7. Flight of Fantasy, Now Boarding

Hello, I'm Renée Valentina and this is Musing Interruptus. A podcast meant for sharing thoughts, stories, enjoying idiomatic phrases and words in general. You can read along; the transcription is in the description of this episode. The idiomatic expressions are in italics. Try to get the meaning from the context and then look them up to see if you were right. If you like it, share it, but more importantly, continue the conversation. Today, *Flight of Fantasy, Now Boarding*.

Ladies and gentlemen welcome to your *Musing Interruptus* flight 84, we know you have several alternatives, which makes us appreciate your choice all the more. Take a seat, wherever you like, the chairs and extra comfy, sofas are not numbered. The flight attendant will come to you, should you need anything. And I do mean anything. About those emergency exits. Don't worry about them. In the event of a sudden change of reality, you'll have all the information downloaded into your escape pod, you won't have to do anything. *Just go with it*. Our pilot is really *something else*. She has ample experience and a special relationship with the control tower. Close your eyes and relax.

The place between reality and fantasy, the one, just before liftoff, tends to be a decision to let the alternatives take over, asking logic, in its different degrees, to *take a back seat*. I find myself settling in that place, succumbing and indulging. It feels like the most exquisite indulgence. Are you there? Can you feel something else, gently *taking over*? Look out the window. What does it look like? Is there a curtain, what shape is the window? Look to your left, who is there with you? Are you happy they are flying with you? Can you reach over and take their hand? —Excuse me, our flight attendant gets our attention and we look up. We are about to take off, in case you need something from the kitchen. No, thank you, you smile and nod your head and look back to your left and smile at that person.

Unlike take-off in an airplane, take-off here is gentle and imperceptible. Before you know it, you are talking to the person next to you. Explaining something or perhaps you can feel the other person. Maybe, it is in this place, on this flight that you can connect to their energy. Flow into this notion. Settle in and *give way*. Imagine what you would say, do, see? Can you smell anything? What textures do you want to feel? Are you ready? Let's be in another place, maybe somewhere next to the ocean, so we can feel the sunlight on our faces, hold on, now we are surrounded by trees and the air is cold, clean and the wind blowing through your hair. The rustle of the leaves is musical, are you wearing your favorite sweater? Can you feel the heat trapped by the sweater, contrasting with the cold wind on your face? Are your nose and cheeks pink? If you look up, can you see the canopy made by the trees? How tall are they? How small are you? What if you were to run up a tree? Like a squirrel? How far would you go? Now look down. There is no fear here, you can look down and jump off, floating or racing back to earth. Either way, you will be fine. Just enjoy the ride.

Maybe your thoughts race somewhere else. To a place, they'd rather be. Be there. It all started with a *flight of fantasy* whose destination might be a space, well-known to you, a place of repair,

passion, desire, fun, laughter, sadness, or a new place to be discovered. *Thank you for flying with Musing Interruptus. We hope you come again.*

Do you like getting away from it all, into parallel realities or world's of complete fantasy? What does it feel like for you? Do you ever picture yourself connecting with other people? What if we could do this together? Do you already do that? *I'm listening*.