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Welcome to the Audio Garden, where we cultivate our collective wisdom,
nurture creativity, and spread love. My name is Martha Cinader,
and this is Listen and Be Heard. Listen and be heard.

What is a word, and why should it be heard? If I read a word, am I hearing it?

In my novel, I posit that.

La Sembra es como todo. por ejemplo, "sigue esa tierra desgraciada,
con arte se saca alpes del mar del mar,
con arte se hablando al miércoles, se da un malo, un apado.

My inner ear and vibrates my inner plane My biosphere to each cell in my body to
hear So when people have the power to be heard So remember that the time to act
is now And be heard It's still saying that word when uttered Those words put
together carefully to mean what they don't mean And spoken with confidence,
can we measure those words? Are they real? Welcome back to the audio garden,
my friends. Thank you for joining me. I'm so glad to be here once again,
and I'm really looking forward to welcoming back, Elizabeth Perlman,
who you probably remember from her intuitive writing project. And now she has a new
book called Word Magic. And we're going to get into that and hear a little bit of
the book and some of her poetry. And also, of course, in the second half hour,
some new music that I guarantee you won't hear anywhere else.

And that's, as always brought to you by my co -host and co -producer Hernan Ramiro.

But first, we're going to remember someone special to listen and be heard,
and she is going to help us celebrate Black History Month,
something that she was always very good at doing as well as spreading Black history
in North Carolina in general. My point is title, I just wrote it a few minutes ago

to Black. The Infinite Beauty and God's Perfect Site, Beautiful in Black,
like the darkest night, black will shine even without the star's radiating light.
Black is beautiful, black is a part of me. We are often overlook, black is one of
the greatest creations that all can see. Black is when the footsteps made the escape
at night, step left, step right. Black signals the direction when freedom takes
flight. Black and beautiful is how I poetically feel. Spoke a word portrait at the
Shakedown Lounge keeps it real.

My black is beautiful, a brilliant work of art, loving all shades of blackness
deeply in my heart that is indescribable with hope for the darkest skin.
Our blackness is not a sin. Feeling confident about the skin I'm in,
yes, confidence will always win. Words to make you blink, just enough to make him
wink, the richness of Black History Month to make you all think. Happy Black History
Month. Crystal Cauley, always remembered here at Listen and Beheard,
and you can find her in our archives at Listen and Beheard .net. She was recorded
live at the Shakedown Lounge in Henderson, North Carolina by Tony Robles.

I'm so happy to welcome Elizabeth Perlman to the Audio Garden. You joined us many
times during season three of the Listen and Be Heard Hour. And you featured so many
wonderful young women who were reading their work, which came out of the intuitive
writing project. And now that work of yours has culminated in a beautiful book
called Word Magic, The Power of Writing, to reframe your story and claim your
intuition. Thank you so much, Martha. I'm so honored to be here. Why was it
important to you to be working with young women in particular? There's a famous
quote. I have it on my website and I'm going to forget the author, but they said,
we must become the person we needed when we were young. I have basically created
the program and I aspire to be the that I needed when I was young,
which is somebody to just create a safe space for young women, as I once was,

to express themselves authentically and have their truth heard, validated, and celebrated, no matter what. We're recording this a few days after the shooting of a woman in Minnesota. Yes. I think many of us are still reeling from the epithet that was hurled at her after being shot. What does that have to do with women's confidence and the reasons for cultivating our intuition?

Of course, as you know, it has everything to do with it. And it's one more knife wound in a lineage of at least 5,000 years of being called these horrible names being silenced in so many different ways, mostly through shame.

I think we've all been taught that there's something inherently bad or wrong or defective in us. I certainly observed it. I've had this conversation with my girls many times when they write about these feelings of shame and I ask them to reflect, where do you think it started? It's like the air we breathe, the water we swim in and it's manifested horribly in that moment by the man who murdered her, and he said, one of many horrible things that said to womankind, I think we've been internalizing it for thousands of years. As a result, we're all in this moment, women and girls all over the world are reclaiming their voices for the first time. How is that possible now? I think it's a combination of a lot of different things. I do think technology has a huge impact. You and I can have this conversation from thousands of miles.

I think there's a growing movement of women realizing the power of sisterhood. We're still in the battle. What was that word you just used, witch hunt? It's two words, actually. I just have to proclaim that it really annoys me the way that's been co-opted. Because how insulting can you get talking about a witch. My gosh. Whole villages of women were burned and otherwise dispatched. Yes. That's a witch hunt. Yes. Yes. And I think a lot of people don't even really know the history. I had to independently research it. It wasn't something I learned in college or

anywhere. I had to dig around and find books and do my own research. Again, social media, thanks to millennials and Gen Zers are doing an incredible job.

But that was a bit of technology as well because the Gutenberg Press. Oh, true. You could call the Witches Hammer the first best-selling book of all time.

The first time books were replicated. And this is what they chose to replicate.

That was the guide for the witch hunts. And that was a product of the modern technology of the times. I thought about that. You're absolutely right. Back to the present, we're seeing a lot of negatives from technology. The only positive I can see right now, and I tend to be resistant to it, but I see young women who have done research about, for example, the witch hunt. For example, that great book of midwives and healers, of midwives and nurses, and they talk about Actually, the witch hunts were the beginning of modern medicine. I saw a post on Instagram recently, a 20-something woman explaining that book. Basically, the gaslighting of women's knowledge of medicine and the co-opting and then turning around and being like, well, you dummies. Exactly. Even like Louis-Pack's story, it's like that story I learned About how he discovered vaccination? Come on.

So much gaslighting from the very beginning. Now I can bring it back to my book.

Please, true. That's the power of writing. Yes. Because we are told stories, whatever you want to call it, gaslighting, manipulation, brainwashing. There's so many words for it. And we internalize them and absorb them, like that horrible insult from that horrible murderer and we take it inside. But what happens is all the stuff that we take inside when we write, we pull it out onto the page where we can examine it and think about it and reflect, do I still want to believe that about myself? My whole life thus far is examining all the beliefs that I've absorbed without thinking. It's unconscious. And then writing makes the unconscious conscious. so then we can decide if we would like to write a different story. You have a

degree.

transformation and the arts can be anything i of course latched on to writing but it can be dance photography music drama anything interesting that that's for the self and the community yes it really is an i that's why i do the program with groups of girls anyone listening who loves writing it is a solitary activity and i do love you know once you get into something and you're fully absorbed in it, you don't notice that you're

and her writing very harshly in the beginning, so harshly that it's almost excruciating. Can you talk a little more about how that manifests? The idea that they have anything to write. That's the biggest thing. And I can't tell you how many times I cry when I'm watching them read because it's so moving to see, I just get emotional, just thinking about it. They come in and they say mean things about themselves and I say, you know what, this is a space where we're going to just try to be gentle, try to accept ourselves as we are, and we're only going to comment on the strengths of the writing. Because that's all you need to know about is what's working. A lot of times they have trouble getting started and that there's a whole way I work around that. But once they write something, it's always amazing. I've never heard anyone write something in any of my classes that didn't inspire me, move me, make me cry, make me laugh, make me feel deeply. It's always incredible, but everyone always feels that it's not good enough or it's going to be bad. And they don't feel differently until they've read it out loud in community where everyone shares what they thought was authentic, powerful, or meaningful to them. Each person who reads hears from everyone about what they thought was uniquely meaningful. And it's miraculous. For women, there's tears, again, because we have more baggage. For girls, it's just a transformation of their energy. They suddenly sit up straighter. Their heads lift up. Their eyes get brighter. There's color in their

face. They're smiling. They hold themselves differently because it's somebody showing you that what you have inside of you is important and it matters.

And that changes everything. This is the Listen and Beheard Hour brought to you by Listen and Beheard Network, a project of sound system culture. The more we listen to our intuition, the more it will be able to help us. Everything we encounter either gives us energy or depletes it. So it's about choosing the thing that makes you feel stronger, that restores your energy, that makes you feel most alive.

Our power is in the present, the moment we commit to loving and trusting ourselves right now, exactly as we are. No matter who you are or what you have experienced, no matter what you have suffered, no matter what you have lost, Nothing can change the truth of who you really are, an innocent, creative being,

forever worthy of love, care, and thriving. Now,

more than ever, the world needs us to realize our value and reclaim our intuition, which is the wisdom of our heart. I'm so feeling the passion that you have for this subject. You have this very interesting degree. But in your book, you keep emphasizing not your authority, but your experience,

that you went through this yourself and maybe continue to go through it. Like you said, we've been dealing with this for thousands of years, so we're likely to deal with it tomorrow too. Yeah. And it's probably going to get worse before it gets better. It is the work of my life to process everything through writing and discover things through writing. And I know it's not the only method. I recommend everyone do whatever lights you up, whatever you are drawn to go that way. You do not have to write. Only write if you enjoy it, but if you enjoy it even a little, and if you let yourself go a little bit deeper, I think you'll find, I call it magic. It's your own power and brilliance that will come out of you. Again, everyone I've ever written with, including myself, is surprised by what comes on the page.

I don't know if you've ever had that experience where you may know what you want to write or not. I've been doing this exercise. I called them stream poems. I started writing them around the time I left Greenville and I just do one page and I start at the top. I might have a prompt, I might not, but I don't edit. And I can't cross anything out and I can't go back. I just have to keep going to the end. I'm not saying it's all great art, but it has drawn things out of me that have surprised me. You talk about magic. It's tied to intuition, which is central to your book. It's a beautiful book. It's not really the kind of thing that you just sit and read through from the first page to the last. You can tip into it and get inspiration and there's exercises. So I think you would have to live with this book for a year or two probably. I love that. You talked about the difference in the amount of brain cells people use with their conscious mind and their unconscious mind. And I did not know that little tidbit, but I think it probably is an important bit of information. 90 % of our thoughts are unconscious. We all think we're aware of what's going on in ourselves and we're really not. That's that idea of the unreliable narrator. However, as we're writing, I intuitive brain processes, 40 million bits of data per second. So that's a million times more information. And in my experience, I tend to, because I'm not a clairvoyant or not, not exceptional, just winging it with my intuition. It's only when I write that I feel like I draw up that other information. And that you feel some confidence, I think, in trusting that. Yes. Okay, so here's a beautiful thing. There's a book called The Goddess versus the Alphabet. I do have it actually behind me. You know it. I interviewed. He talks about how language has historically been masculine and anything that is written, going back to the printing press, the Bible, the Witch's Hammer, all of these things written by men, published by men. It has this automatic authority, also language. It

is in the left hemisphere, so I tend to forget words, I think, because I have trouble accessing my left hemisphere sometimes. But there's two things that happen. When you're writing, using words from the left brain about your feelings, you're using your whole brain. And in terms of trusting it, because we live in a very verbal print -oriented culture, When you read your own words on the page, it gives them authority and also inherently makes them more rational than they seemed when they were just floating in your head. Yeah.

Yeah. That's deep. It is.

I write stuff so many times that I'm in a bad mood and I don't know why and I don't know what's going on and I'm so lost on a regular basis and then I write and I don't even know what I'm writing. I'm just sort of spewing very much like what you're saying what you described as that stream of consciousness writing is so powerful because you do tap into something when you don't edit especially you're 100 % in that creative intuitive brain and so you're accessing that intuition and every time I do that I go back and read it and it's almost like who wrote that? regardless where you are on that spectrum, to trust that if you give yourself even 10 minutes of, I don't know how long you do, you said 30 minutes when you're doing this. 30 minutes. No, sometimes that takes me five minutes. Sometimes it takes me a long time to fill that page. And so I'm allowed to stop. Okay.

And sometimes there's this process where I feel like these competing thoughts. Yeah. So that in itself is illuminating. But so sometimes it takes me a while before I can put another word down and I try to keep that going because, again, I'm trying not to edit either before or after I write it. That is hard not to edit.

It's not the time. It's the page. That is related to artist way.

I think she was the one who said morning pages, what you're describing is very similar to morning pages. She suggested three pages, which I think that's a lot.

That takes a lot. I want to emphasize you don't need to spend a lot of time. If you're feeling at the beginning of, I may be interested in it, but it sounds daunting. Reframe the story that it's daunting. Set your phone for five minutes. Oh my gosh, the time we spend on social media, you think it's going to be five minutes and then it's an hour and you lost an hour of your life. Just time yourself and say, I'm going to stop after five minutes and I just have to keep writing nonstop like you said. Don't edit, whatever pops in your head for five minutes. And then I think the other part of this is when you finish, read it out loud to yourself because that's another thing that I've discovered. When we read things on the page we're in our head. And the head is where the inner critic is. But there's something about the power of the voice coming up, hearing it through your throat in your eardrums. It has, again, there's like an authority to it and a power to it. And it also feels really good. And I am 99.9% sure that something in that five minutes of time is going to come out that's going to amaze you, that you won't even know that you knew it. And if you read it out loud, you'll be able to hear it. You have many writing prompts and exercises in your book.

How can our listeners find out more about you, about your book? Yes, I would love for everyone to visit me on our website, which is, it's three words combined into one, [intuitive writingproject .com](http://intuitivewritingproject.com). And then within the website, [intuitive writingproject .com slash book magic](http://intuitivewritingproject.com/slash-book-magic) is where you can see the book, but it's all over the website. I have free intro classes. For anyone who wants to try a class, for women or girls, we serve 11, age 11 and up because I know it's scary. It's so scary at first until you do it. And so we want to get rid of, you know, you don't have to worry about money. Just try it. See if it's a good fit for you, and then you can continue, but the first class is always free. Thank you so much, Elizabeth, for sharing your wisdom, your words, your magic,

your poetry. We really enjoyed your time here in the audio garden. Thank you, truly, Martha. It was a great honor. Your work with Listen to Beard is so important, truly world -changing, And you are one of the best listeners. So thank you for listening and hearing me. Wow. I appreciate that. We'll see you again soon. Okay. Thank you. Once it's heard, it can't be unheard.

Once it's published, it's not going to be unpublished. Once you read the poem, you can't unread it. No matter how an individual may try to push it to the side, get about it, it's still in there. And it's the words, the meanings, feelings behind it are taking root in their psyche, and they can't get rid of it.

I definitely don't believe in the banning of books. If anyone is having issues around language that might be in some of our classic books, I think that the perspective of explaining the era in which books were written during, also that even being a topic of discussion that could be very rich is important to. Truly listen to. You know, you can feel when someone's deeply listening and we feel heard. We are healed in that moment. I think Eckert totally wrote about this. There's some great quote, which I'm not going to remember, but something about there's healing in the process of being hurt. Maybe you could track all of the world's problems and violent conflicts and everything back to people who did not feel hurt. I mean, people who commit violence against others are always in pain. Hurt people, hurt people. And so why are they in pain? I mean, there's a million reasons and all kinds of things, but at the very base of it is the longing to be heard.

It's weird if you think about in our society that it's so rare. That should be the easiest, you know, you're an amazing listener. That should be the baseline of everyone's experience, but it's not. And I remember when I first found you and I found Listen and Be Heard and I told you this, that that is the best name ever.

And it's really, I think, what you have created is The recipe for human healing and

revolution, which is to give everyone a chance to speak and be heard.
with Pearlman once again for joining us here in the Audio Garden.
You're still going to hear a little bit of her poetry in the second half of the
show when we're also going to hear some new music,
once again, exclusive to the Listen and Be Heard Hour, brought to you by our
national treasure. That's what some people have called him. And I have to agree.
Ernan Ramiro Rodriguez, Sierra, my co -producer,
co -host, and an amazing composer, who is also the sound designer for this show and
a multi -instrumental soloist. So that's a lot.
And we're really lucky to have him here on the Listen and Beheard Hour,
bringing you original recordings from his travels around the world.
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community radio stations around the country. If you would like to support our
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And we're offering a free gift if you should decide to do that,
which is a copy of Mark and the Queenfish, a middle -grade fairy tale by yours
truly that will be coming out on Atmospheric Press in the summer time of 2026.
Please stick around, listen to the sounds of the audio garden,
and we'll meet you on the other side of the bridge in about a minute.
Hey, how are we all doing? I hope everybody's doing great. This is Hernand Ramiro,
formerly known as Jay Rodriguez. We're going to fade that Jay Rodriguez thing out
very soon. Hernan Ramiro. And this is a new piece.
You'll only hear it here and dedicated to all our people. This is called Freedom,
Equity, and Justice for the people song until further noticed.
So check it out, and it features Adam Clipple and J .T. Lewis and myself on tenor

saxophone. Right on. Check it. And don't forget to support soundsystemculture.

Dot Inc. And listening be heard network. All right,

Check it out.

I don't know.

I don't know that.

I'm going to be a lot of

Yes,

yes, yes, yes.

That was freedom, equity, and justice for the people song.

Coming right up, right up. Next is El Brujo, written by myself as well.

Amalato, saxophone, baritone, saxophone, flutes, and music.

You know, I'm going to be able to be.

I'm going to be. I'm going to be. Oh,

I'm

I'm a mrs.

I'm

I'm I'm I'm I'm And so,

I'm going to

be. And

so, you know, I'm going to.

I don't know.

Thank you.

Oh, so.

but the,

and a new.

but I, and the,

uh,

say, declaration of a Gen Z stargazer. The hunters of Artemis navigated by stars. Their sacred stories are folded into the network of lights we have gazed upon for centuries. These burning bodies of gas full of mystery. Before anything, these were the maps of the heavens. These were the gods. Now I look at the rectangular, shiny light held in the palm of my hand and wonder if this is my guide. Brilliance has been poured into this box. But what we so often find before our eyes the infinite for you page, social media, something so vapid but profound, shallow but cavernous, cruel, but kind. So confusing.

There are endless statistics of how social media is destructive to teens. Young adults are three times more likely to suffer from depression if they use social media. I saw that one posted on someone's Instagram story. Gen Z will save us. Gen Z will be the end of us. As a victim and honeybee worker of social media, all I can really say is that it confuses me. At one moment, I watch a video of a screaming toddler cling to her father as she's separated from him while fleeing Ukraine with her mother. The father sobbed silently and pats her head as they are pulled away from each other. I scroll down, and the next video is a blurred edit of a nightclub with girls in skimpy outfits and sparkly cowboy hats, dancing under disco lights, all while habits by Tov Low plays. The juxtaposition leaves me stunned. I don't know how to feel or what to do, but I am momentarily pulled away from my perpetual scrolling. Swipe. Swipe. Pause. Swipe.

Ignore time limit. Social media is an endless rabbit hole of content. It is meant to intrigue, feed, comfort, and smother us until we cannot escape its grip. We sit in boxes watching thousands, millions of other small lights looker in their boxes, but we feel alone. Everyone can admit this, yet we all log into our Instagram accounts each day. My generation has grown up with social media. Most of my youth

has been documented by an iPhone camera. I can't really imagine a time without phones in social media, a fact that sometimes makes me sad and disappointed. Most adults aren't helpful. They love to talk about their generations and how glad they are that they work for in ours. When I was young, we used to go outside. We only had flip phones. AOL, messaging was the closest thing we had to social media. There wasn't so much obsession about appearances when I was in high school. You'll destroy your neck sitting like that. Everywhere I go, I see kids on their phones. Does anyone even read anymore? Yes. I read. There's a whole community of people on Instagram and TikTok Dedicate their time to share in their love of books. I feel a personal connection with these people I've never met. They are funny, charismatic, and smart. I love the same fandoms as them. Do you even know what a fiddishism is? And even if my neck is in a sloped position, I am laughing and smiling when I see this content. I want to say all of this. But I do not. Social media is not a box I opened. Yet I am labeled Pandora. They named their book. Thank you for taking the time to listen to some of the extraordinary writings. And it became a runaway bestseller. An idiot's guide to global femicide. The church invented suffering, but then they had to explain it. Someone would have to be punished, and that one would be female. And so the church invented evil. And then they added a D and invented the devil. And the devil was a woman and the woman was bad. But evil is backwards for live. Life inverted and light denied.

We were innocent in the garden till the church cut down the trees and pinned the blame on Eve. Such a clever trick of misdirection. Look over there, it's all her fault! One sleight of hand and they sawed her down the middle. For 300 years, the Inquisitors prevailed, and the air was dark with burning flesh. Fear is so persuasive, and the terror was a plague embedded in the blood of all women, self -doubt, self -loathing, and violent self -destruction.

But then, time passed. Time fades the lies once inked on paper, and only truth endures. Now it is time to grant our own reprieve, to let ourselves off the hook and down from the pyre. Now we can write our own books and make our own declarations. Now, as before, as always, we are innocent. The sun is shining even if even through because spite of everything bad and good. Listen and be heard because it's important to always hear what everyone has to say and to be able to accept other people's opinions as well as being able to speak your own. We the people of America, for it. We the people of America are just surviving every day.

Every day's new news going around. I was so excited. That's why I'm so excited that you blended, that the courts and laws found a component where folks can really speak to communication and translation and linguistics for not just today.

made. I'm an attorney or I'm a retired international specialist. This is what I've done for many years. Those things matter. I scrutinize always what I expose my students to. It's really, really difficult, and I'm just so honored and proud of you. A lot of folks are gatekeepers. They really think that this is information that she remained clandestine. Judy Tologin, my co -host and co -producer of Beyond borders, speaking with Olga Kavron, an expert on international criminal law and founder of Eustacom. That's currently on our homepage at listening beheard .net.

We also heard an essay read by Jocelyn Grover, student of Elizabeth Perlman at the Intuitive Writing project. And this is Del Gonzalez. It's really interesting having a father who is so engrossed in a history and promoting and uplifting voices from the past, particularly Filipinos in Louisiana. It's really interesting because when I was a kid, I was racialized very much as just generally Asian.

We moved from Abu Dhabi to Louisiana, and when I moved to Louisiana and Pearl River, Louisiana, which is pretty rural, there was really only white kids and me and

my brother. How they perceived us was just generally Asian, and I think because of that, I lost a sense of Filipinoness. We would go to Filipino community events, but I would distance, and this is the story of many Asian Americans, I believe. Del Gonzalez will be my guest next week in the Audio Garden.

I'm really looking forward to welcoming him and talking about his theater work here in New York City. He's the son of Randy Gonzalez, who is a poet and author of *settling St. Molo* and Tony Rogliss interviewed him. I think it was back in season two of the Listen and Beheard hour, but do a search on him. Randy Gonzalez is very interesting, and you will find him in the archives at listen and be heard .net.

I hope that you'll visit us there. There's plenty to find, And you could also subscribe to our email newsletter because there's plenty more coming.

And actually, it's growing as we have our two new interns here, Micah and Javier, who have been working hard. And I do believe that you will be hearing from them very soon. My little urban patio garden is bitter cold and covered in snow right now. But I am thinking about gardening and I have a kitchen composter that I've been figuring out because I've changed from being a country girl to a city girl and I can't just throw my scraps on a heap and I know that New York City does compost now but I want to create compost that I can keep for my own garden so I've been doing that and I had a nice little load of compost made which I put into a compostable garbage bag and I put that on top of a bunch of shredded paper in this compostable bag and I set it out there on my patio for now with some potatoes that were sprouting and some garlic that was already sprouting and I tied that up in the bag and set it out there on my patio to deal with when the snow melts away. And if I get really ambitious, I might put on my boots and shovel all that snow onto the beds that I started creating the raised beds.

And that way when it melts, it will all melt into the beds as opposed to just

running off the pavement and into the drain, which is Part of creating new beautiful soil that's spongy and absorbs water and has all kinds of good things in it for the plants to feed on. So that's my little report from Martha's Kitchen Garden.

And here's a poem before we go. This one from a woman who was writing in the 12th century by the name of Mahad.

But who can peel off emptiness, that nakedness,
covering all? Fools, while I dress in the Jasmine Lord's morning light,
I cannot be shamed. What would you have me hide under silk and the glitter of
jewels?

A translation which I'm reading from the book, Women in Praise...

I'm going to leave you with the wise words of another author we have featured,
Laura Langnick, author of Agricultural Resilience. The first rule is to create
relationships of mutual benefit or reciprocal relationship.

And so thinking through what that means very specifically is thinking through all the
relationships in the food system and making sure that each relationship, both parties,
are being cared for. Thanks as always to Davey and Dial at WPVM Radio in Asheville,
North Carolina for introducing Listen and Beard to the Broadcast Airways, KCEI in
Touse, New Mexico, KEPJ in San Antonio, Texas, K -H -O -I in Ames,
Iowa, and K -F -O -I in Red Bluff, California, and other stations that are part of
the Pacifica affiliate network for cultivating the audio garden in your communities
and our own Listen and Beheard Network, host of WLVH .org.

Please visit us at Listen and beheard .net and sign up for our email newsletter and
at our Listen and Beheard YouTube channel where you will find unedited video
interviews of our featured guests. My name is Martha Cinader and I want to thank
you for listening and giving me the opportunity to be heard.

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