We Outside Podcast Transcript
Episode 5: What If It Isn't Wrong—Only Not for You? With Meenadchi

Meenadchi: There's something around judgment that feels incompatible with what we want. And I think, I think about the difference between judgment and discernment. And judgment is super other-focused, what you are doing is bad. Discernment is very me-focused. That's not for me. That's not for me. I gotta go.

[Episode Intro] **Montage:** Welcome to We Outside. Welcome to We Outside. Welcome to We Outside.

Ain: Sometimes we know that something no longer belongs in our lives before we can fully explain why. But many of us have learned that our own no is insufficient. We begin building a case, gathering evidence, and making another person wrong so that choosing ourselves will feel justified. Today's guest, Meenadchi is a healer and facilitator whose work lives where the body, communication, lineage, and power meet.

They bring a way of seeing that can hold harm clearly without making condemnation the only path to protection. In this conversation, periwinkle arrives when turquoise was requested. Milk thistle appears along the path. Shame is reimagined as a water slide into delight, and a wild witch woman in the woods may realize that the life she did not plan might be exactly the one she wanted all along.

Beneath the strange and expansive path of life is a demanding practice. Stay honest about harm, remain open to what else is possible, and let discernment, not judgment, tell you what belongs. I hope you enjoy this conversation.

Ain: So Meenadchi I'm so grateful that you're here with us on the We Outside Podcast. I would love for you to intro yourself so that folks know who you are.

Meenadchi: Hmm. Thank you. Okay, so this is where I say my name, pronoun, location. Um, my name my name is Meenadchi, she/her pronouns. I'm, I'm based out of the Bay Area, San Jose, California, which is Ohlone land, and it's good to be here.

Ain: Excellent. And what is your internal weather and why?

Meenadchi: You know, I wanted to say rainforest, but I don't know if that's true. I just think, I think maybe a rainforest is where I'd like to be. I feel like

there's a little bit of mud. There's some sludgy mud that I can feel. That's what it might be, actually. It might be the outdoors after it's rained And like when it's not particularly pretty, you know there's like,

Ain: I do know.

Meenadchi: it's just like we're in sludge. The sun hasn't quite come out. The sun is there, but it's not doing its sun thing yet. So it's just sludgy and muddy, and it's still damp, and it's still wet, and you're not quite sure if you want to be outside That's what my internal weather feels like.

Ain: And why are you feeling this way?

Meenadchi: Who? Uh, the, the first answer that came was God told me to. Okay. I don't know. Okay. Um, yeah, I think probably, I guess, 'cause there's things I'm cleaning up. You know what I mean? It was my birthday two days ago. Happy birth- Uh-huh.

Ain: Oh my Go- okay. No. Here's what I need to say on the podcast, is that, Meenadchi-

Meenadchi: Yeah-

Ain: ... so, you so beautifully tried to get my birth- I mean, did get my birthday honored.

Meenadchi: I kn- well, I knew, I knew it before you gave it to me because I'm a Cancer, so I'm gonna remember this.

Ain: But I'm a Cancer and I don't, so...

Meenadchi: I know because...

Ain: let me tell you, I don't So that's okay. I know. It's the 20th.

Meenadchi: It is the 20th. Let's see.

Ain: Yeah. This is why we have this. Yeah. Okay. Oh, happy birthday. Thank you. Yeah. Thank you. Is it a big feelings birthday?

Meenadchi: I mean, it's ev- every birthday is a big b- you know, every birthday is a beautiful, loving, lovely birthday. I turned 43 on Monday. But I think more significantly, there are some patterns in my relational world that I'm still working on, and I had some things that I had to do on my birthday, and I did them, but they didn't feel good, and I'm still kinda sludgy you know?

Like, sun's not out yet. Yes. Yes.

Ain: Well, I want to honor your doing what needs doing.

Meenadchi: Thank you.

Ain: And the sludge.

Meenadchi: Hello, Sledge.

Ain: Yeah, thank you. My name as always is Ain, she/they pronouns. I'm located on ancestral unceded Muscogee land. And my internal weather today is, like it's a hot, cloudy day I don't like the heat. I don't mind clouds, but these clouds feel like, just get back into bed.

Meenadchi: We don't need to be outside.

Ain: No, it's too hot. Yeah. It's muggy. And why am I feeling that?

Um, I have been in some leadership patterns that are appropriate for the timing of the work, right? Like, appropriate for team formation, and I'm grateful, and I'm also like, "Hey, universe, I'm over this part of it all." Yeah, yeah. Like, I'm ready to have a little bit more of the formation occurring so I can move on to the things I need to be doing and not continuing to circle this particular space.

So I know enough about spirit to know that I don't get to make that choice. And so all is well, so thank you. Let's begin. So Minarchie, I would love to know, what do you wanna explore in this conversation about spirit?

Where do you want to begin?

Meenadchi: Oof. Golly gosh, I, I can tell you, I think, and it'll feed into some of the questions. Yesterday I asked my therapist, "Why does Source let bad things happen?" I mean, I know that I have my theoretical answer. You know, the

theoretical answer is that this world is a place for exploration and play, and that we are all part of Source energy.

We incarnate, and we give ourselves a set of experiences. It's like going to a restaurant and being like, "Let me try this. Let me try that." You know what I mean? And the chef's not trying to hurt you, you know? But sometimes- Yes ... sometimes you order something and you're like, "Oh, I'm allergic to mussels."

Mm-hmm, right.

Ain: I'm learning that now.

Meenadchi: But it still feels bad and it feels sad, you know?

Ain: I do know. I think about this pretty often. In particular as in this moment it seems like there's almost a reward for bad behavior.

Meenadchi: Aha.

Ain: Are financially benefiting from terrible, terrible, terrible ways of being and actions. And I agree with you about the chef. I hadn't thought about the chef before, but yeah, he's just, he's just on, working his shift.

Okay. And I also think that the universe, spirit, God, source, whatever we wanna call it, is trying to know itself more through us. So similar to what you're naming, I think that it goes towards activating and engaging experiences, good or bad doesn't matter. Mm-hmm. And so I think there's a particular glee associated with doing bad and getting away with it.

Um, I know I've felt it in my past. I'm not utterly disconnected from my maniacal inner villain, you know? And so there's a particular energy there that's being alive essentially. Yeah. And so the energy of source is flowing always to aliveness,

Meenadchi: Yes.

Ain: And we're just in this uncomfortable, for those of us who are trying to have character and also wanting to get to a future and a present, frankly, that is collectively generous, is just a little bit harder at this time.

Meenadchi: Yeah. I mean, I have, like, first, like a set of shout-outs that are coming to mind. So first shout-out is to my friend Nick Wood, who he said, "We are just nerve endings of the divine."

Ain: Yeah. Ooh, thank you, Nick.

Meenadchi: And when you were talking about how source is experiencing itself through us, it made me think about lateral leadership versus hierarchical leadership and how I th- I'm kind of losing it, but, like, the vision of, yeah, there is the source hierarchy, but also then w- our behavior feeds back into source and it shapes the thing And then the piece around like the maniacal energy. You know, everything is a slow clap. You know what I mean? Like, whatever we...

Everything is a slow clap, and it's easier to get momentum going for the maniacal shit than it e- is easier to get momentum going for the good shit. But also that's the choice, and that's the work. It's like source doesn't judge which direction we go 'cause source is also trying to figure shit out. You know?

Source is also trying to decide, what am I cooking today? Mm-hmm. You know what I mean? And like, can we get enough slow clap energy going in this direction to also help the thing move? Yeah. I don't know. Something-

Ain: Yeah. Yeah, you know what comes up for me as you're sharing is how do we deal with our shame?

Meenadchi: Uh-huh.

Ain: Because I think sure there's this energy in the maniacal, and I think so much of it is incubated in shame. Uh-huh. Incubated in not being in a society that invites us to accept our full selves, to revel in our full selves, you know, as you were- Mm…naming before about just be the leader you are and evolve from there.

We're in a society that's really interested in you being exactly like everyone else, despite the fact that you never can be, right? Yeah. And so in slicing off what makes us unique or attempting to slice off what makes us unique, we are encouraged to be in shame. And then of course, shame comes out sideways, and then here you are, a maniac.

Meenadchi: Yeah.

Ain: Anyway, that's what kept coming as you're sharing.

Meenadchi: I'm gonna kind of like feed us into another- Please ... thing of the, yeah. 'Cause one of the conversations we had on the table was sort of like a version of like how many spiritual playing fields are there. Yeah. Whenever people talk about demons or like energy leeches or whatever, you know what I mean? I operate from the belief that anything that we experience as a demon is just in the wrong place.

Hmm. You know what I mean? That there's another universe, there's another entity, there's another, there's like, there's another environmental landscape. What are the, what do they call environmental? There's what? There's like a, not dimension, like ecosystem maybe. There, you know what I mean? There's an ecosystem where this is not an invasive species.

Ah. There's an ecosystem where this has its right place in that world, where it is a contribution. Mm. And it was interesting when you were talking about shame, and I just started thinking about like shame as like an energetic entity in this spiritual playing field that kills us. Mm-hmm. And is there a spiritual playing field where shame does something else?

Where shame is the water slide- Hmm ... into delight? I don't know.

Ain: Come on. The water slide into delight? Yes, please. So what's first coming is shame and then also shamelessness is also at play in this dimension, right? Mm. 'Cause I think the people that are holding the most shame and denying it to themselves then become completely shameless and are walking around- Totally ... just being- Totally ... so anti-human, you know?

Atrocious. Truly. Yeah. And I love this. Like, how do we... I mean, you know, I think it sort of relates to the shadow, you know, where as I've aged and have faced the shadow in myself more and more often, I'm like, "Oh, right, the shadow is where the gold is," right?

Meenadchi: Uh-huh.

Ain: Yeah. So, like, as much as I'm like, "Hey, I'm not trying to go over there," you know, it, it's looking a little dark in that corner, let me focus this way.

I also know that as soon as I turn there and just spend some time and be with the shadow, I'm gonna get to the gold, and it's all gonna open up and get bigger. That feels a little bit to me like this slide into delight, but what you're naming is even richer because there is this wondering I have about the planes of spirit, and

then also what is our spiritual work to do with all of these planes as we are on this material plane, right?

Like- Uh-huh. Yeah ... back to being in choice, how do we get to show up and be in relationship with each of these planes through daily action? Yeah. What do you think of as spiritual levels? Can you identify some that seem obvious?

Meenadchi: I'm not totally sure if I can. I know that my sort of skills is comparatively contained to this world. Do you know what I mean? Like, I f- I, I energetically feel things in this world. I energetically feel things in connection to source energy, but I have teachers or buddies and stuff who, like, actually see.

So I know that they're there. Mm-hmm. But I don't know them. I feel like I get access to them through Star Trek. I get... Like, you know what I mean? Listen. Listen, Trekkies. You listen. Listen, Trekkies. Yeah. Yes. Y'all, you introduce me to the mirror universe. You know what I mean? Like, tell me what it is.

Ain: Oh, my heart is alive, okay? Yeah. This is the second of season two podcasts where we've named Star Trek, and my secret desire is to be doing a Star Trek podcast, so don't get me encouraged. Yeah, I love that.

Meenadchi: Okay?

Ain: Thank you. Yes. I think about dimensions a lot, which I think are distinct from planes. Mm. Mm-hmm. But I, you know, I think about dimensions because essentially we're all operating on different dimensions.

Every person is in their own dimension, right? Like, we're all on this material plane, and while some of us share identity markers and potential lived experience or families or whatever, we are all sourced from and fed by entirely different streams of information, experiences, context, et cetera. And so I try to remember that when I'm feeling out of love with humanity.

Um- Uh-huh ... you know, that while we have some orienting points, we're mostly in our own spacetime. And I think when it comes to spiritual plane, you know, like, okay, now I'm rambling, but I have my hummingbirds in the back here, and then one of them comes up. I have a little stained glass window hangy thing.

And so sometimes they'll come up to that thinking like, "Oh, new flower?" You know? And so they're hovering right by the window, and I'm just fascinated by the, I think, spiritual plane that they operate on. You know, a lot of people have-

Yeah ... this connection to hummingbirds as relationship to ancestors and holding some larger meaning than what's here.

And so I also start to think about how the non-human and the elemental beings here- Yeah ... although we are crossing on this material plane of this gorgeous, stunning Earth that we've been gifted with, that we are also in our own relationships with source energy. Yeah.

Is there a spiritual level that you want to be on, in closer relationship with, having access to?

Meenadchi: I don't know if I do. I mean, like I got a buddy who's, like, pretty clear. She's like, "When this life is over, I'm done. Like, I'm not coming back." You know? And I'm kinda like, "Oh, I don't, I don't know. We got good marshmallows here." You know?

Ain: Not come back for the marshmallows? I will send you some marshmallows wherever you are, okay? When I get my- ... ascended mastery token. I know. Whatever dimension you go to, I'll make sure you have marshmallows.

Meenadchi: Yeah I don't particularly feel like I need to be in a different spiritual plane. I think it's interesting when there are moments in life when I feel like I should have, would have wanted to be at a different quality of evolution in this material life. Like, I would have wanted X-Y-Z pieces or some- Mm-hmm ... you know what I mean?

The, and those are like the, again, the kind of like ego things of like, you know. I think that it does come on strong. It probably comes on different. It looks different than it does for, uh, some other people. I don't share the same kind of like things, but there are still things, but so that shows up on, on a material level I have that experience.

On like a spiritual ascendant level, I think I feel a little bit more chill vibes. Um, yeah, around that evolution or growth.

Ain: Can you share some of what feels like on this material plane?

Meenadchi: Yeah, on this material level. So, okay, so the thing that happened on my birthday, I'm very good at manifesting certain things. I always manifest a good teacher. I always manifest a good therapist, practitioner, whatever. When I'm like, I'm looking for a steward, a guide, whatever, I, I name it and I call it in.

There are lots of good things that I manifest. I am less skillful at, like, manifesting a romantic partner. And so these are the conversations that I've been having with God. Mm-hmm. And sometimes I look at, like... You know, and I got a lot of loved ones who are married with kids in lives that they don't actually wanna...you know, they're un- they're incredibly unhappy. Certainly content to not have that life.

But I do think that, like, the version of me that wanted to find my love in my 20s and wanted to have kids by the time I was in my 30s, th- you know, there's parts of me that are like, I s- like, if I could press the rewind button and go back and get that stuff, like, I think I would, right?

And that's the part where I'm at dissonance with, like, uh, dissonance with, like, the acceptance or whatever. Mm-hmm.

Ain: Yeah, so I am, uh, similarly situated. I am... Thank you for sharing, first of all, 'cause it can be in particular... Well, I think it's breaking up in our society a little bit. There's a little bit more of like, hey, it's kinda great being single in your 40s because of some of what is still endemic to certain relationships, et cetera, right?

Yeah. So, but I am similarly oriented in being able to manifest many things, in particular around work and friendships, deeply intimate friendships that I'm so grateful for, but also that I'm like, yeah, I'm not accepting anything less for a romantic relationship, right? And also having just a much harder time with the romantic piece.

Mm-hmm. And, um, and I turned 46 on this past birthday, and also my nephew came last weekend and we played in the pool, and honey- After I got out, I- Uh-oh ... two days in a row, I'm just straight up napped, okay? I was like, I- Yeah. Right ... I, I don't have the energy.

But if I had been younger at 34 when I sort of- Yeah ... 35 took myself out of the dating thing, 'cause I just was like, "Okay, this is trash," that would've been the time when I should've leaned in if I had gotten the memo that everyone else got. Um, and so I do have some stuff there, you know, that comes and goes.

So yeah, inside of that, I guess I just wonder how does that show up in conversation with spirit? What does that look and feel like? Yeah.

Meenadchi: So the thing that I've been sitting with on Monday and really kind of like reflecting still was that essentially, and this is the place where the

collaboration gets to be in play, where ultimately I choose to trust what source is bringing me. Meaning like, for example, I'm not gonna have kids in this lifetime.

Okay, let me trust that. Let me trust... And that's actually a little bit easier for me because I trust my kids. In the sense of like any souls that would have wanted to incarnate through my body, I trust them deeply, that if they, this, you know, they decided not, I'm, you know, whatever. Mm-hmm. I trust them.

Ain: Beautiful.

Meenadchi: And in terms of partnership, the thing that I struggle with is one of my parameters for partnership is that I will not be in relationship with anybody who has an unhealthy relationship with substances. That's like a theoretical hard stop. Mm-hmm. I was recently seeing someone and then came to find that they have an unhealthy relationship with substances, and I didn't wanna end- Mm… the dynamic 'cause I, 'cause every, so many other things were so good. Yes. You know what I mean?

And I did end it-ish. I mean, it is, you know, there is space now in that dynamic. Mm-hmm. But the free will collaboration is like, I'm gonna decide what is or isn't good for me. I'm gonna tell Source. Source is gonna send things my way, and then I still get to choose, right?

That person was still an incarnation of a sort. That was an opportunity. That was sen- And I got to say no. And it's somehow it feels a little bit different. There was like a parameter sh- or like a framework shift 'cause I think sometimes the conversation is around like don't settle. Mm-hmm. Like don't settle, and the conversation is like, you know, what action would you take if you knew that everything you wanted was on its way to you?

Mm. Right? And I actually know that everything I wanted is not on its way to me. I'm not going to have kids out of my body in this lifetime. I know that. Yes. Right? That's a biological done deal. So it's different from moving from the lens of like everything is on its way because everything may not be on its way.

Mm-hmm. But I'm still choosing what is or isn't good for me, and then I have to trust the rest of what source brings.

Ain: Yeah. This all really resonates a lot, including the not having kids piece, which is so funny because I've been thinking about my kids since I was a kid. I'm like, "I will teach them this, and I will save this book for them." And then

also there's like, "Whoo, I get to sleep in on the weekends, baby, okay?" But I, you know, I really...

This piece of discernment, and also back to what we were saying earlier of relationship with source and choice of like, oh, thank you for sending... Like, we're getting hotter. We're getting hotter. We're getting warmer. Oh, yeah. Okay? Yes. And also, still not good enough, right? You know, I think often that the universe continues to send you the thing that would have hooked you in the past-

Meenadchi: Uh-huh.

Ain: Yeah ... in order to see if you're really serious about what it is that you say that you want, right? So if you're saying- Mm-hmm ... "Oh, I want," I don't even wanna put descriptors on it, but X, right? And it sends you like a Y with a little...

Meenadchi: you're like, "I want turquoise," and then universe shows up with periwinkle.

Ain: Much better. Yeah. Much better example, right? And it's like, this periwinkle is beautiful, thank you. But no. And turquoise, there's a range of turquoise. I'm not being manic about it, but, like, what I said was turquoise. And, like, it's incumbent on me to ground in my own needs, wants, desires, to then be able to stand up and say, "I, I can't be with your potential," right?

I have to continue to move aside what is not going to serve in the way that I am requesting so that I can get closer to that which is going to be a fulfillment of that request. And, you know, who knows? I don't know- if I'll ever get there.

Meenadchi: Who knows? Yeah ...

You know, I'm often like, "Well, maybe this is just my-"single lifetime," you know? Similar to this is now, I know unequivocally my childless lifetime- Yeah ... at least out of my own body, okay? My friends are always like, "Well, you can meet someone with a..." I'm like, "Okay, you got a lot of ifs in that sentence." Um Yeah.

But like- Yeah ... you know, I don't know that I'll ever meet anyone to be sharing my life with in a romantic way, and I can still be in the request for it and have clarity around what I'm saying with that request, no matter what, who, and how

the universe sends me options along the way. Yeah. And it's muddy. Mm-hmm. You know? How do you be with mud?

Meenadchi: Well, you know what I was thinking right now was I was thinking about how happy I am for this conversation to reach the people that it needs to reach. Because when we are in the togetherness of it, it feels like less alone. Yeah. You know what I mean? Like, we, it's less, it's less... It's just like, or it's like, oh, this is just us.

Right. It's just mud.

Ain: Yeah, I agree. So I was raised by a single mom, and so I didn't really know no- and I was in a school and friendships that mostly just single moms. So I didn't really know that people could be raised by two parents. Uh, my dad was around, so he's not a deadbeat. But like, um, until I went to college, it was like, "Oh, right, I could have..." 'Cause I had always envisioned myself as a single mom.

And then when it got in my head of like, oh no, actually you can raise with a partner, male, female, whatever, then it was like, oh no, unequivocally that's it, you know? Um, one little person and just me, no, no. Like, that's not a life path that I'll take, although I have friends who have, and that's amazing.

But I'm also thinking of what are those realizations, uh, moments of personal formation that get you to this, uh, here's what my baseline is, here's what I'm willing to accept and here's what I won't, in terms of you making that decision to be distanced from someone whose, whose relationship with substance is unhealthy.

Meenadchi: Yeah, I think it comes back to the judgment that like, "This isn't for me."

Ain: Yeah. How did you build the skill of discernment versus judgment?

Meenadchi: I think, um, okay, so I, um, for a lot of my life, like, I w- more recently, which you know, because at the Village this year I was like, "I'm a princess." I'm, like, leaning into my I'm leaning into my princess vibes. Yes. But this is, like, the most sort of, like, traditionally conventionally femme that I've ever been.

Mm. Right? I've, I've never... I'm f- I'm not a high femme girly, but I've always identified as deep femme. Mm. So like deeply, deeply feminine. Mm-hmm. And

l- in the kind of, like, nurturing, caretaking sort of ways. And also as a Cancer, the way that that manifested was deeply trying to change people.

Ain: Honey.

Meenadchi: Oh. Deeply trying to love them so much! Oh. You know what I mean?

Ain: I do know what you mean, unfortunately. Yeah.

Meenadchi: The idea that I could just love, be with- Yes ... you know, like it, the, the shift from judgment to discernment came from trying to change people in ways that I thought would be better for them, and it not working out for me. And it also not actually wor- it didn't work for anybody. You know what I mean?

And so then having to get more and more to a place of, like, letting people have their life path. Letting p- letting all of us have a life path. Um, and, and I think also, I think a lot about how sometimes we really need, um ... It's h- it's hard to believe something without proof, and I have had evidence of, like, when I let go of something, after time something better did come in.

Mm-hmm. So then leaning into that as evidence of, like, okay, if this thing is not for me, let me just let it go, and something that is better. Because a lot of the ... Uh, I think a lot of judgment comes from a place of scarcity. Mm-hmm. It comes from, like, I need this thing to be the thing that I need, because I need it so badly, and so I'm gonna judge un- yes, until it, until it, you know, changes or until ... So that I can squeeze- Mm-hmm ... the circumstance enough so that I can get ... Let it go, dude. Yeah. Let it go.

Ain: Yeah. Thank you. I mean, that was a large part of me taking myself out of the dating game was like, oh, I had a friend, and this is a little harsh, but I needed it at the time, who was like, "Stop playing with broken toys." I was like, "Wow." And I wanna honor the whole humanity of every single human, and also- Message received.

Okay? Message received. A, first of all, the only person I can change, control, whatever, is me. Yeah. And in taking on that understanding and really owning it as part of, you know, I've always wanted to be as fully self-actualized as I can possibly get from moment to moment. Yeah. That's the longest thing I've known about myself, is that I believe in transformation and that I am always transforming.

Even before I knew any of the energy, woo-woo, any stuff, right? And so, you know, there's like how to really inhabit that as a foundational principle and move that forward throughout my life, but what does that leave behind? Who might that leave behind? How might that shift the trajectory of my life to always be transforming?

Yeah, you know, I wonder what some of those kinds of lessons create.

Meenadchi: Mm.

Ain: I know, I know that I've had a wall up, and I know that it's been down- Mm, okay ... for many years, right? Like, I had to do lots of therapy- Yeah ... and spiritual work- Yeah, yeah, yeah ... and all of that. So I don't claim it in the present moment, but I know that it created a reality in terms of having that realization that it seems like we both had a variation of. And then, um, regrouping inside of our own centers to be like, "Okay, now what?"

Meenadchi: What's present for me, again, this is one of those things where the only way I know how to do it is to have access to resonant community. So I lived in Mexico City for a time, and one of the things that I loved about living there is Mexico City is full of women in their 40s whose lives didn't turn out the way they expected

And that's mostly I think at a, at a expat level. Less at like just like a, you know. But the number of friends that I had when I was in Mexico City that I still have, we're still friends, you know, in their 40s and 50s who's like, "Life didn't go the way that I wanted it to."

And also in Mexico City, because the pace of life is a little bit slower, you can kinda just send out a quick text message like, "Hey, anybody wanna go on a walk?" And in, in 30 minutes you got four people gathered. Nice. But that aspect of, like, being with people who are like you makes you, makes me- Mm-hmm ... judge myself less. Mm-hmm. Yeah. And makes me feel like, okay, uh, you know.

And I'll also give a shout-out to my cousin, Boosh, who I was talking to him a couple years ago. I think I might've just turned 40 at the time, and was, like, kind of like, you know, I was telling him that things didn't work out the way that I thought they were gonna go, you know, when I was, like, in my 20s. And he said, "Aka," which means big sister. He goes, "Maybe that version of you didn't know how to dream as big as this version of you."

And I said, "But Boo-"

Ain: Come on.

Meenadchi: Tell me things

Ain: How precious. But also, like, yeah. Yeah.

Meenadchi: Yeah.

Ain: I was lying in bed this weekend after my nephew left, and I was essentially in, like, a child/son/water coma, and that was delicious but also, like, what is happening? And just, you know, thinking about the paths my life could have taken that didn't, right? My brother, both my brother and sister married, full families.

My brother's expecting another baby, so there'll be two. My sister has four kids. So I'm the only one who's just out here wild and free. And I love books so much and often think back to books, and I'm like, "Yeah, but did you ever wanna be the wife in the castle, or did you wanna be, like, the wild witch woman in the woods, like, making spells and running around with deer and ghosts?"

You know? I'm like, yeah, no, you always wanted to be the wild witch woman. I'm like, "So now you are." You know? Like, oh, right. You know? And then I can brush up against these more traditional families and be like, "Look how cute this is." Like, it's delightful and lovely and loving. And sure, there's elements that I would love to poach every now and then.

And then there's those moments where I'm like, I am home alone. I have a whole weekend of nothing to do. I have six projects I could do, and I could do none of them. You know, it's just, like, some kind of wild delight coursing through my veins.

Meenadchi: Mmm, yeah.

Ain: So how do we talk about spiritual stuff without going into bypass land?

Meenadchi: Listen, the only, again, the only way I, I know how to do it is to do it with people who wanna be in that conversation. Mm. Because, you know, I run a monthly practice group where we do, like, communication skill building and somatic ancestral healing work, and at the end of each group I'll kinda ask, like, "What do y'all want?"

You know? Mm-hmm. Like, "I'm gonna prep content for next month. What do y'all want?" And one of the people brought up a request. She said, "I constantly have to be in white spaces." But they were, they were, like, toxic white spaces, right? Mm. You know, where she's the only Black woman. And she asked some kind of question of, like...

I can't remember the exact s- but it was very clear that these were, like, toxic, abusive, kind of like- Mm-hmm ... dynamics, you know? And she was kinda like, "What do I do?" And sometimes when people ask these questions, because of, right, what I teach, and I teach decolonizing non-violent communication, and I teach these things, and I'm like, "Y'all, you cannot magic wand an abusive situation away."

Like, that's, you know, you, you ac- you have to exit. You either have to exit or bring in more resources. Mm-hmm. You know what I ... And I'm, in terms of if it's an abusive, I'm like, "Get out." Like- Get out. Get out. And so I said, I don't often bring in some of the spiritual lens, because it taps into the bypass-y stuff.

You know what I mean? But I was like, in the circumstances where you cannot leave, where you cannot change the external landscape, the only option is to change the internal landscape, is to be in a practice of peacemaking and also to access belief, like, perspective beliefs around, like, if I could zoom out really, really, really, really far, then I would trust that everything is in the right place. I would trust that this made sense. I would trust that this pain isn't gonna last forever. I would trust that it was for some kind of greater good, whatever, you know what I mean?

But again, I walked that line very, very gingerly, and then the group was like, "Okay, we're in. Bring us some of that stuff." So that's what I brought in. You know, I brought in practices around, like, how do I be with source in a way that, like, even if I'm, if I'm in a shity- shitty circumstances where I can't get out, I trust that source is always making its way through me. Yeah. I trust that source is always...

But we have to want those conversations, otherwise it becomes bypassing. And I think also the thing I've learned is that, um, we can't ignore the depth of grief that wants to be held.

Ain: Can you define a little bit of what you mean by spiritual bypass? I think that's a rich place that is often a site of contention, and I just would love to know.

Meenadchi: Hmm. Yeah. So I'll start with how I can feel it in my body. I always feel it, like physically it... There's like a sensation in my body that feels closer to the surface level of my body, like closer to my skin. It feels like I'm holding my breath. The color of the energy is white, and it feels like I'm disconnected from like fully sitting in, fully dropping in.

And I think that the, in terms of the definition, it's like using spiritual principles to invalidate or erase somebody's experience, or to write off somebody's experience. Well, you just didn't, you weren't trying hard enough. You didn't belie- You know what I mean? Like these weird fucking things that people say that like telling people that they've manifested the horrors, which, you know, but like...

Ain: Yeah. Yeah. Thank you. That's helpful because I think how I've been holding it is, you know, I'm down and always happy to talk politics, economy, you know, all the isms of the present day illusion, as I call society for the most part. And the tension I've been holding is like, is it spiritual bypass to also know and lift in that there's a huge, generally untapped resource of spirit that is available to all of us, and that we have the right to, and sometimes even the responsibility to develop a relationship with that source such that we are backed up by something even greater than what the society presents to us.

I'm like, I think being Black, woman, queer, et cetera, is a superpower actually. But based on the game that we're playing and the construct that's been set up, these are quote unquote deficits inside of that. And I'm just like, "What the hell was that?" From the very beginning, you know? It's like you're set up for an experience with the experience already front loaded to be harder. You know, it's a little bit back to that question of like, "Source, h- uh, hello? What's this now?"

Meenadchi: Could you share a little bit of how you moved into your relationship with Source? Or how, like, you know what I'm saying? Like, um, there could have been a trajectory where Ain was like, you know, these are the deficits, and then Ain, mm- Mmmspiraled in a different direction and kind, you know, was like, "Uh, fuck humanity.I'm not participating- Mm-hmm ... or engaging in it." You know what I mean?

Like, how did you go this way?

Ain: That is a great question. The first distinction that comes to mind is I grew up thinking I was gonna be a heiress Why? Based on what?

Meenadchi: Based on the truth. Based on the fact that it is real. Yes, based on the fact that you knew. Yeah. Uh-huh. It was coming. Mm-hmm. Okay.

Ain: But like, as I grew up and started to realize, oh, this heiress thing is not quite kicking in at the timing that I thought it would, I also was gifted, I think blessed by the universe with the knowing that, like, you would've been a horror as an heiress. Oh. Okay? A horror.

So like, I don't feel that now, and so I invite the universe to bless me in that way, but in my developmental stage at that time, I would've been self-centered, narcissistic, like all of the things that I was actually sort of primed to be based on just some familial patterns, et cetera, et cetera. Like, I would've just slipped right into that. And so this is a piece of what I say when I name, like I am close to my villain. Like, I know who she is and how horrible she could be. And, and sometimes I'm like, "Whew, thank God I didn't turn into that mercenary."

That's one point of like, oh, there's some meta knowing happening here that to me speaks to what spirit opens up for me, that I can pull out of who my identity is, you know, and all the, the things I was naming just before of like, oh, the things that are deemed by society to be not great about who I am, and then like pull up and back into like, okay, we're all a miracle.

Everything, everybody on this planet is a miracle, even down to the trashiest, most egomaniacal trillionaire, still just by nature of being here, having gotten through all the sperm and whoever, whatever to get here, like that's just what this is.

And so from that, like, and then we continue to pull out, right? What do we do with the gift of this experiment, the gift of being on this gorgeous, stunning, loving, fully life-giving planet that has 50 of whatever we think we could need, you know? Like, whoa, whoa, now that is a gift, right?

So I'll pause there, but that's a bit of, I think it's just being able to access the meta view, and it came through realizing like, this is a miracle.

Even when it hurts- Uh-huh ... even when it's not pretty, even when it's stacked against us, even when it's bewildering.

Meenadchi: Yeah.

Ain: Yeah, how about you?

Meenadchi: Well, first, that was just really fun to hear.

Ain: Thanks.

Meenadchi: It was really fun.

Ain: Thank you for receiving.

Meenadchi: I really love it. I really love it. I'm just gonna, I'm just seeing little Ain as an heiress. I was like, "What the heck?" Oh my gosh. Um, I sort of, I cheated. I did the ultimate cheat. It was just given to me. It, like, started when my ama named me. She named me Meenadchi, which is an incarnation of the great mother goddess, and she was born out of the fire, and she had green skin, and a parrot was her companion, and she was a princess, and she had three nipples.

That was how they recognized her, so I spent a lot of my childhood looking for my third nipple. And then she traveled up and down the Indian subcontinent until she reached the Himalayas and met her, you know, divine spiritual consort other half, and then they were like, "Cool," and popped back up to heaven.

And so I just, you know, I was ... And, and also one of the other principles was that everything that exists is divine. You exist in everything that has ever been made. Everything that has ever been made exists in you. Like, those are just principles I was given as, as, like, you know, a freshly born baby. So that was kind of it, and, like, you know, I got, I got lucky.

Ain: Beautiful. Have you ever struggled inside of that?

Meenadchi: And, oh, I mean, sometimes I've, I've definitely struggled in the sense of like, like grief or like, why is this bad thing? You know, but there's never been... Those principles have been just so foundational that they are what I'm able to kind of come back to. I think that more recently I was in, in a version of like my own, like, how do you say the word?

Ain: Nihilism.

Meenadchi: The H word. You, what's that? Nihilism, yeah. Yeah. I'm, you know, be- I've been in some version of like nothing, like nothing matters, you know what I mean? It's all going back to source energy and, you know, you know, I've been in some version of that. And then I was in that conversation

with my buddy Nick, and he said that the piece around like, you know, we're all nerve endings of the divine.

And then it was actually really helpful listening to your conversation with Jonathan. Like that, that was also brain shifting for me of like, we're here to be in collaboration and in, in a practice of, of spiritual evolution thing.

[Sacred Shoutout] **Ain:** Okay, so I want to move us to our sacred shout-out, which is, Meenadchi can you share what is a person, place, or thing that is bringing you awe, inspiration, gratitude, or wonder these days?

Meenadchi: Yeah. Milk thistle She's a plant. Mm, got a little purple, purple on top when she's in bloom. Um, I literally think that I, I-- There's a walk that I go on that I've been on five million times, and then I-- there was a particular moment of need, and, like, all of a sudden, there was this flower that I didn't know. You know what I mean?

I was like, "Whoa, what the fuck is it?" You know? And it was milk thistle. And then the other day, kind of similar thing was happening. I was on a walk navigating a really sticky thing in my body and brain. And at the very end of the walk, there was a milk thistle, and I said, "Thank you." Like, so clear

And I think that she has lots of, you know, medicinal uses in teas and other things. But like milk thistle is the shout-out.

Ain: Thank you. Well, I also intended to bring in the plants, so we're in alignment there. I just wanna give a shout-out to my houseplants. Like, I went from destroying every plant I ever had, to actually being in relationship with the plants and listening to them and learning about what they need.

And I have two plants that we're in a conversation. Like, things have shifted for them, and so I need to shift, and I'm learning- Okay. Yeah ... what that shift is. But I ha- I have so many plants. I'm like, "I can't move now because there's, like, eight plants in every room in my house."

And I love them. They're just dear companions. I know they're, um, feeding me as much as I am trying to feed them and make sure that they're well-tended and cared for. They're beautiful. And, you know, I, I have dogs, so I have relationships where I'm actively tending, and these are also tending relationships that just give off a different type of reciprocity, um, from sort of animal life.

And I'm just really grateful that we have plants that are willing to be inside with us, with me, um, that are willing to teach me and show me what they need and are patient with me.

Meenadchi: Mm-hmm.

[Collective Practice] **Ain:** And collective practice. What is one practice, affirmation, or question that you want to invite our listeners into?

Meenadchi: I think the practice that I will invite folks into is to be in a daily practice of just pausing when you're doing something super mundane. Like you could be washing the dishes, you know, like hyper, hyper mundane, and just kind of pause, look up or look out, like look, lift your head up. You know what I mean?

Like don't put your head, don't put your head down in your shit. Like lift your head up, um, and notice what you feel. Notice what's happening in your body in the mundane moments, in the moments that don't quote, quote matter, because there's always information there. And for folks who are newer to kind of like a body scan kind of thing, you can just start with your head and just go, go from your head to your toes and notice does it feel open and relaxed or does it feel tight or constricted?

You know, because I, and I offer this practice I think because I think that our bodies is where source energy shows itself. And I think that people often have this opinion that like feeling the body is something they don't know how to do. But I always tell people if you know the difference between when you need to pee and when you need to poop, you actually do know how to listen.

You do, you're doing it. So yeah, that's the offering. Lovely.

Ain: Lovely invitations. Thank you.

Meenadchi: Yeah. Uh-huh.

Ain: Meenadchi, thank you so much for being here. I have appreciated this conversation. Thanks for having me. I love to be freewheeling. I'm so grateful you said yes. There's so much richness here, so thank you for being on the podcast.

[Guest Bio] **Meenadchi:** Thank you My name is Meenadchi. I'm a somatic healing practitioner, communication word nerd. I like being barefoot as much as possible. I will eat most things that have tamarind in them. Um, I'm the author, uh, of a workbook called Decolonizing Nonviolent Communication, and it's a framework that I built for nonviolent communication based off of Marshall Rosenberg's practice, but, like, that actually acknowledges, takes in body power systems, these kinds of things.

And a lot of my work with that, and then also with family constellation therapy, is with change makers, with people who are doing really juicy, good things in the world, who want different relationship with the relationships we have, different relationship with resources, with money, and with how we move with all of those things in the world.

So yeah, that's me.

Ain: Thank you.

[Static Outro] You've been listening to We Outside. I'm creator and host Ain B. This show grows from questions at the heart of my work. What nourishes and sustains the people carrying change? How do spirit, nature, community, and restorative strategy deepen the ways we lead, live, vision, and create what comes next? These questions also guide the offerings at my org, New Seneca Village, where we design restorative residencies and generative learning spaces for leaders and healers to step out of the urgency and to reconnect with the intangibles that expand their capacity to call in a collective future worth having.

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