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Panoply panorama panpipe pansy aha pansexual: knowing no boundaries of sex or gender, sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond we'll throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3 CR dot org dot au.

3 CR 855 am 3 CR Digital 3 CR dot org dot A U 3 CR on demand; out of the pan with Sally first broadcasting this program noon through one every Sunday afternoon and starting at noon today Australian eastern daylight, savings time. And of course this special is being repeated for Trans day of Audibility. If you're listening to it, then for the first time and it is very, very good to be with you.

3 CR programs including Out of the Pan broadcast from the lands of the Kulin Nations at the overlap of the contested lands of the Wurundjeri and Bunnerong peoples and we pay respect to elders past present and emerging. Hello to any Aboriginal Torres Strait Islander First Nations people tuning in today and we acknowledge that all the lands were stolen and never ceded. Always was always will be Aboriginal land.

I'm Sally Goldner; I use the pronouns she and her and welcome to a special program. I know there's lots of news and I've had emails, but I'm going to try and weave those into the theme of this program today, which is as I say, it's also going to be rebroadcast for our special trans day of audibility broadcast, which you may be listening to now, as well as on the usual Sunday, slot because I was struck by an amazing post from one of my friends and colleagues (I'll introduce in a second) about three weeks ago and I thought this would be a great thing to do on today's show and have a conversation about it.

If you want to get your thoughts and comments in and as we always like to say queries on this show, [outofthepan855 at gmail.com](mailto:outofthepan855@gmail.com). SMS 61 456 751 215. Twitter, Mastodon Bluesky. Instagram at [salgoldsaidso](https://www.instagram.com/salgoldsaidso) and that's the bottom line and posts on Facebook, my page. Sally Goldner and out of the pan 3 CR 855 am Melbourne. Postal address PO Box 1277 Collingwood; any opinions expressed on the show are strictly my own.

And if for those who are listening on Sunday the program that goes live to are before us is out of the blue, thanks to the crew from out of the blue diving deep for the marine news as they always do talking sea shanties today. I think that's going to be; I'll just do a general content note for this because there are some topics that may come up, nothing huge. I'd say, low-level mentions. But if you need to contact Q life, including switchboard in Victoria and Tasmania 1800 184527 rainbow door 1800729367.

Opened up today with two tracks Cold Chisel from breakfast at sweethearts and conversations and an amazing Track by Dylan and the moon Dylan's version of Coldplay's Yellow, which amazingly features Dylan, a trans man's vocals when the song was recorded some years ago when, before transition combined with vocals re-recorded, now in the clip merge together that came from YouTube and a couple of people sent that to me and I just thought it was amazingly authentic and bold to play on a show that I want to have today, which I have called tough trans conversations.

And the person who is sitting opposite, me is someone who I've only met in the last couple of years and I'm very, very well pleased. And I'm going to say honoured to have him in the studio. Sam Dengate. Welcome back to 3 CR.

Thank you so much for having me, Sally, and I am absolutely honoured myself to sit. Here in your, in your presence, in your company, to have these conversations because my respect and my love for the work that you do, and who you are as a person exceedingly increases the more time that I spend with you. And I also wish to extend my honour acknowledgement of country here in the all of the extended folks. First Nations folks across Naarm, that may be living today, sovereignty was never seated, colonization is ongoing. This always was and always will be Aboriginal land and although this is radio, and you can't see it. Your T-shirt, says always follows slightly. I didn't smile at that as we as we discussed that. So we hope it connects us to our first First Nations listeners.

So you put up a post on Instagram, which I've put the link to in all the social media post today, a few weeks ago, which was entitled. I owe my trans elders and apology and I was deeply moved and powered and energized by it. I'll do the overall thing. First, what prompted you or was there one thing series of things? What had been the Catalyst for writing? Such a deep powerful inspiring post about conversations? We need to have, I would say, E, for me, this was an accumulation over a few years, a lot of in-person and online experiences as someone that has been visible within Community for quite a while. But also feet on the ground working directly with trans and gender diverse folks. And I would say that the growing tension between us as a community.

On the on-site little later Sunday. Let's all pull our words together. He said, good job. It's, I would say it was the, the accumulating impact of experiences and Community, disagreement pain discussions and all of us trying to live in a lake capitalistic. Society with the increasing trance threat, that is affecting every single one of us from a personal individual hyper-vigilant, Based level to how we were navigating our interpersonal relationships with each other how we were forming community and the just the resistance at points to come together when especially now when the powers that be very much. So want to divide us in a very local interpersonal sense, the individual frustrations in line with my own trans experience.

I felt the need to create two right to reclaim my own thoughts, my own words, and as I am now, pushing my 18th year of transition, I'm, I'm almost, I turned 17 a couple of weeks ago, which in itself is wild 17d lived. It lived years experience as a trans person and just has so many conversations with so many folks of all different varied trans experience of how how do we survive? How do we, how do we come together?

A how do we tap into this Collective Legacy of resistance of joy, of world-building of walking between so many different various intersections? And how do we outcome eyes, the trauma and the pain of prejudice and oppression that we have experienced for so many years and that all kind of pulled together in Limas of my own lived experience in a Heartfelt expression or a letter of open love, I suppose to my elders in my community. Yeah, there's so many things in what you've already said, and I'm not earned that. I was madly scribbling, new director to neurodivergent people. Just gonna have a chat. That's it, doesn't things here. Yeah, this, this could go anywhere listeners and loving it and what narrative urgency in trans and queer communities, who'd have thunk. It I need about a ninety nine Point four, four per cent possibility but nobody was talking about.

Yeah. Anyway perhaps I'm going to start. Maybe the background will help you support of the critical things for you in your own chat. Transition Journey that have that came to mind in relation to this conversation because it's obvious that they have shaped your post and your

deep thoughts. Now, what sort of things that came to mind that you felt had perhaps neat, you know, led to the post and this, you know, Apology to trans Elders. Mmm. Having a lot of conversations with a lot of folks around my age. I sit in the Elder Millennial space for anyone that doesn't know or is it about 36 now and there are a few of us were starting to get over. Probably our first decade of working within community and working to help the betterment of transgender diverse folks and there is a few of us with weight of responsibility in our roles.

And we were trying to find ways of longevity ways to stay, in this space, to stay in this fight to stay in this community building space and the resources, the accessibility. We all had. We were all struggling as human beings. Surrounded it with a lot of pain ourselves included and we were trying to work out how and this took us on a journey of self reflection of our own histories out. Our own lived experiences especially where our trans elders and our trans leaders. Over the years have tried to call this in have tried to help us through human connection, through conversation to learn the Survivor could wisdom that they had to share with us. And I know, speaking for myself, there were many, many years of Anger, of pain, and frustration of Rage of absolutely Justified trans rage.

The way that that was building within my own body within my own World Views within my own quality of life and the extended folks around us, there was the question then became how do we move through? How do we survive this this the trans rhetoric and the The Narrative of trans people that we are unable to self-determine our own Futures that we don't have resiliency that we are to be infant eyes. We didn't it didn't believe that and I don't

Leave that and I still to this day. Don't so the question then became how do we move forward? And for me to move forward was to look back was to study. Our history was to have many many conversations to get off screens with people that have been doing this work for a very, very long time. And by leaning into a journey of self reflection over self-sabotage overtime, was able to see where I put

Slade Lenten, to criticism first, over General, critique where I have contributed to pulling apart, some of the strength and resilience. Some of the really good work over the years from my own maladaptive hyper-vigilant. My own pain coming through and the Bing lovingly called in and held and being spoken to in a way that was D was not shaming was not pushing each other away.

That we was able to

See that as trans people we have brilliant, incredible capacity for love, joy, commuting, pulling people together, but inside our own pain, when the wall start to pull in, we too can lash out at the very people that are there trying to help be our lies. Help support helped, create access, help put Lift us up from the learnt narratives of helplessness that are not our fault. That our eighth well-funded systemic.

Eric, massive campaign to move us off from the grace joy and incredible. Just

The word that I'm looking for that, there's almost no words to just

To convey the power, the agency, the self-response of self-determination that trans people have with inside us, and I've wanted to find any way possible back to that. And there are so many times where in life, we cannot see the light at the end of the tunnel. You spend enough time on social media, you keep looking at the abyss of the negativity in the world. And I do not say that to not to be informed because it's very, very important but it's like, how can we Alchemist?

Is all of this for the betterment of us all. And I think the beautiful intersectional lived experience and just that trans people do bring to the table is one of the most brilliant ace cards to help us step up as people moving forward. Well, so much more in that as well. There was one other thing I want to go back from the first part of your conversation and that was, you know, you said there were various points.

Conversations of people and I can't remember. This was the exact words to the lashing out at each other or whatever sweeping statement that one was. But, yes, well, sweeping, but a reasonably well, bristled broom, so to speak and you dip. Yep. Now, I've seen it but I'm sure

positive. We've all seen it, and it's having that conversation for sure. And it's, as you say, you know, we're all probably done it at times. I mostly use the word guilty, but I think that's a little unfair.

R on all of us. But can I going to get you? If you can think of maybe one example, you know, obviously de-identified or something at least one, just that's like skin sticks in the absolute across. So to speak and let's sort of absolute analyze it and break it down. There was there was there was an action, a few years ago and the phrase that I'm going to use as Grim Reaper. And and content warning, especially for any folks that have lived experience within the Hedge videos crisis. Of course, there was a, I'm going to use the phrase misinterpreted misaligned, Miss connected, interpretation of this act. That was the intent. Was to rear a delight radicalize and wake up Community from a failing of the

Medical standpoint and the public safety protection standpoint in the Fallout of the not that we are opposed covert world so to speak. But the weaponization of a an extreme point of community pain that did not come from within Community. This was a weaponization of an external, an external piece of iconography, piece of marketing, a campaign of you will, that was Weaponized, ignorantly against members of our own Community, very vulnerable members of the community and not targeted exactly against the people in power that were making decisions that were responsible for this fall out and just the misplace pain and leaning into critique over curiosity. And this this action just blew my mind. I was at a space where it was like how Did we get to a point where we couldn't have a conversation where we were actively engaging in re-traumatizing each other? With very, very serious harm and that sent me on a bit of a dark spiral of sorts that led me to seek guidance to have so many disgusted, get off screens and ask questions be vulnerable and trying to work out a way for even myself to keep moving to then share with my community. So that

We could keep talking and hope that we could get to a space where we could have compassionate calls or conversations. That didn't end up back here again. Yep. Yeah look. Absolutely. It's trying to move forward, but I was also struck by your comment about you hit by. We're to move forward. We had to go back. You've touched on going back to when you transitioned sort of what was it, 17 years ago, like in your late teens?

And but I'm the idea that struck me here is there's some degree of pain that gets buried underneath the what I call the visible Journey, the one gender identity. Are we? Where does it fit on the gender Kaleidoscope? What's that, gender expression? What's her sexual orientation? What sort of body do we want? Perhaps almost superficial things like, what clothes are a style when we have you start our authentic gender. All these things and I call this the topsoil affect you.

Yeah, we've got those things. The topsoil. Okay, we sort of dig those away. Oh my gosh. There's a few layers of well, igneous. Rock underneath, what have you worked out at this point to the best of your ability? Was the igneous rock that was right at the bottom of your pain. For me, I would say, abandonment. Wounds for myself and I do believe that a lot of my hyper-vigilance a lot of my trans.

And in the beginning, a lot of my vocal nurse openness and bravado Point stemmed back from my abandonment wins the my lived experience of transition. There was there wasn't any visibility at times within the circles. I was I was the first trans person that I knew that was around. My, my first visual representation was from the the

Infamous L word, many many, many moons ago points and I did not have access to trans people in my life and the demographic in the area that I was assimilation. Or death was, was my choice. My representation of hyper Max at masculinity, my purpose, my pursuit of it, all of those years ago, was a safety mechanism wrapped up in an abandonment wound. And I don't say that from a point of this,

Since or pity but more from a point of reclamation is that's that's where it was. And that informed a lot of how I operated in the world as a trans person and where I put my energies and what was important to me. Yeah, that was it was

My transness was very hidden at points. I went, I was a very young person that discovered queerness discovered transness in, in the nightclubs, with the fake IDs hidden away from running from rural rural communities into into the cities and into substance and into Joy. Because that was the space there on the dance floor. Where I didn't have to hide. I could just be me and that

The community building there that the way that space felt was that I was going to be held and I was going to be accepted as I was and I was able to start easing those abandoned wounds long before I had the language to understand that, that's what they actually work.

Amazing. Yeah, you'd lead just and they're brilliantly in with some degree of trans telepathy, it's what I was going to ask, how did you move through it? What what, you know, that's obviously one thing, you found a space where you could meet held which we all need every human but what else were what else? Began to help you start moving beyond that abandonment. Wound to I'll say a more grounded and authentic balance. Getting all those sorts of words.

Spice that where you found a greater degree of I'll say you know peace and all those sorts of things. Yeah, yeah. And this I guess this leads us into the Journey of my work today and so I'm the founder of T generation gyms and hey, trans and queer centered movement space out in Coburg in Northern Nam. And for me at the very beginning, especially if my transition I had a very strong disconnect with my body. It's

It felt like it was separated from me. It wasn't a part of me. It was something that was given to me without my own choosing and it did not align to the trans expression that was affirming to me.

I grew up with sport Family Sport until until my, you know, Butch expression at the time and the fact that as a fat body you, I was pushed out. A lot of the sport with the boys football sports, I didn't have a somatic connection to myself. I did not have a body connection to myself and there was my experience in being kicked out of a gym within the first year of my transition as I was trying to reclaim that sense of

And Within Myself spurred, maybe out of spite, maybe out of strong sense of justice spurred, my Pursuit into following this into following this grounded practice because there was something really powerful about bad. Brain day, lift, heavy Circle, good brand. A, there is a, and I have not been in and I've tried to disprove it left, right? And Centre for the past, almost 15 years of my professional career. But in a world,

World of constant uncertainty constant change at the point of HRT? My transitional Journey, there was no certainty. The 20 kilo barbell was always going to be a 20 kilo barbell. And every time I did a movement session of training session, I never felt worse. And at that time I was I think at this point I was about 20 20 21 at this point that was groundbreaking to me. That was that was nobody could take that away from me because it was my hand.

On the bar right there. Processing. That was the first accessible.

Not therapy. Just exercise is not therapy. I want to be very clear here therapeutic. It was therapeutic for me. The loud me to process all of this pain, all of this rage because it was it used to be so humbling. I couldn't they were times when I could not get out of bed, could not move on the couch, but this practice became restorative. It connected me to my strength. It helped me build capacity in real time and you know, the horrors of the world persist, but it allowed me to persist

As well.

Yeah, look, feels and look. I think about life. Radio is sometimes thinks connects. I'm just don't have to do a head clear. Mmm, same thing here, 2018 took up swimming and I think Navarro's is Eden for their book, Finding Devoe where they said, you know, people often exercise for, you

know, wanting to slim tone up, or slim down or whatever. But why don't we exercise to be happy? And that's where swimming came in for me and then it more recent Arms the bizarre world and yeah. Okay. The moment of levity it nearly 12:33 the wrestling reference comes in the taking up professional wrestling. I want to hear more about that going to a gym which I always Iowa. I didn't like chickens because it sounds silly but they smelt I hope to they full of sweat and you know the sweat off the Rubber and all that thing. And I have a strong sense of smell but it was resonating. So much is what I wanted to say as you were speaking. Aching, I'm sitting there going. Hello, and I think I've managed to get through or burrow through layers, myself in the last few years. Same thing, abandonment also the bottom of it for me was not understanding how high was on the autism and ADHD scales. And that sort of well Dynamite don't benignly dynamited through layers of igneous rock. Like if there is another layer of igneous rock and I'm sure there is somewhere.

Don't know where it is yet but I'm not looking for it either. So, bottom line is, I feels you. So you and I love what you said that the exercise with therapeutic but not therapy. And I think this is this whole thing of holistic - so such, you know, so much richness in your conversation. So now you've come to a point where you're moving forward in yourself. And there's so many things you know, you said in your post, it calls for self leadership.

Fearsome grounded was one thing that kept out to me, you know, sort of and also this, you know, I really loved what you said, the difference between adaptive hyper-vigilance which protects, protects one from real-world threats and Yep, they're out there. As we all know, not handling them. Misdirected hyper-vigilance, which ripples out over everyone around you, which takes its form in dumping your own trauma and people unfairly. And I can This is the concept of lateral. Violence, lateral violence. Totally! You got it. And then we lose our allies to some extent, and we hand our power to the system's. We're fighting. So now you've had this. Well, I'm the word that comes to mind for me. Correct me if it's not the best reframing. Hmm, the word is like now. How first are you able to take your moving forward and how can we do?

You me, other people listening Start Spreading that around, so we can strengthen our communities. And this we all know the things that need strengthening, I mean some people will say, well, if you need therapy and you are struggling, financially and poor, how do we start getting more funding for therapy? But the other thing that sticks in my head is a long time. Tongue-in-cheek dry humor, long-suffering Advocate, the thought that struck me in the last 24 hours because of a few conversations is we need a national Trends, organization so-called Australia and I give full credit to people, with variation of sex characteristics. They got in 1213 years ago, give or take and formed a national body and whilst and least it makes sure that people have to say, well if you want, intersects specific views, you've got to go there. We don't have that for the transgender diverse non-binary communities. So there's a couple of implications, but what are the implications, how then, with this?

Approach that you've taken of being more grounded etcetera. Can we start building our community and strengthening? And then they are tools to fight back against the lateral hostility. The fact that we, but I'm just going to call this a Time. cis gays and sis lesbians as well as the combinate the usual culprits of the gender criticals, elements of religion, elements of politics, elements of media who seemed to be over time the the powers that attack us as trans people and they attack others. How then can we then start, reasserting ourselves proactively. Given what the foundation that you're coming from? How can we then do more of this as a trans? I'll say communities, long-winded question.

Yeah, great. Great question. Great question. And I'm going to answer this from the lens of what I decide to do with this. Yeah, because everyone's journey is individual.

There is no one straight road. There are so many routes to get to the sediment post that the Star Trek future that we're all dreaming of and I encourage folks to generalize things as much

as they can and take what they will and take which parts that work for them. I know for me at around this particular Point around the Grim Reaper piece. I was hitting a very, very big existential crisis of sorts of how can I get through this when it is.

Myself. How can I help lead the teaching Community points through this? And for me, I found that my hyper-vigilance was so high. I was getting triggered on a multiple times of day basis. I was feeling my nervous system absolutely through the roof. My window of Tolerance was very, very small at the time and with just a lot of the community work, my capacity was relatively quite low and what came through massively for me was that I had to follow.

My triggers. I needed to understand why I was so affected by. Whether it was, you know, beautiful constructive criticism that I was taking on as critiques and attacks with a bit of time and space. I was able to separate those two massively. So bye.

Creating windows and pockets of safety to be triggered again safely again and again and again and again an almost not exposure therapy as you will and I'm saying do this with trusted people's respected, professionals those to have the skill sets in this case, not necessarily just saying, leaning straight into Westech therapeutic, Western therapeutic models but spaces, where we can be witnessed in our shame, in our questioning,

In our humanness and people do not leave and I am very grateful that with other trans folks, with a lot of staunch straight allies outside of community actually holding and supporting and giving me space and time to be a human being and witnessing offer screen in world in real world systems that there is support, there is power and finding and collecting that evidence. So, I chose to not sit there and go. This is what it is. It's always going to be just this, Doom Gloom Darkness constant fight. No, I had to go and find

Challenges to that narrative. And that's what I did. And that's what I continue to do. And there is like, we're human beings. That's not like, that's not. That's not bullshit here. Yes, tell me if I'm not allowed to cuss at any point because I do harm that's been trying at times. But this is, this is not a one-and-done approach. We have specialist trans people. We have deep-seated years of trauma that seeps into our bones and denying that and pushing it to the site isn't going to help. Anyone we need to hold it up in the light and cross examine it with the people that we trust, and work out where it intersects and creates our own internal narratives of learned helplessness or where we can alchemy's that into creating and building communities with each other as a relay race because not one person as an island, we can't do this ourselves. Sometimes I will hold the Baton Sally. Sometimes you've got to hold the Baton and we eat takes turns to rest, but we have to

Delve deep and critically Allen, Isaac analyzing critically, think about what are these ruptures within us and where are they coming from? And who is it? Actually and you we start to see that and we start to depersonalize that every individual human being is still a five or six year old child, that is living by the their, the narratives of their own upbringing, their own shame Cycles, their own avoidance, and it helps bring this compassionate and Pam, compassion and Grace. Is that I believe the trans people are on the Frontline of as we are in the front lines of almost every corner of social justice in this waterbed, man of this world that by heavily reflecting and critically. Analyzing we can start to quell the storm within so that we are the permission piece for others to then put down their swords as well. And come with us.

And take a breath. Yeah, I really need to take a breath there. So what I'm gonna do and just regroup, myself, a little not, you know, I'm not a rhythmically needing to regroup or anything. I just I think that just seems to be somewhere where I need a pause. It's going to do a couple of quick messages and then resume my conversation with Sam Dean gate. For this special on 3 CR, which is being rebroadcast on trans day of audibility 3, CR 855 am 3.

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Out of the pen. Thanks Coke. Only for their sponsorship of this program. Go kindly creates high quality locally made bedding donating, 50 percent of profits to support women and gender

diverse. People experiencing housing straps check out go kindly Dot com.au and take their pillow. Quips

Lgbtqia+ people that come from a large history of people standing up and acting on, for our rights and our communities choking queer. Pacifica, talking about us and it's very like, violence active, like hatred and bigotry towards trans people when they demonize the image of trans people, especially trans women working class quiz, quiz of color, for those who are poor and homeless. The struggle is

In Ewing 3 CR stay tuned. Stay radical.

Translate affordability, returns to 3, CR for its fifth year, running eight hours of wall-to-wall, transgender programming, featuring live music lived experiences and dispatches from the front line in the war against reaction June in from 10 a.m. to 6 p.m. on Tuesday, the 31st of March 3 CR Community radio. A double five am 3. CR dot org. Dot 3. CR digital.

3 CR 855 am 3 CR Digital 3, CR dot org, dot U, 3, CR and demand out of the pan with Sally first broadcasting noon through on Sunday afternoon, and this show also being rebroadcast on trans day of audibility Sally, Goldman, he was Sam Dengue. Talking about the war guy's reaction and how we find peace against reaction as well, which is so important. Now just a quick message to recurring, awesome, listeners.

Because 3 CR doesn't have regular ones. You've sent in a few messages about some current issues. I'm just wanting to hold those. I'm going to catch up on them in future weeks, but I'm going to try to weave them in to our conversation here. Just towards the end of the program on how we deal with some of the stuff that's going around in the media, you know, sport guides and also poor reporting by G.

Well, emotive reporting by a major media outlet. They might be some things that Sam and I can discuss. But Sam in the meantime you had some practical thoughts about what people can do to start getting towards that Star Trek. Sort of mum things, that would be the ideal go for it.

Trans queer near a diverse and enjoy Star Trek. Geez, do tell me that's not a that's not a thing. So yes I'd like I'd like to see the intersection of a diagram of that.

Just how close. If someone calls are please get on that, that would be great. The visual would be would be glorious. So, okay, practicality practical examples in. This is, this is what I've pulled from learnings, for the past, you know, 13 was 58 13 years as a movement, professional and the last five years of brick and mortar in our teacher in space within the gym. And the first thing to be very, very clear about is not every tool, not every piece of pie.

The quality is accessible for every single human being decide what works for you. There is no wrong and right in this space you could pick one tool, you could pick an amalgamation of them all, it just needs to affirm and ground, you, whatever that means for you, I know as I said for myself start that first is a movement practice that is not saying anyone has to go straight into the gym. That could be a dance party in your living room that night club. That could be a restorative yoga session that could be flipping tires and throw and tins around or

Al's around. That's my personal favorite. Well you know your Rec wrestling practice salad like that all counts a movement practice of sorts. So we can energetically semantically move. The tension the energetic build up within our body. I'm in a sweeping general statement way, I have faith that everybody has a connection or understanding of what I'm talking about there. Yeah, yeah that energetic block, that leads to Executive dysfunction that leads to that paralysis at points. We need to

This to helps us to move because motion creates emotion. When we want to shift a state, we need to start moving. Secondly, grounding practices that I very much. Enjoy is forced, non screen, time, and that separation from the attention economy because the visibility tax, the dopamine tax, these these systems are these infrastructures technology is designed to disconnect you from yourself your own sovereignty, your own agency and

And someone that definitely developed a dopamine dependence on a screen during lockdowns. I still struggle at times because lover, Doom, scroll, but we got to keep it in check that doesn't.

That means we still need a responsibility to stay informed, but we need to be intentional about it. Getting off, the screens, definitely being with other people, having conversations in person with other people, sharing presence, and whether it's outside, whether it's in your safer spaces, each other's houses,

Holding those communities, small large, the people that you intersect with in your lives. Not so much as the parasocial relationships for the in-person relationships, try and pull your people together as best as you can. I'm a big fan of grounding getting the grounding practice of, like, getting your feet into actual grass into San into nature. And if you are living in, Suburban cities, trying to find those Parks, trying to find those patches of greenery to

Stop and be. And as a body HD human that is that is quite difficult. I personally like to use whether it's guided meditations or bits of music or something to help at that point. And like, these are long-term historical practices that have come from all over the world that we can lean into that have been around for a very, very long time for a very good reason. And a newer modality that I have probably spent more time in the last 18 months of Saw.

It's various Nature's of breath work, which however caveat here folks, with would need to have a chat to their Allied health professionals. Specially folks within the trauma spaces because some of the energetic signals that can come up during breathwork can replicate at times elements of what feels like trauma responses within the body. I'm not a mental health professional. So please ensure that you check with all of your support team.

As as you need to and the last piece with this would be doing what you can to find what Joy means to you. For example, I went and saw the the trans comedian shout-out to Chris the other night as part of the Comedy Festival. And just having a laugh with in the room of community about trans experience and reclaiming, some of our loaves was very restorative for me. Well yeah, look a few things there. Bounce off that I did get to see my guess.

Last week, Jesse Ryan, he no guts no glory which was very powerful. I also got to see a fabulous comic Sonny, young Smith in a very funny show called cabin pressure, which is let's say, was based on the situation by of a flight attendant in a budget alkaline and we do not know because Sonny will not say whether these are based on true stories or not, but I think it says a lot and yeah, it looks so much in the other.

The thing I wanted to say, you know accessible. I mean, look you know, we acknowledge that of course, there are people with physical disabilities, they may not be able to exercise as much or in the same ways as people who had to not have them all other things, being equal, varying degrees, Etc. But you know, as much as possible. Even if you not exercising at the moment, you walk 10 meters, down the street and back, you start moving. That's 10 meters more than you did yesterday or something like that. If a bird only hallway,

Yes. Move, whatever way that is accessible for you? Yeah, all those sorts of things. I think are so important. And I have to say, when I was going through, really deep mental health poo in the last couple of years, my therapist said, can you just you lying in bed at the moment? Can you just at least lift one up, that sort of thing, cocaine acknowledging different for them degrees of ability, / disorderly, full full transparency, like they're absolutely points and I start probably most days at the moment I have to start with tapping my foot or wiggle.

In my leg or just starting to move while I'm lying down because yeah as a trans person 2026, the thought of getting out of bed, sometimes is hard and we don't want to invalidate that at all. But I believe that we have the capacity, the capability in The Compassion to hold the duality of both. Yeah, and I think, you know, some people would say I can just power through, get up, and I think that's a bit bullshit. Hmm, I've begun to listen to my body and say, does it really want to get up at the moment? Or is it just my mind? And it's like,

My body's not quite ready in another five minutes. Yeah. Okay. Now I can start moving, I go to the bathroom and I have a shower and I take the various medications that I need to take and gradually the day moves up through the gears so just make. So we need to be able to, I really loved your holistic approach, which as you say, is based on mountains of experience of

humans, since we formed a hundred thousand or so years ago, whatever it is. And I think there's a really important point about at which stage folks access different.

Tools, my own lived. Experience meant that I accessed because of my upbringing, any sort of therapeutic or mental health, discussion or emotional vulnerability was well shamed, it was banished. That was not accessible, it was not safe and it was pushed away within my family's Growing Up. So Physical movement was the first tool that I had access to for emotional processing later on came of my own volition and through brilliant.

Peoples and loved ones within my personal communities helped give me access to talk therapy and to Professional Therapy in that space. And they're now a few years ago now, moving into more somatic based and body movements have to reclaim especially as a neurodivergent person, our interception, which is our ability to understand what's actually going on with our body at times, can be disconnected, it very much. So for me, and for me,

I know that my brain lies to me sometimes and trying to find a way through that, how to balance the signals versus sometimes data for me and finding that through Road required, a lot of trial and error and just a lot of belief that I'll get that we'll get there and keeping myself in the environments that allowed me to keep replenishing. That was extremely important.

We're just about out of time. Unfortunately I mean we can go for us so much, yes we could but freedom of species are coming in. Next time to talk all things, animal advocacy and they have a cork rubber show. Today they're going to talk about food not bombs and pay tribute to Chris rust for if you are listening live today as on the Sunday that is, and, of course, you can check out freedom of species on

3 c h website, if you're listening on the Sunday, it's rotations at to Madison and team with clearing the air at three Salam Radio Shot for once again, as this pre-show goes to our first on 29 March 2026, the 31st of March trans day of audibility on the same day as trans day of visibility. And I think that this ties into the theme that once we feel more grounded more safe week we are in as each individual can choose the visibility we want and then help

Other guide other people help can be a bit of a patronizing word to the visibility that they ultimately want. So somehow it all makes sense. Yeah, this as I say, there's so much we could talk about. I want to acknowledge our awesome listeners wombat and Jenny who have come up with a few issues that, you know, I'm just the issues that they've mentioned. I'll do this very very quickly and then we'll have to go. Wombat who is heavily involved in Scouts and guides wants to talk about

Out. Mentioned that the UK has unfortunately become transphobic and its policy on guides, Jenny has mentioned the sports ban and a few weeks ago. Roving reporter spoke about. Well I can't I don't want to mention the media, a known culprit who's trying to run on issue of a trans person in custody? I think is all I want to say at this time in the show I can't I won't go into those out. I want to go into these issues in more detail in a

To show. But when we have to face this stuff, you know, I can understand on the last one because that one is incredible. All of these can be a motive to some degree. How do we as trans people tackle? This, do we talk to the media who are trying to beat up on it, from the ground at approach? How can then can we do advocacy for ourselves on all of this in turn back first, turn back the tide and then get proactively to the issues. We want it. So I think the last night I'll leave on before we finish up. Mmm,

I think we need to continue to keep having conversations with our allies in activity. Sporting groups at this. This local Grassroots level to keep building and there are a lot of the queer jet of a sporting groups sending in submissions. Now I myself, am still getting on top of all the news, especially with the, just say, the Olympics. And yeah, all of the rulings and pieces there. As I spend a lot of time in the sports advocacy space. It is right now. It's very very Heartening, but what I have, at least found already is to take some solace in this, has been tried before and it has been ripped apart in the past. And this is we've beaten this before and we can beat it again. And this is what I mean by going back to our history and seeing what has been

tried in the past and where we have one to build our Collective restoratives and our fight to keep pushing forward. I think that's a nice night to finish on Sam Dengate infinite thank yous for your wisdom and depth. This show was everything. I hoped it would be and well, it's 950 different editions of out of the pan. This is way up there. In mind, top 1%, thank you for your wisdom, keep growing it and so much for. I hope that people listening have found strength in it as well. Better get out of here as I say, Make Way for Freedom species, take it out today with a bit of talk talk and appropriately. The song Talk talk because that's what we do. Thanks for tuning in to out of the pan. I'm Sally Goldner. Thanks to once again, to Sam Dengate and I'm going to start saying, I'm Sally Goldner stay difficult and stay happy catchya next week. See you later.

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