

**The Brave Files Podcast**  
**Pasha Marlowe: Healing Through Humour**  
**Episode 159**

**Heather Vickery** 0:04

Hi out there. This is Heather Vickery and you've tuned in to this week's episode of The Brave Files Podcast. I am so happy to have you here with us today. This week we're talking about healing through laughter. We all know that things seem a little bit brighter once we've had a very good belly laugh those moments where something just strikes our fancy and we can't stop laughing. We always feel better after that happens. But have you ever thought about dealing with your heartbreak, trauma and grief through humor? Well, this week's guest Pasha, Marlowe didn't consider herself a funny person. But when her son got life threat, namely sick, humor became a lifeline for both of them. She now supports others as they learn to reclaim their pain through comedy. It's a great conversation Pasha is an absolute treat. But fair warning, no subject is off limits with Pasha and there are some times in this interview, where it gets a little raunchy and graphic. But if you're looking to have a good laugh, stay with us. And let's get started.

**Pasha Marlowe** 1:12

audacious, relentless, and wholehearted.

**Heather Vickery** 1:18

This is Heather Vickery. And you're listening to The Brave Files, stories from people living courageously. When we choose bravely and big and small ways, it powerfully elevates our lives. I hope these stories connect with you and encourage you to embrace bravery in every possible way, day after day. Together, we could build a movement of courageous living that enriches both our lives and our communities. And if you enjoy the show, I asked you to please share it with others. Maybe think of someone who you want to choose bravely right alongside you. Thanks for tuning in. Now, here's the show. Friends, I am excited to have you here with us today because you are in for a treat. So let me give you just a little bit of a background information. Last year, I signed up for something that was way out of my comfort zone. You know how I talk to you all, all the time, every week about doing something scary. Getting out of your comfort zone? Well, I'm a public speaker, I do a lot of speaking and I talk to you all every week. But what I don't consider myself is funny, per se. And I met this really cool chick who's here with us today, Pasha Marlowe, and she has a program called Roar With Laughter we're going to talk more about that. But this particular group was for experienced speakers and folks who do what I do to put a little bit of more laughter and fun and liveliness into what they're doing. And it really was really, really hard for me and it's terrifying. But I did it and it was cool. But you know Pasha doesn't just have this amazing program. What led her to the program is an incredible story of creativeness and resilience. And she's also got a great new book out that is called My Next Husband Will Be a Lesbian. Hello, do I identify with that one? I don't have that next spouse yet, but my partner would love it. Anyway, this is going to be a lot of fun. I'm pretty sure we will all laugh it's hard to be in a conversation with Pasha and not find some joy in it. So Pasha, welcome to The Brave Files.

**Pasha Marlowe** 3:31

Thank you so much, Heather. I'm excited to be here. And I'm so proud of you for dipping into the world of comedy when it was out of your comfort zone, you brave woman.

**Heather Vickery** 3:41

It was really out of my comfort zone. And I'm still not convinced that I'm actually funny. But I did do it.

**Pasha Marlowe** 3:50

And you did you sang a song and did a routine. So you got bonus points.

**Heather Vickery** 3:55

I did. I did a vulgar version of Silent Night. Yes, vulgar per se but full of curse words.

**Pasha Marlowe** 4:05

Well, that that particular group was not only around the holidays, but around the election. I mean, you you were in a heated group.

**Heather Vickery** 4:14

And my whole stand up gig was about my obsession, my post election obsession with Mark Elias on Twitter, y'all are going be listening like, I do not know who that is. But I will tell you, I will not do my comedy bit. But he's the attorney that was fighting all of the the cases that Trump's team was was bringing up and I became obsessed, and I've gone through a little bit of a detox hangover since everything is I don't know if it's good or it's bad. All right, so we're totally off track here. Thank you for that. It was a lot of fun. I know, big surprise. It was a lot of fun. And I do want to talk about where I want to tell people more about what you're doing because I think what you're doing is really unique and really special. But before we get there, let's, let's talk about how you got there laughter for you, essentially became your lifeline. It's what saved your life. It's what saved your son's life. Can you give us a little background?

**Pasha Marlowe** 5:13

Yes, I came to comedy and laughter in the oddest of ways. I, my son, my 13 year old, I have three children, two are adults. And my youngest is 13. And when he was 11, he went from being an active, joyful, silly young boy to the very next day, not able to walk and, or unable to go to school for his entire sixth grade, he was in constant, chronic pain, the illness because I'm sure everyone's wondering what it is, is chronic Lyme, and some co infections on top of a vaccine that went wrong. And we don't have to go into all the details of that. But what happened was, the pain was so relentless that he wanted to take his own life. And we had gone through all the treatments, months and months of treatments and medicine and painful procedures and labs and hundreds of doctors, and ended up at Boston Children's Hospital where we were told this was the the pinnacle of all Children's Medical health. And certainly we would find some answers or clarity there. And when we got there, we spent a couple days there and there was no clarity other than which I'm sure we can all relate to. They said, Well, he's just stressed, and he

couldn't walk or keep his food down and go to school and he hadn't played you just you know, your kid. And I knew it wasn't just stress. So we were really disheartened by this appointment and felt hopeless, which made our situation worse. And so I'm lying down on the bathroom of Boston Children's Hospital floor, as we do, crying.

Heather Vickery 6:59

It's not funny, but of course.

Pasha Marlowe 7:04

I would never I don't get anywhere near toilets unless I have to. And I don't I've never even hugged a toilet from like drinking, like that's how I am. I am super toilet phobic. And yet, when your kid is dying, you'll lie down and cry anywhere. So I'm lying on the bathroom floor crying so I don't cry in front of him yet again. Because he was feeling, we were, he's so empathetic, he knew something was happening. And I just didn't know where else to turn. That was the end of the road for us. And something inside. I don't say it's a calling because I think that brings on different imagery that that didn't happen. But I said I am going to die. If my kid dies, I cannot survive it. I couldn't imagine surviving him taking his own life. And something inside of me said there's one thing you haven't tried in your entire life. I don't know if I can swear on this thing because I almost said a swear word.

Heather Vickery 8:01

Really, it's me, Marsh. I haven't called you Marsh.

Pasha Marlowe 8:04

It's like, it's actually healing because I, it's good for me laughter it because otherwise I'll just quiver. Um, the only thing I hadn't fucking tried, is laughing and having fun, which seems so paradoxical. And yet, I was a therapist had tried, I just had tried all the things that everyone is listening. It's like, Well, did you try herbs? Did you try acupuncture? Did you try massage? Did you? Oh, yes. We tried medical mediums and shamans and medicine and surgery like we went through it. And so interesting that in that moment, I realized that I had not had fun in my life. 49 years later, I had not figured out how to access laughter. I was always serious and felt the dark heaviness of anxiety and depression and past traumas plagued me. And I think he felt that too. And I just had a sense, a knowing that I needed to try this one last thing. And so I started to study which sounds so nerdy, like research and study comedy. And then I found Viktor Frankl who's not a comedian, he wrote about the Holocaust. But in his book, a certain Man's Search for Meaning he talks about that the people who survived the Holocaust are the people who were able to laugh and community together. And it struck me just you know how things come to you at the perfect moment. And I read it and I thought, well, my goodness, if that allowed people to survive the Holocaust, then let me try this with my son. So we would go to doctor's appointments and hospital visits, and we would sit in the offices and laugh about how bad it was, laugh about the irony, laugh about horrible bedside manner, how awful the medicine tasted. We weren't ignoring the pain or the struggle, but we were finding the edges and the parameters of humor around it. And he he was into it because at this point, he's probably 12 at this point. And we would use, you know, potty humor as we do. And, and we would talk about

because the doctors were there was a lot of testicular pain, which is just about the worst thing for a pre pubescent boy to have to deal with. And they were talking about exploratory testicular surgery. Oh, that's funny, in the sense that it's so like, Who would want to do exploratory for no reason testicular surgery? Come on. And so we just found the found the funny in what is not usually funny at all, as, as people do when they're going through cancer or hospice workers do or EMS workers do. They have to find it to survive it. Right?

**Pasha Marlowe** 8:21

Yeah. Yeah. Well, and I and I have questions. And there are also things that I know so I'm gonna, you know I'm gonna ask questions and did it change anything?

**Pasha Marlowe** 11:03

Yes, so he's still sick. He's still in as much pain. He's still on the same couch he was on two years ago, almost two years ago, now. He still doesn't go to school. He still asks for pain meds everyday. He still sleeps with me. He still needs help often walking and going to the bathroom. Now he's 13. He's five foot seven. Now before he was shorter than me now he's taller and hairier and smellier. And he's also happier. He giggles, he laughs, we play games, we tell puns, we create puns, we go into, we go into each situation with the knowing that it's possible to find the humor in it. So I'll give you an example. The other day, he rolled over and he said mom, I need he pain meds. I'll do anything to feel better. Just please make it go away. And normally, typically, my heart would just burst. I'd cry and I'd hold'em and I'd say I don't know what to do. I wish I could take your pain away and we would just sink deeper and deeper into the grief. And now with practice, I said you would do anything to feel better. He said, Yes. Anything. I said, What would you do? He said I would eat eyeballs. I'm like you would eat eyeballs. You would eat eyeballs to feel better. What kind of eyeballs and now he's a little bit smiling. And he's like I'd eat your eyeballs. I'm like okay, I guess you have to kill me first. And he's like I would eat horse eyeballs, I'd eat warthog eyeballs. And I was like, that's a funny word warthog. So I'm like warthog eyeballs. You'd eat warthog eyeballs to feel better? How many would you eat? And he's like, well, my, now he's smiling and laughing. Well, my favorite number is 21. So I would eat 21 warthog eyeballs, if I could feel better. And one minute, that's all it took. And his energy shifted. He woke up. And he got dressed. I mean, like, these are little tiny miracles that happened in the middle of shitty city. But it keeps him alive. And it keeps me in the game with him.

**Heather Vickery** 13:02

But redirection does work. Distraction does work. It's not always the answer. But it's often the answer, like I banging my head against the wall, you're talking about really, really, really horrifying, major things. But even folks listening, you know, you're working on a project for work, and you can't figure it out, and you're stuck and you're banging your head against the wall and you're fucking miserable. Like, do something else. Walk away, make a joke. Watch something funny. Take a walk like distraction helps. So I love that. I so to backtrack, just a little. You shared his diagnosis. But how long did it take to get the diagnosis?

**Pasha Marlowe** 13:40

Oh, boy, Lyme is really tricky because he mimics so many things from the flu, to OCD to schizophrenia, to chronic fibromyalgia, arthritis, and even meningitis. And so you basically get poked and prodded until and you get the negative, you always well, I shouldn't say always often there's a false negative in the beginning.

Heather Vickery 14:05

Because you have to have your Lyme has to be I know this, because when the podcast first started, I interviewed somebody, I think the episode is called give it one last shot. And she is a Lyme survivor, although she struggles also, so you have to have your Lyme has to be active for it to show up on your blood test result, right?

Pasha Marlowe 14:23

Yes. So if you wait, I believe it's five weeks, I might have that wrong by a week. If you don't get it within those five weeks of the bite, it doesn't necessarily show up, often not. And then, and then that's the typical Lyme test. So you send away for \$450, by the way to a place in California to a lab that'll more give you a more sensitive test. But when your kids like a little bit sick, you're like, well, I don't need to spend \$450 on a lab right now. So you wait and then you go to a regular doctor. And so by the time you've actually come to the acceptance of the fact that it's something that you're going to need to pay out of pocket for now. It's typically 10 to \$20,000. And we're almost at 30. To treat Lyme out of pocket, even with incredible insurance because it's not recognized in many of the fields of medicine plus insurance companies don't cover it. So it's all naturopathic, and mostly alternative, which is a crime.

Heather Vickery 15:28

It's such a crime. It's so messed up on its level. So he's really sick. You don't know what it is, you're getting all of this bullshit answer and you finally get this. And then this just like is a kicker. I can't believe that this is true story, real life. Every time you say it, I'm like the fuck. And then you got Lyme?

Pasha Marlowe 15:54

I did. So a few months after he got sick. I he and I, I don't know how woowoo your you and your audience are.

Heather Vickery 16:05

We are so woo.

Pasha Marlowe 16:05

You are? Okay. Um, I believe I have a lot of I, as I mentioned, inherited in generational trauma. I think Jamie was born with the same and I believe our the cord between us is quite small and tight and too too much so. We're very inmeshed like we never really separated fully, properly. I nursed him for two years. I don't know if that was too much. I couldn't stop. I was I really, he's my favorite person. And my older kids know that, my husband knows that. My future lesbian husband knows that. I like he's my favorite person. And so it just when I hurt, he hurts, when he hurts, I heard. And I remember saying, Jamie, I wish I could take this illness away. And then the

next morning I woke up but I'm like, Are you fucking kidding me. And I knew because I had the classic, which is so fortunate if anybody ever gets the classic bite with a ring around it, because that is gold. You go into a doctor, they give you 30 days of antibiotics, boom, you're mostly, you're gonna, you're gonna probably be okay. And I was so fortunate that I had the big bullseye. And, and I still because of the grief, I think, stayed sick for quite a while just because the you know, trauma.

Heather Vickery 16:06

You were wearing his pain too.

Pasha Marlowe 16:29

Yeah, but he's become one last woowoo thing he believes. I think I did this in the comedy routine, like he believes he became a shaman when he got sick, in that he believes and feels that he can hear the voices of animals and people. And so he when he goes to school, it's very hard. He only last about an hour because he absorbs everyone's energy. He says he can hear animals talking to him. And he can hear, he can hear what I'm thinking. And it's creepy. It's before I even say it sometimes. And so if I'm sad, he's sad. It's like your dog. I don't know if anybody out there has a dog who just like starts to cuddle up when you're sad. You're like, How did you know I needed a hug. And there's something just a knowing that, that he has that's just like that. And so it's it's a curse and a gift. Because of course that means

Heather Vickery 18:18

He needs to learn to use it.

Pasha Marlowe 18:19

Yeah. And I need to learn to let go. Which is why over this past year, I've been working like a madwoman and producing really great stuff, but really working around the clock because I mindfully needed to separate myself from him and not sit with him on the couch every day all day. It wasn't it was wasn't working even with the humor.

Heather Vickery 18:42

Right for either of you. Probably not just not for you. Yeah. Man. That's a lot. I should introduce you to Catherine North who is a mystic and a healer and a coach. But she has some of that shaman like clairvoyant connection. We just interviewed her last week. But if you're it, check out the interview and I will make an introduction because I think that it could be something really fascinating for all of you. Okay, and then it keeps going folks. Crazy ass shit. And then you fucking come out to yourself.

Pasha Marlowe 19:23

Oh, that. Yeah. Because I have not had sex in oh my gosh, wait a minute. I'm trying to count. Like over three years now at least at least I haven't kissed anybody in three years now. Yeah, that's true. And why would I all of a sudden start to realize my sensuality and sexuality in the middle of this crises? All I can figure it the only thing that makes sense to me is that when I started to fully live in the face of death, and fully laugh and fully experience emotion, And start to

release my truth for the first time. I started to get mad. For the first time in my life I got mad about patriarchy. Oh my god. Yes. I had never felt rage. I'd never yelled at anybody. I had never swore, Heather like 49 years. I was I know, I was really too good. I was one of those. I didn't do drugs. I didn't drink. I didn't party. I didn't go to sports events. I didn't go to concerts. I didn't swear like I'm a total dork like Holly Hobbie, me. And so I realized like, I'm like, I am losing my kid and my life. And I've never gotten mad. And wait a minute, what's going on? My my husband said, cheated on me. My current husband, my last husband. I've had trauma, sexual trauma. I've, My parents are assholes. Oh, shoot, um, I, I've, I've like, you know what I mean? Then, of course to society, and politics and culture. And it all started flooding me. And interestingly, because I heard one of your previous guests talk about the Cavanaugh hearings. And that was a catalytic. Is that a word? Moment for me?

Heather Vickery 21:07

I've heard that from so many people.

Pasha Marlowe 21:08

Wow. Something triggered me that day. Or that week, or month, whatever it was. And what made me mad was that my husband didn't seem affected. My brother didn't seem affected. My father didn't. And I felt so alone, and pissed. And then I think because I started releasing rage, I was also really able to release grief and joy and desire.

Heather Vickery 21:09

Yes.

Pasha Marlowe 21:09

And it all came out. And it came out through my pelvis and it came out, you know, through blood, sweat, and tears. And so I think when you start to release, and embody your emotions, and I was doing it at the time through exercise, and fitness and yoga, that was my profession. And then I started moving with COVID into full time coaching. And I started to embody my emotions, through dancing and laughing and writing and, and hula hooping without a hula hoop and just things that I hadn't tried before. And then these sexuality piece evolved and became stronger and stronger. I have. I have no evidence to back up my claim of bisexuality, I have nothing to go by

Heather Vickery 22:27

What evidence do you need other than the way that you feel?

Pasha Marlowe 22:30

It's true, except that it's so like, most people's coming out stories involve something like a kiss or an affair or like an experience. So it's like, oh, that's what I've been missing. I have no idea. It's just I mean, I do. Because I have a brain and a mind and fantasy and desire, but I don't have any experience. Quote unquote. It's, um, it's so funny that I came out. I feel like pretty big and loud and proud.

Heather Vickery 23:03

Yeah, I mean, just hold on a second. Because I think you were you were starting to come out the first conversation we ever had, which was, you know, last spring, I think, you very slowly, softly came out to me, but you didn't really come out.

Pasha Marlowe 23:17

No, I didn't.

Heather Vickery 23:18

You came out by writing a fucking book called My Next Husband Will Be a Lesbian and publish it and you didn't literally, didn't write I'm not telling your story for you.. I am telling your story for you. You didn't come out. You just like put it out there. You're like, fucking the book. I don't care. That's me.

Pasha Marlowe 23:34

I will I did. I said, Okay, I'll release the book on Sunday. So I should probably give a little heads up and context on Saturday. So Saturday, I was like, oh, by the way, I identify as bisexual Sunday. Oh, and I published a book. And so I when when I tell you like first my husband who did know I mean, for all of you think I'm so mean. Like I did tell him I was writing the book. I told him the title. I showed him the book cover all before it was published. And he saw me, you know, writing and editing for 100 hours a week, right? And so he saw the process he knew, and yet I still not quite sure he fully believed I was actually publishing a book that I would share with people. And so there's been a it's been a rocky week since Sunday. But strangely enough, my friends didn't know, my family, my mom, my dad, they had, I have not talked about sexuality with my siblings, my parents, my friends from childhood, like nobody knows. So when the book came out, nobody's called me. This is the funniest part. It's it's a very anticlimactic coming out because nobody, nobody's coming to my door to give me a hug and be like, yay you like be you know, go you.

Heather Vickery 24:50

I'm giving you a hug. I'm very proud of you.

Pasha Marlowe 24:53

Thank you. It's weird. I thought, you know, when you write a book, you're like book tours, book signings, and then when you come out you're like, I'm going to go to a gay pride parade or go to the I don't know, right? And so, so I have not seen a person since coming out or the books and other than my husband and son. I have not heard somebody's voice of somebody I've known to call me. You know, it's really all online this weird, like, Yay in comments and, and posts and that's fun. It's good but really the people who I know the most and I love

Heather Vickery 25:28

Maybe they don't get it.

Pasha Marlowe 25:30

I can only imagine.

Heather Vickery 25:31

I mean, the title sounds so tongue in cheek. I think straight women say things like I need a wife all the time. So they would have to read your book, which full disclosure, I'm getting a copy, it has been hard for me to get a copy. And I wanted to have one before we did this. But I figured since I knew you well enough you could pull this off. But my copy is supposed to arrive tomorrow of all things, and I can't wait to read it. But in the book, are you a little bit more explicit? Tell us about the book.

Pasha Marlowe 26:06

Fortunately, I was able to find 15,16 I'm trying to think of the final number, other women to also share their stories, they're coming out stories, and some are identifying as bisexual, some are trans, some are lesbian, like it's the whole, it runs the whole spectrum. And they're all of different ages and races. And it's fabulous. I wanted to originally write the book by myself. But when I started to hear their stories and realize how liberating it was to put it on paper, and then to release it out into the universe, whether they use their full name or not most of them are using a pen name.

Heather Vickery 26:46

Do I know anybody else?

Pasha Marlowe 26:48

Yeah.

Heather Vickery 26:49

I might.

Pasha Marlowe 26:50

Oh, yeah. Yeah, no, you do. And our friend Jamie, using her full name as a out bisexual and trauma inspired or trauma informed therapist wrote the afterword. And it's fabulous. Because she really ties together the ,she talks about the bisexual experience. But yeah, there's a lot of people actually, you know in there, and, and they're so brave. So for the first time, some of them wrote it on paper, and, and writing it on paper and coming out to themselves was brave. And then they sent it to me, which was really brave. And then they let me publish it. Oh, that's crazy. And so

Heather Vickery 27:29

I would have done it. Why didn't you ask me?

Pasha Marlowe 27:32

I think I was at the time of talking to women who were in the messy, messy, middle, like where you were because I've listened to you know what I mean? When you were like just divorcing and figuring out like that's, you know, that week that really hard week after you came out to your husband?

Heather Vickery 27:49

That wasn't a week. It was like five years.

Pasha Marlowe 27:51

Okay. Well, I'm in week one of your five. That's where I am right now. Because, yeah, we're crying a lot. And we're fighting a lot. And we're like, what the hell have you done? So it's it's the very messy middle, but the holding in my, holding in my secret. And shame about it was killing me too that, like it was like death by paper gods, right.

Heather Vickery 28:15

It is so wonderful, though, that you've found this vehicle for these women to have this cathartic experience. Even if they didn't use their full name. Even, you know, all of that is fine. There's something really magical just about telling our truths. It frees us it's not about the people who hear it. It's about actually saying it. And I think for you, laughter is the same way. It isn't necessarily about the audience. The audience is great. And I'm so so the only thing I've ever been grateful for for COVID. I'm so glad there wasn't an in person, live audience when I did my stand up.

Pasha Marlowe 28:55

Oh, that's that's the next frontier for you. You would have loved, you would have played to the audience.

Heather Vickery 29:03

Maybe. I probably would have. I do, I do great on stage and I enjoy it. That was terrifying. But I think laughter is the same thing like taking whatever ails you, whatever is torturing you, or causing discomfort or pain. And finding a way to laugh at it just sort of takes away its power.

Pasha Marlowe 29:24

Absolutely. It takes away its power and it gives you your power back. So people who make their abusers for instance, the punch line of their joke that's taking back power, we're finding the humor in a situation that used to pull them into depression takes back their power. So I've seen it. Now we're in our sixth season, going on seven and this particular season that I'm doing right now the shows on Saturday, almost everybody across the board is talking about body shame and people pleasing trauma response. So there's a theme with every show.

Heather Vickery 30:03

You never know it in advance, right?

Pasha Marlowe 30:04

Nope.

Heather Vickery 30:04

It seems to be that you have this magic touch of pulling people together. Now, how often are you running these roar with laughter coaching comedy programs? How often are you running them?

Pasha Marlowe 30:19

So our next show is in April, and then we start a new season in May, and there is space available.

Heather Vickery 30:28

Y'all. It's fun. And I purposely did it during the election cycle because I wanted to find joy in what I knew would be a very traumatic experience for me. And of course, it was, and I just, I was the least and I'm this is not self deprecating. You know, y'all know that I don't self deprecating, like, that's not my jam. I was the least funny woman in the room, which was totally okay, because I laughed, belly laughs the kind of laughs that just cannot manufacture every week, and it was so joyful. And it was it was hard. It's so much harder to be thoughtfully comedic, I'm funny. I can be off the cuff funny like I you know, we can have a great conversation, I can make you laugh, but planned and intentional, is challenging, but there's so much cool stuff that comes from it. And you really do take this and help people you call it from from rupture to rapture. And so if you're trying to break through on something, or heal from something, a program like this is highly unusual and fun and different. And, you know, it's, I would suggest it to anyone. And I think it's, I think it's fun. So we'll put all the links up in the show notes. If you are interested. No, my show was not recorded. No, you cannot watch it.

Pasha Marlowe 31:48

You know, they're gonna ask. There is a promo video, a very short, two minute promo video where you're highlighted. But I want to say because a lot of people probably know that you have a background in theater and you do public speaking, most people that do the program, actually have no theater reform as background because all of these skills can be learned. And it's almost in the messiness and unpolished routines where the humor comes out the most. And I actually prefer those, you know, they're raw.

Heather Vickery 32:20

Yeah. No, I love it. So, I think you all should do it, and then invite me. Is so unfair, you didn't get to see mine, but I'd like to see yours.

Heather Vickery 32:34

So dirty. That's okay. That's kind of how I roll. Pasha, I'd be curious to know, other than be, you know, finding laughter and finding joy. What sort of things do you do throughout the day? You know, it sounds so trite as practice self care, self compassion, but what what are your sort of grounding, non negotiables, that the get you through in your days are still really, really hard.

**Pasha Marlowe** 32:58

They really are. And, and so I call my, first of all, I said, Well, I'm going to become a pleasure and laughter coach, and so and so it is, and so I need to rise to that every day. So I start the day realizing that that's, that's what I've been, I've given it to myself, and I'm going to step into that power and bravery every day. And then I have coffee in a really nice ceramic mug, sitting on the couch, watching the sunrise with a fuzzy faux fur blanket. And no, I am embarrassed to say, I do not journal, I

**Heather Vickery** 33:36

Why are you embarrassed to say? Fuck

**Pasha Marlowe** 33:40

It's like the formula. And I'm it's like, all my coaches have said, you know, take claim your mornings, like don't start serving people right away, claim your mornings and be your own best client and I get it. And I think it's a fantastic idea. Except that that half hour is the only half hour I am not with my kid in my house. And I take so much pleasure in serving people that right now that's how I'm receiving my energy. I know it's not the preferred way for everybody or the recommended way for everybody. It's not scrolling mindlessly, it's answering messages and responding to people's comments and that first half hour, I feel like I can give them my heart in a in a really sweet, nurturing way versus fried and frazzled and rushed. And so I feel really good about what I can give people at that time and, and so I do that I eat well, I try to get outside every day, but I have like a cut off of like 10-15 maybe 20 degrees or I'm not going and like I keep raising it. Um, and I, I really shower too much.

**Heather Vickery** 34:51

No way. No way.

**Pasha Marlowe** 34:53

I just like I need a shower. It's like quiet and the water and the warmth and and I always think, this is probably a good time to play with myself and masturbate but I don't. I don't. I really don't.

**Heather Vickery** 35:07

I was not expecting that.

**Pasha Marlowe** 35:12

I'm supposed to like caress my body and do the self worshipping and this is what I hope

Heather Vickery 35:16

Who's supposed to? You know, I only have one rule, right? Do you know my rule?

Pasha Marlowe 35:20

Don't shit on yourself or something like that

Heather Vickery 35:23

My rule is that there are no rules. Do you. Or don't.

Pasha Marlowe 35:26

I think I think um, I wasn't I'm sorry I wasn't coming on to you, do me. Um, I i've in the shower and I have those thoughts of like, this is probably an appropriate time to do some self worshipping and caressing. But it's, to me so much more pleasurable to not try at all like not try anything.

Heather Vickery 35:33

Yeah, in this moment of time. Yeah, I feel that.

Pasha Marlowe 35:58

Man. So I have so many vibrators and so much lube that is going on used in my bedside table.

Heather Vickery 36:09

Oh Pasha. Okay, I'm dying laughing. Not ever, ever had an episode where we talked about masturbation or lack thereof? Leave it to you, Leave it to you, Pasha Marlowe.

Pasha Marlowe 36:24

Shit. I talked about this stuff all the time, which is ironic. But I mean, because one of my groups is a group of bisexual fluid, curious women. And so we're always talking about sex and fantasy. And then I do this let Pleasure be the Measure podcast where I bring on everything from sexologist to sex therapists to Yoni steaming experts, like all kinds of pleasure. And so I end up talking about sex all the time. I have such a great fantasy life in my head while I'm working.

Heather Vickery 36:56

Well, I'm glad you brought up your podcast because if you guys are interested, if you listeners are interested, you want to know more I get, tell everybody the name of it again.

Pasha Marlowe 37:03

Let Pleasure be the Measure.

Heather Vickery 37:07

It's a great name. And Pasha, as you can tell is very funny. Your delivery is always great. I think that the podcast is fantastic. And you know, I have clients who are sex coaches, I, we had a guest a couple of years ago that hosts a podcast which you should connect with her called good girls talk dirty or something, something? She does. I don't know if I've got the name right. I'll

have to figure it out. We'll put it in the show notes. And I don't want to look it up right now. But her podcast is like everybody's anonymous. A picture of their eyeball because she asks all the questions.

**Pasha Marlowe** 37:43

Okay. Well, I like it. I love this idea of, you know, good girls being like sick of sick of being good girls, and then just unapologetically going wild, ethically, ethically, ethical hedonism. But you know, we could be naughty and dirty, and I can just have an affair with myself. I mean, right now, that's my only option. But I think that it's, for me, the next the next level of healing will be to find more space to create for, for self pleasure.

**Heather Vickery** 38:19

Yeah, It's Good Girls Talk About Sex.

**Pasha Marlowe** 38:21

That's good. Okay, I'll write it down. Yeah.

**Heather Vickery** 38:24

And we can link to that. But you all would have lots to talk about. And, you know, you could probably be a guest on our show she very rarely get somebody who's willing to put their name to it, but I

**Pasha Marlowe** 38:32

Oh are you kidding? This is fun. I, you know what, I mean, My parents aren't calling me anyhow. It's like, what am I scared of? I'm not like, I don't, with, I don't even know what I'd be scared of anymore. I put it all out there. And I don't have anyone who makes me feel like I need to change so I'm just gonna keep talking.

**Heather Vickery** 38:55

Do you think? I love it? I love how much you own it. I think it's amazing. If it made you all uncomfortable, maybe that means you should sit with that. Why? Why does it make you uncomfortable? Whole different podcast. Feels like a really good time to talk about celebration, and I know for you laughter is celebration of survival laughter is celebration of overcoming. How do you celebrate success, Pasha?

**Pasha Marlowe** 39:26

Oh, I almost filtered.

**Heather Vickery** 39:27

We know it's not masturbating.

**Pasha Marlowe** 39:30

No, no, it's not. I almost filtered though because I thought there would be more celebration in the coming out in the book and it was literally like, Oh, you have mail. And then I checked the mail and they said you are published and I push the link and I said, Oh, there it is. But I was by myself in my garage where I work. So it's like this is not celebratory. So what I did and what I do sometimes is I I book in previous times, a spa or a dinner out with a girlfriend. Now I can't do that. So I booked a float. Do you know the float is the salt

Heather Vickery 40:00

Yeah, yeah, yeah.

Pasha Marlowe 40:01

So I booked a salt tank float, which COVID apparently can't live in the salt water. And so I booked it. It's too expensive but I still did and then I like, you know, made sure I had my coffee in the morning and did like, left the house before everybody was awake. And I picked the music. I picked rainbow lights to be in my flow because I was like coming out. I was like, I went all in and then I'm naked, but I forgot to take off my mask . Okay, so I'm lying there. And I am not shitting you that was that was a slip of the tongue because I'm lying there. And I got cramps not cuz I'm menopausal. Those were not menstrual cramps. This was like, I'm sorry. Diarrhea, cramps, right. And so I'm lying. You're like, why did I invite this woman on the podcast? I'm like, I'm This is my celebration. And I was laughing at myself. Like, this is how you celebrate Pasha, you're a fool. I'm lying there. I'm like, really, I finally get comfortable. And now I have to go to the bathroom and but there's no bathroom in there. And they give you this tiny like washcloth for a towel. So then you can't walk down the hall with the towel to go to the bathroom. You get dressed. Go down the hall, then come back get undressed, got in the shower. Good. I'm like, Oh, forget that. So. So I did like Kegels for your butt, like contract your sphincter. And when I did, I contracted my sphincter muscle. And because I'm submerged underwater, it sounded like an entire lake cracking open with ice because of you know, brittle bones and arthritis. So like heard this like, kkkkkk all over my body. And I laughed out loud because of like, this is the worst celebration of coming out in a book ever. And that I jumped out of the float. And I ended up at the grocery store and came home and the day just continued as always did I tried to celebrate? Yes. Did I try to treat myself? Yes. Does it ever work out? Well, no. It's embarrassing, but it's true.

Heather Vickery 42:13

Well, it sounds like you celebrate in the morning with your favorite cup of coffee. Favorite special mug and your fuzzy blanket. It doesn't you don't have to maybe set yourself up for such a letdown.

Pasha Marlowe 42:26

And I work and I've really loved my work. I get so fired up and turned on to do podcast to go on people's podcasts like yours to do them, to do the comedy, to write comedy like you know, it's hard, but it's fun, and it's liberating. And so I do find currently my pleasure in my work. And to me that's it. I'm like learning to play with myself in the sense that I'm like learning to have fun

playing and be playful. And so for right now that's my celebration and pleasure. When COVID 's over, I'll go back to calling a girlfriend and having some spicy Thai food.

**Heather Vickery** 43:04

Yeah, there you go. Y'all give if you didn't know it, you never know what you're gonna get with The Brave Files.

**Pasha Marlowe** 43:12

So I'm pretty sure we went from masturbation to diarrhea in five minutes. I'm so sorry.

**Heather Vickery** 43:17

And available. She's looking for a girlfriend. It's okay.

**Pasha Marlowe** 43:24

Oh, yeah, the worst dating bio ever.

**Heather Vickery** 43:30

Oh, okay, my love. And we could just go on and yet there's a time constraint. So, you, you really do though care a lot about your community, you really are invested in people and in the world at large. So what's your favorite charitable organization to support?

**Pasha Marlowe** 43:49

Currently it is the Trevor Project for LGBTQ teen.

**Heather Vickery** 43:55

And we should talk about that, all of the proceeds from your book are being donated to The Trevor Project.

**Pasha Marlowe** 44:00

It's technically not all of them. Because Um, part of the proceeds are going to my publishing team because they graciously didn't.

**Heather Vickery** 44:10

That's not Yeah, yeah.

**Pasha Marlowe** 44:12

Yeah, it looks like a really nice arrangement. But nonetheless, and then proceeds are going to the Trevor Project.

**Heather Vickery** 44:19

Yeah, I think that's really cool. Where can folks get the book? This is a funny question. Where can folks get the book?

**Pasha Marlowe** 44:26

So it should be available very easily on Amazon. Kindle or paperback. And soon, if not already, when you publish this podcast, it'll be in Barnes and Noble, Walmart, all the all the places and I hope also soon in local bookstores near you, but definitely Amazon.

**Heather Vickery** 44:32

Okay, awesome. Yeah, well, y'all have to check it out. For sure. I can't wait to get my copy and read it. Pasha, will you share your three words with us one last time?

**Pasha Marlowe** 44:59

Yes, audacious, relentless and wholehearted.

**Heather Vickery** 45:08

I'd say those sum you up quite well.

**Pasha Marlowe** 45:12

Thank you. Thank you. Yeah.

**Heather Vickery** 45:15

I'm so glad you were able to come on and chat and give us all surprises and laughter and you always show up and put your heart and soul into it. And you always surprise and I say that with like love and admiration and respect. You never know what you're gonna get from passionate folks. And it's always entertaining.

**Pasha Marlowe** 45:39

I love that I'm so consistent in my unpredictability.

**Heather Vickery** 45:42

There you go consistently unpredictable. I used to have a favorite t shirt that said, perfectly imperfect. And I think you should have one that says consistently unpredictable.

**Pasha Marlowe** 45:50

I like it. I like it. I'm writing it down. I'm gonna make, I'm also going to make sure it says, my next husband will be a lesbian, but

**Heather Vickery** 45:58

Yeah, Yeah, absolutely. Awesome. Thank you so much for being here, Pasha.

**Pasha Marlowe** 46:03

Thank you, Heather. It was such a pleasure.

**Heather Vickery** 46:06

So I hope you all enjoyed it. I hope you've laughed in ways or maybe just shook your head in ways you haven't in a really long time. And I hope that you take this as a way to bring more laughter and joy into your life. It really does make a difference. And it's contagious. You can

spread it to the people around you. And it's a really lovely thing to do. If you want to connect with other people who are trying to shift their focus, step up into their brave come and hang out with us in my free Facebook collective Brave on Purpose. Pasha's there, you can find her. Just go into Facebook and search Brave on Purpose and connect with us there. I can't wait to connect with you all next week. Remember to follow me on Instagram and Twitter and all the places I love to talk to you. I read every email and every message myself, I respond myself. You can also give us a call at 312-646-0205 and share anything you want or ask any questions you want. I love hearing from you. This is Heather Vickery reminding you today and every single day to go out and choose bravely.

Heather Vickery 47:16

Hey, friends, I want to share something really exciting with you. We already know you enjoy listening to podcasts because you're listening to this one. But I'm also betting you enjoy audiobooks. And hey, listen, if you don't already enjoy audiobooks, then it's time to check them out. That's why I'm really excited to share libro.fm with you. They are an incredible new platform for listening to audiobooks. And by choosing libro.fm over other audio book services, you are supporting a local bookstore of your choice and investing in your local community. libro.fm offers over 150,000 audio books via their primary platform, which by the way, they built with love and from scratch because they're a small business also. They even offer bookseller recommendations for great audio book options. You can sign up right now via [www.VickeryandCo.com/libroFM](http://www.VickeryandCo.com/libroFM), that's [VickeryandCo.com/librofm](http://VickeryandCo.com/librofm). And when you do, you'll get one free audio book of your choice. And the proceeds will go to your favorite local bookstore. Now check what I just said there, you're going to get a free book, and the proceeds are still going to go to your local bookstore, because libro.fm makes sure that their booksellers get paid even when they give a promo to customers. I've listened to over 20 audiobooks this year alone. I especially love listening to memoirs read by the author. And it feels great knowing that all of my purchases support my local bookstore, The Book Table in Oak Park, Illinois libro.fm, the same audio books, the same price, but a completely different story. Check them out right now at [VickeryandCo.com/librofm](http://VickeryandCo.com/librofm).

Heather Vickery 49:18

Have you ever thought about starting a podcast? Maybe you've had this thought and then quickly shut it down? Because who has the time? Or you don't know how or gosh, it just all seems too hard. If you have something to share with the world, we want to encourage you to get your message out. The world needs to hear it Did you know that 50% of all homes are podcast fans. If you've ever wondered about having your own podcast or how it can increase your business, or get your message across, then please join me and the other experts from the Podcast Power Academy for our monthly free q&a session. It's called So You Want to Start a Podcast. This casual live conversation will help you understand how podcasting can be a great decision. Why now is the best time to get started, and how to get into action with it? Visit [podcastpoweracademy.com](http://podcastpoweracademy.com) to learn more.

Heather Vickery 50:21

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