it takes sometimes to be in a room with people where you don't know how, what they think and feel about this. To say, this is Not right or

whatever the word you were saying like something's off like this is not okay This is not right and how if you have the courage to say that in a room with people You're giving permission to other people who are feeling it to say yes.

[00:35:53] **Dana:** This is not right. This is not okay I don't know what to do about it. But this is not [00:36:00] okay because there are people sitting in communities where they feel this But they don't feel like they can say it because the bulk of people around them. Aren't feeling the same way when my dad signed, when Biden ran a couple years, at the first time when Biden ran, he lives in a community in Arizona, which is very red and he'd had it.

[00:36:33] **Dana:** With the election and was like, fuck it. Not my dad would never say fuck it, but he was like, fuck it. I'm, I'm going to get Biden. I'm buying a bunch of Biden signs and I'm going to get these in this neighborhood because there are a bunch of Trump signs coming up. So my dad buys like 30 Biden signs and sends out an email to people and the number of wives that reached out to him asking him.

[00:36:57] **Dana:** For those signs or, and just permission because my dad spoke up that those, they're like, I want a Biden sign. My husband's not going to like it, but I want a Biden sign. Or I'm going to tell my husband he can't have the Trump sign and that thing. Like it, it brought some people, particularly women and let's face it, lots of white women to actually say, no, this is not okay.

[00:37:21] **Dana:** Right? Just that one act allowed a few people to hold their ground and speak their truth in a community where, you know, in a population of older white folks, where you just keep the peace. And you, you have what you think, but we don't, we don't disrupt the peace with those things.

[00:37:43] **Sirius:** It is, it is a courageous act to stand up and say something.

[00:37:49] **Sirius:** It doesn't always pay off. It's risky. It's incredibly risky. But if nobody does it, then it never happens.

[00:38:03] **Sirius:** Yeah. And what is the cost to us personally when we don't, it's a fair inquiry,

[00:38:11] **Dana:** yeah, what's the cost of maintaining the status quo?

[00:38:16] **Speaker 7:** Yeah.

[00:38:19] **Sirius:** There are so many parallels being drawn to Germany in the thirties and Hitler and Nazis. And

[00:38:34] **Sirius:** I think those, those historical comparisons are incredibly important. But they're also, they're not the only ones. It's talking to someone yesterday about the Khmer Rouge. The Hussies and the the Tutus came up many, many different political, violent political actions in South America, some of which may have been funded by the U.

[00:38:58] **Sirius:** S. government. Mm [00:39:00] hmm. But I think that there are lots of moments in history that. We could learn from, and if, if nothing else over the past few days has shown, they've learned a lot from history as well. A lot. A lot.

[00:39:25] **Sirius:** But that we can also learn, we can also look to revolutionaries in our past. We could also look to the wisdom of our elders in the generations past who did create some of the changes that we've benefited from.

[00:39:40] **Sirius:** And, it's always really important to take the information and filter it, right? How, how can I make this relevant? Like, it's not like, ah, this isn't relevant, but is there something in there that is relevant? Is there something in there that I could use to make a change today? Is there something, a tactic that can be updated for social media or Oh, we don't do that anymore, but we do this instead.

[00:40:02] **Sirius:** So maybe I could change it this way. I mean, I think that there, there's so much wisdom that could be brought to the table for innovation to take place. And we, we just need that. We need it right now.

[00:40:20] **Sirius:** Because what, what is happening is

[00:40:26] **Sirius:** it's, it's so big. It's so intense that it's going to take a lot to change it.

[00:40:38] **Sirius:** But what other choice do we have? We don't have another choice. Yeah.

[00:40:44] **Sirius:** There are people

[00:40:48] **Sirius:** for whom blending in, capitulating will be very easy.

[00:40:56] **Sirius:** Yeah.

[00:40:56] **Sirius:** But there's a lot of us who, that's just, that's not even an option.

[00:41:00] **Dana:** Yeah.

[00:41:03] **Sirius:** We're just not invited. Like we're not wanted and so like we're expendable, 100%.

[00:41:10] **Sirius:** Yeah, but it's true. A lot of us can blend in and fuck up some shit.

[00:41:16] **Sirius:** That is also true. That is definitely a strategy and a tactic, right? What ways can you infiltrate?

[00:41:23] **Sirius:** One of the best ways cause chaos and sabotage is to hold people to the letter of the law, the rules that they put in place, the policies and procedures that they have. Which is interesting because what we've been experiencing has, has not been alignment with any of those things. So one way to counteract it would be, but you said we have to do this. In order to, to produce this action, we [00:42:00] need to follow these steps and you didn't follow the steps. So what are we going to do about that, right?

[00:42:06] **Sirius:** Make it, make it hard for them to do the things that they're trying to do.

[00:42:10] **Sirius:** Yeah,

[00:42:12] **Sirius:** that's helpful to think about.

[00:42:15] **Sirius:** And I, and I think, I think also one of my longstanding feelings about activism and activist communities has always been that it's going to take multiple tactics. It's going to take multiple approaches and it's, it's going to be the collective effort of all of those things to make a difference.

[00:42:39] **Sirius:** So like, yes, there need to be people who are looking at. What some of us may consider extreme, there needs to be people who are trying to sabotage from within, there needs to be people who are trying to build bridges, there needs to be, all, all of those things need to happen, and all of that work should be coordinated.

[00:43:03] **Sirius:** Activist communities are often so distrustful of each other that the folks who are wanting to overthrow don't trust the people who are trying to build bridges.

[00:43:19] **Sirius:** Yeah.

[00:43:19] **Sirius:** But they're doing, they're doing the same work and they need to be coordinated together. They need to be communicating together because that's how, that's how we're going to see the change.

[00:43:30] **Sirius:** Yep. We've seen that in all these communities we've been a part of.

[00:43:34] **Sirius:** Yes. And so making sure that there's, there's, and, and it doesn't have to be public. In fact, it's probably more effective if it isn't public. But if behind the scenes, you know that so and so is in there really fucking shit up behind the scenes.

[00:43:52] **Sirius:** And that other person over there, they're, they're really wanting to communicate, they're, they're opening the communication channels for us.

[00:43:59] **Speaker 5:** And

[00:43:59] **Sirius:** that group over there, they're getting the Molotov cocktails ready, right? Those folks need to be coordinated in their efforts.

[00:44:09] **Sirius:** And they don't even have to like each other, just have to be coordinated, right?

[00:44:15] **Sirius:** They don't even have to agree on everything. They really don't. They really don't

[00:44:20] **Dana:** well and we're seeing what happens when you do that is they've got the Supreme Court. They've got Congress right like that's they are organized and they don't do this infighting that happens in our communities and you're not doing it right and you should be talking about this and we need to be doing that and the truth is we all have roles to play and there's different ways we can each show up but all of this infighting and finger pointing at each other and Janiyah Futurecon talks about this a lot on their podcast.

[00:44:53] **Dana:** It's like it ended Black Lives Matter movement. Like that, the [00:45:00] original group disbanded because of all the infighting that was happening. And we see what happens when we can organize. Like we see 2025 projects coming into fruition when people can organize and they are organized. They've been raising young people for politics.

[00:45:20] **Dana:** They are so much more prepared than we are. It's scary

[00:45:25] **Sirius:** all the way down to their creepy parenting tactics. Yeah.

[00:45:29] **Dana:** Shiny happy people. Yeah, like so fucked, but the end of that that documentary about the Duggars, like, whoa, them talking about their advocacy and pot and the way they work in politics and they get their kids in politics young, they are so much better organized.

[00:45:48] **Dana:** And like we are so crap shitty at building coalitions. Right. And consolidating power and to get our needs met, which means sometimes we don't, we don't agree on everything. Right. Desiree said, love the collective more than you hate the systems.

[00:46:08] **Sirius:** That is a lot of love then.

[00:46:12] **Dana:** Yeah, we have a lot of work to do.

[00:46:15] **Dana:** We'll just know we're in it with you. We're feeling it all.

[00:46:21] **Dana:** We're paying attention while tuning out some sources. Right? We're paying attention, but we're not tasing ourselves and fire hosing ourselves with the news.

[00:46:39] **Dana:** You may dip in and out. Right? I think we need breaks from to just kind of check out, like enjoy a show or do something. We need those things that just give us a break so we can keep showing up.

[00:46:53] **Dana:** We'll leave a link to a newsletter we just are in the process of writing that will be posted before this is out. So we'll leave a a newsletter we wrote for you with some different ideas and recommendations as well.

[00:47:10] **Sirius:** Thank you all for listening. If you're still here at the end, we appreciate you, holding the space for us and listening and being curious. Always good to be here with you.

[00:47:27] **Dana:** Yes. Thank you, everyone.

[00:47:30] **Sirius:** Yeah. Thanks, everybody.