

# Episode 8

Intro: Fluff this. Let's eat, drink, and be merry.

Mell:

Hello, everyone. Happy 2024. Can you believe it? We made it. Yes, I am three weeks into 2024, but I stalled for a little bit because I embarked on what is called a 21 day manifestation challenge. I'll explain a little bit about that in a minute, but how are you all? I hope that 2024 is treating you spectacularly so far.

I have to say that it's not terrible for me. It's not terrible. Um, it's had its ups and downs as usual, given everything that's going on, but the 21 day manifestation challenge was something that I got into. I, let me get something clear. I have been dubbed a serial learner. If you listen to my last podcast, you know, I've got a whole bunch of irons in the fire.

I've got tons of projects that are in the works right now. I've got a book going, I've got all kinds of stuff going. And I am, I'm a perpetual learner or what's called a serial learner, because I think I get this from my mother. I believe that you have to walk the walk. So I want to have the degree or certification before I open my mouth.

And for me, it's created a little bit of something that I've learned is called imposter syndrome. And you can look it up, but it's where you don't feel that you are, have any reason to be talking about something that you're not qualified, blah, blah, and I'm not gonna do blah, blah, that's another, I did make one resolution, stop saying fabulous so much, and stop saying blah, blah, or yada, yada, so much, so, call me out on it.

Anywho, and I apologize once again for the audio, but I haven't gotten to the point where I have a setup studio yet, so, you get what you get, baby. Anyhow, so did this 21 day manifestation challenge because I decided that 2024 is going to be nothing but positivity and joy, which is my life motto. But as I've explained before, it's hard sometimes when you're dealing with some pretty serious shit and you get down, you get discouraged.

And we don't have as tight of a support system as you would like. It's incumbent upon you to make it happen. You can't rely on other people for your happiness. You have got to make things happen for yourself. Because the alternative is

calling the hotline and asking for help. Not going down that road. I decided I am going to be back on the track of self motivation, positive motivation.

I got to tell you, I, I'm probably touched on this before, but back in the eighties, I used to do these big poster boards and I'd cut shit out of magazines and glue, stick them up and everything to get my goals and to get inspired. And I'd have it on my wall or in my bathroom wall. So I'd have to look at it and I loved them.

And now today, flash forward, how many years, they actually make this stuff. They make books that you can cut the stuff out of vision boards or dream boards are an actual market. I'm like, I should have patented that. Come on. You're kidding me. People are making bank off of this stuff. Good for you because it works.

I'm a visual person. So when I see something, I can read something 50 times. I guarantee you, I'm not going to remember it. I guarantee you it'll take me two days for it to surface in my brain. I have horrible, horrible immediate recall. I don't know why. It's, I either have too many things going on at once in my head, or it just, I don't absorb instantly.

But visuals I can. I see something and I know that I set this down here, close my eyes. Where did I sit down? I see it in my mind. Okay. I go straight to it. I'm a visual person. I can see a picture and I remember it and I understand it. So that's why vision boards or dream boards are huge for me. So I went.

Back to vision boards and my friend Shelly, God bless her. I love her and she, her and my cousin, Colleen put up with me so much and I'm so grateful for them. She sent me a vision board kit and I've got that sucker and I've got the, I saved the box. I've even using the box because it says dream plan do, and I find that utterly inspiring.

It's very simple to the point you dream, you plan it, you do it. It, it's as simple as that. And if you aren't doing it right, you figure out how to do it right and you keep doing it. It's not failure. It's figuring out Maria Forleo, who's wrote the book. Everything is figureoutable, fabulous book, fabulous lady lover.

Anyhow. So I decided I'm going to bite the bullet and I'm doing the 21 day manifesting challenge and I wanted to wait to do my first podcast of the year so I could report back on whether or not, A, it was worth it. Be if it helps and see if I would recommend it now I know that a lot of people look at this whole Manifestation and mindset and all of that stuff is a bunch of hooey and maybe to a certain degree I I believe in a little bit of everything.

It's called faith not fact. So I'm a grab bag of Things I do, what sings to my soul, and I really couldn't get a grasp on the manifestation as far as it is defined these days, way back in the day, in my hippie days and my dance around the maypole days, manifestation was a different thing. It was classified in different terms.

You know, my vision boards, all of those things, a wish, a hope, a prayer, a spell. Whatever you want to call it. There's a thread everywhere. People call it prayer. People call it meditation manifestation Mindset mindset was the big tough one because of my own self doubt and I know that in this 21 day manifestation challenge Gabby Bernstein is her name and she's amazing.

She's a huge Figure in the public speaking and motivation arena, some of the stuff that she says, and I wish I, I just applaud her. I would love to be in a space where I could do what she does in the terms that she does, and that'd be okay. But I live in a more practical bubble, dropping everything and meditating on something is not always an option.

My meditation, let me be perfectly TMI with you all. My meditation is usually between four and 6 00 AM when I'm having my morning. P. How's that for TMI? There you go. But I get my headphones on and I sit there. My dog's at my feet. It's quiet. The sun's coming up or not up yet. Depends. And I listened to the motivation.

I listened to the meditation. And then I did the exercises and there were a couple of days when I, when I had enough time, it was early and it was dawn and the sun was coming up and I would come out and sit at the kitchen table and I'd be able to make a cup of coffee and put my headphones on and do it then not very many times, but I did.

And it was just, I got to tell you it there's something to this Gabby chick. I really, I felt lighter for it. I felt lighter for it. She refers to them as blocks. Some people refer to them as negative voices in the back of their head, whatever you do, there's always that, and then there's the whole imposter syndrome, where it's like, you can't do this, you're never going to get this done, you, you've got too much stuff to do, you're not going to get there, or this is way out of your hemisphere, you're not going to make it there, all of these things in the back of your head.

Our crap. Then we go to Maria Forleo, who is an amazing, I mean, she's, she's somebody that I could totally see myself copping a squad on the couch, on the patio, popping a couple bottles of wine and just laughing my ass off with, she is show. We come from a similar bolt of cloth and I, I dig this woman so much.

I'm a fan. But she, her first book was called Everything is Figureoutable. And I don't know if I already said this if I'm being redundant. I'm sorry if I did, but it's worth mentioning again. And she is just so down to earth approachable and real about things. Whereas Gabi is a little more light and fluffy.

Marie, she's more woman business empowering, whereas Gabi is more self empowering for everybody. She's more spiritual, while Marie is more business and go getter, kind of. But she's spiritual also, but in a very practical, she's more my, my Boloaxe. But Gabby was really good for me in getting me grounded and getting through some of these barriers, self barriers that I was dealing with and listening to that voice in the back of your head that tells you, you can't calling that crap out.

It's like, wait a minute, I already did that and yeah, I've already written three books. Wait a minute. Yeah. I already, I already got my law degree and I've already done these things. Why am I not credible? Because I don't think I'm credible. Why don't I think I'm credible get working through those things was huge for me and doing these meditations and doing the exercises and doing the journaling and all of that stuff, which I don't think I am going to be a big journaler.

I'm a huge list maker. Seriously. I've got at least six notebooks on different topics because I am a serial learner. I've got. Three different programs that I'm working on right now, and I'm learning them all, and I'm writing a book, and I'm doing this all at once, and here I am trying to get this podcast out, and I'm trying to get the recipes tested, and needless to say, on more than one evening in the week, I do a wine review.

Yes, I'm very behind on my wine reviews, so they're coming, I promise. But what I committed to myself for 2024 is that I am not going to listen to the bullshit voice in the back of my head that tells me this stuff, and neither should you. I don't care where you come from, I don't care if you have a college degree, I don't care if you are wrapping your shoes in duct tape, just like Marie says, everything is figureoutable.

It just depends on the first step. Stop looking at, yeah, set your goals, make your vision board with crayons and a McDonald's wrapper, if you can. Write a note to yourself and keep it in your pocket of what your ultimate goal is and start making one tiny step every day towards it. It's that simple. As long as you are in motion, as long as you are taking action, something will happen.

As long as you put that action in a positive and joyful, motivating light, you can handle the bad. There's always going to be something bad. Always. It's life. Life is what it is. You will always have a crisis or a broken pipe or a broken dishwasher or a flat tire or something. It's always going to happen.

That's just the nature of our planet. But you can handle anything if you are positively reinforcing yourself. And you can't rely on other people to do it. I rely way too much on my cousin and way too much on my best friends. One lives in Kentucky and one, I have got to stop you. Yeah, you got to vent. You have to have your community in your support circle or my, in my case, my support triangle, but you have got to stand up for yourself to yourself and know that you are worthy.

You deserve positivity. You deserve love, unless you're a total dick and out beating the crap out of dogs or something like that. Forgive me. You deserve it. If you don't believe it, it ain't going to come. If you don't believe it and you don't act like it and you don't start attracting, like attracts like.

If you don't start doing positive things, you're not going to get positive things. Remember, that doesn't mean that you're not going to get the trials and tribulations of life in general, but if you're grumpy and you're miserable, you're going to get nothing but grumpy and miserable back. Trust me on this one.

Did I get off on another tangent? Yeah, I did. Okay. So, my positive motivation. I'm glad I did the challenge. I like the positive affirmations because when I'm going Mach 5 with my hair on fire and I'm in the middle of my serial learning and my serial to do lists, it's fabulous to get a little pop up saying, take a breath.

You're okay. You can't always have somebody in your life that remembers to tell you this, even if you tell them this. You may have that person in the morning that you send good morning, have a fabulous day to on a text, consider yourself blessed because not a lot of people have that. Some people don't even want to get out of bed in the morning because they don't want to have to face their job or face all this.

You can get past all of that if you change your attitude towards yourself because you are the only one responsible for your own happiness. It's you. It's all in you. You can be happy sitting in a pile of mud or in a mansion. Money does not buy you happiness. Choice and attitude buys you happiness. It's a decision to be happy and joyful.

It's hard to be happy when you're running on an hour and a half sleep. Every night for the past six weeks, granted, but you can make choices to do things like instead of say you Royal so and so son of a, you can choose to hum a song, a particular song. You can get your trigger and you can sing a happy song or hum to yourself quietly.

No, I'm not gonna be a bitch today. It's a choice. We have a choice to make. And it's hard to really own that we have that choice to make. So, I made my choice. I'm sorry for the rant. And I'm sorry for the singing. God, I apologize. Anywho, so I did the 21 Day Manifesting Challenge and I'm glad I did it. I will keep Gabby in my pocket forever.

I will keep Maria in my pocket forever. They're two extraordinarily inspiring women. That I think the planet is better for having on this earth. So with that women stereotypes against women, I had a conversation with my friend, Shelly. She lives in Kentucky and I love her with everything we were talking in.

I had had a rough day and I was texting, joking. I'm like, okay, uh, it's wine time. I'm going to. Probably finish this entire bottle. And she made a comment saying, good for you. I wish I could do that. And I'm like, well, why can't you do that? She says, are you kidding me? You have a second glass of wine and you're looked at like, I'm like thinking, oh my gosh, I don't get out much.

We, we've established that. So I was thinking about that. And there are stereotypes, huge stereotypes. When a woman goes out and with the girls and drinks, they think they're, you know, not very moral and it's not a good thing to do. They're looking for trouble. That's a fact. Okay. I know it's not right. We're doing this woman equality thing and they're still.

biases and whatnot. Let's take, for example, guy walks into a bar and he orders a 20 year old Scotch. They go, Oh, that's a discerning man. He wants a 20 year old Scotch. Woman does the same thing. And they're like, Ooh, she's a tough chick. Oh, she's, she's out to get drunk. And it's been that way, but that's how society did things.

Society did things like that. Back in the day, women had their Port or their sherry. That's it. And it was frowned upon women were supposed to sip their tea and lemonade You know while men had their tankards of ale And then what they had the shandy which was lemonade and beer or gin and tea and we were supposed to be demure and proper And even under even in my own roof.

It's like you ordered more wine. Yes. It's my job That's what I do I am a wine expert. Hello. And I still get that kind of bias. You know, it's hilarious, but letting it bother you is your choice and letting those stereotypes affect you is your choice. And yeah, it's hard. I, I'm, I'm in the same trap. It's very easy for me to preach, but I fall, I fall prey to that.

I feel judged. I feel diminished. I feel to be made small because I'm a wine consultant. I must be an alcoholic. You know, judgments are, are real curses. They're real curses. You speak a judgment against somebody and it like affects their mood and their day. It could affect their week. Somebody speaks a judgment.

It's like, Hey, Karen, shut up. Stop. We've got to, we're supposed to be empowering each other as women. Men don't know any better. No offense guys. Men don't mean to. They're, they're rough, more rough and tumble with each other. So because nowadays the polite and gentlemanly thing is kind of, chivalry is dead for the most part, but women should know better.

We're supposed to uplift each other and we're catty. We're worse than wise. We judge each other and we're harsh. My other cousin sent me a thing that was beautiful, a message, and it was a challenge to, I guess it's been going on for quite some time, but again, I'm so out of touch with so many things, that we're supposed to be empowering and uplifting women.

We should! Okay. We should, but we should also be able to kindly say something corrective. If we see one of our friends or some, we love being detrimental to themselves. Okay. Not because I don't approve of it, but because I see the train at coming through the tunnel. If I don't like something somebody is doing, it is not my place to correct them.

Because it's not my style or not my cup of tea, but if it is something that is going to be detrimental to them in the long run, like having the fifth drink and driving home, or I don't know, wearing the skirt that's way too short to go out drinking. You know, we have a sense of personal responsibility. If you've got 15 people around you to kick the crap out of anybody that tries to get improper with you, then that's all well and fine.

But you don't raise a flag up saying, I'm a woman and I can do and wear what I want to and shouldn't because it's not a perfect world. Okay. There are some freaks and creeps out there. So common sense and personal responsibility need to prevail. We need to be careful in how we judge people. Don't be judgmental.

Don't be, don't be that way. Be helpful and productive and caring and supportive. Yeah, be kind of how you suggest and be aware of why you're suggesting it, why you're giving the constructive criticism. Is it for your benefit or is it for their benefit? You know, is it because you don't like long hair or you don't like dreadlocks or you don't like tattoos or you don't like Uggs with shorts?

That's not constructive criticism. That's you're imposing your views on somebody. We have to be real. We have to be positive. We have to stop our own judgey voices, and we got to stop being the judgey voice. So, back to the whole purpose of my thing was how society judges guys differently than girls drinking.

And I'm encountering that judgment quite a bit. Again, as I said, under my own roof or my own computer screen. It's not right. We have to take personal responsibility for that too. We know when we've had too much wine. If you can't walk to the bathroom without knocking two people over, you've had too much wine.

If you can't pour the wine without cracking the glass, you've had too much wine. And if you're in the confines of your home and you really, really want to have that pounding, throbbing headache and feel like you're going to hurl in the morning, then who am I to tell you, it's not great. Trust me, been there.

But if I want to have a glass or two or three, and I am perfectly capable of walking and cooking and it's nobody's damn business, but my own and step off, be responsible for yourself. Take personal responsibility. Know what personal responsibility is and know what the ramifications are of not taking personal responsibility.

It's that simple. And stop judging. Stop judging other chicks. Stop judging our fellow women for what they do. Unless it's something that really, really, really is harming them and you want to, you can't stand by and, and feel a love or a light heart about it if you don't say something. Okay. I'm sorry, but if somebody, my friend's sitting there and she's sitting with her skirt all the way hiked up and everybody in Applebee's can see her hoo ha, I'm going to say something.

If she wants everybody to see her hoo ha, my bad. Okay. Um, check please. You have to exert personal responsibility and allow people to do what they want, whether you like it or not, or whether it's your cup of tea or not. And there's going to be double standards, no matter what you do, it's your choice.



Whether you let that voice in the back of your head dictate your positive motivation. Your motivation forward, how you treat other people, how your happiness is for the rest of the day. It's a choice. There is a choice. So personal responsibility and choice. Double standards be damned. Screw it, ladies. It's your choice.

What kind of person do you want to be? Whether you're a man or a woman, what kind of person do you want to be? And especially down the road. What do you want to be remembered by? How do you want people to remember who you are? What if you just met somebody? How do you want them to say, two weeks down the road, they're having a conversation, Oh, do you remember that woman that we met and she's a little loud, but she's hilarious?

Oh yeah, I remember, oh my gosh, how funny. Or she's really loud and obnoxious and we couldn't get away from her fast enough. And she was spitting wine out her nose. That's not how I want to be remembered. That's my choice. Do I want to be remembered fondly or frankly, not at all. So that's today's rant kids.

We've got a lot more that, um, a lot more topics that I'm going to touch upon. And I know that I went off on a rant. I always do. I do script these things, you know, actually I have a script here that was a little funny thing on the history of wine. And it was, um, had things about how wine was made in beginning.

And then in Roman times, there was the God Bacchus, the Roman God of wine and revelry and the historic, how his image is replicated in so many of the green man. There's all kinds of stuff. I do script this shit, but I I'm a crazy lady. What do you want from me? I'm I'm crazy in a happy way. And I go off on my rants and I do different things and.

If you don't like it, you don't have to listen, but I hope you do listen. I hope you listen and I hope you, um, leave your comments and I'm working on that too. I'm learning, this is all such a learning process for me. I'm hoping by episode 12 or 13, I've got a better grip on the whole podcast thing. And I will have show notes and it'll be a little bit more professional.

So I'm keeping my fingers crossed on that. And I appreciate you all putting up with me as I go through this learning process. But if you can, I do, you can even look me up on Instagram, send me a message, tell me what you thought you can go to my website, fluff, this. com and send me a message info at fluff, this.

com. Let me know what you think, what you'd like for me to cover, if there's a topic you would like covered. I'm going to be having, I'm trying to set up this thing. It's uh, if you subscribe, I've got this, uh, really fabulous like pocket cheat sheet for wine pairing that's going to be coming up. Um, all kinds of fun and exciting things.

So hang in there with me. I'm getting to some good stuff. I'm trying not to use too many curse words. So far, I don't think I've used the F word. Yay mom. Proud of me. But for now, that's it. That's all I got. I'm dragging this out too long. And I love you all. Happy New Year. Happy 2024. I probably said 2023 somewhere.

I need coffee. I just do. I need more coffee. But I love you all. Let's kick this year's ass and have some serious fun. And once again, let us eat, drink, and be merry. Until next time, sláinte!