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**Exclusive: On Coming Out, Friendships in Adulthood, and how Hyper-Individualism hits our Fears of Abandonment...**

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*Automated transcription by Otter.ai*

**Ryan:**

Hello, my name is Ryan. I'm going to be interviewing Morgan with chill polyamory. I have been a pen pal of hers through her Patreon program for I think a little over a year at this point, and use a couple of the one on one sessions. And that's something I've really enjoyed and something that I really appreciate about what chill polyamory provides, so I wanted to interview her and kind of talk more about the business and what it is that she does. So, Morgan, let's introduce yourself.

**Morgan:**

Sure. Yeah, I'm Morgan. I'm queer, polyamorous woman based in Berlin. And yeah, the chill polyamory project is aimed to educate and offer a relatable resource to people who are interested in non monogamy. And yeah, as you mentioned, I offer pen pals, I offer one on one chats, I try to be as accessible as possible because a lot of times people don't have polyamorous friends to talk to. And I'm happy to be that polyamorous friend.

**Ryan:**

So I would say the portion that I've taken most advantage of is the pen pal thing. That's a great resource to feel like yeah, you have an expert to talk to because maybe you don't have polyamorous friends. Or maybe you do but you feel more comfortable with the kind of neutral third party. So chill polyamory, is there a reason why you chose that name?

**Morgan:**

Yeah, so I was really private about my polyamory for the first six years of practicing it. But then I was asked to be on a panel in 2018, to discuss it. And I saw what visibility could do and how hungry all of the people in the room were for examples. And specifically, I had feedback, you look relaxed, your life looks chill, and it's so nice to know that that's possible. Because polyamory can be so activating or so stressful for people, especially in the beginning. I was like, okay, cool. That is kind of my vibe, I do kind of approach things in a more relaxed, low key way. And so chill polyamory is not only a description of me, but it's also an offering to people like this is possible.

**Ryan:**

Was it just being around the people and having these questions that made you want to start a business for it?

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**Morgan:**

Well, it started out as just an Instagram blog, I wasn't doing peer support, or anything of the sort. I was just posting about life. But then people started DMing me,, Hey, can we talk about this? Or what do you think about that? And I realized, the volume of desire to chat, I want to be accessible. But also I want to value my time and not be exhausted and not resent it. And so it sort of grew out of there, How can I structure it? How can I be available? And then a lot of people were saying, you know, it's, it's not financially possible for me to do one on one chats. And I was like, oh, okay, well, I could do pen pals, you know, too. And so it, it kind of stemmed organically out of what people were expressing they wanted.

**Ryan:**

Okay, so it didn't really take time to take off. It was just, there was demand right from the beginning.

**Morgan:**

Yeah, I mean, you know, on Instagram, slowly growing, and the more people who have eyes on you, then the more people who want to talk, and I'm really happy to do that, you know, I have had mentors, I've had people who've been in polyamorous situations longer than me. And it's really fulfilling to be able to, offer tools or offer resources to people that are newer. It's been a really beautiful experience. And it really took off in 2020. When people were at home with their spouses, and I think in 2020, there was also a lot of introspection happening when you're at home when you're disconnected from the routine. And there's a lot of people questioning their relationship structures, a lot of people came out as queer and transgender. And, you know, it's like, there was a lot of aha moments for people. And I think polyamory has been spiking really since then. People are questioning why, why am I monogamous? You know? So, yeah, it's grown organically, I think because there's increased desire publicly.

**Ryan:**

Yeah, so this kind of segues into the let's see when this was, yeah, a few few weeks ago, Stephen Colbert had a segment on the show just about non monogamy being on the rise. Would you attribute that to anything in particular, do you think the pandemic was part of that? I mean, obviously, you do, but, do you think that there's another sort of, I don't know cultural movement behind this sort of thing, or just people thinking about their relationships more deeply and what they want out of them?

**Morgan:**

It's interesting because I've had several news outlets. Pretty large news outlets

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approached me lately with that question, why is polyamory on the rise. I think it's an intersection of a lot of different cultural phenomena. But 10 years ago now, actually 12 years ago, a similar thing happened with tattoos, tattoos were very taboo. And we're very shamed and frowned upon. And you were a certain kind of person if you were tattooed. But then with social media, it spread all of these ideas and the taboo started to break down. And all of these people from outside of that world, painters and sculptors and stuff, started learning how to tattoo and brought new techniques and, and so I think polyamory is sort of having a similar moment where the taboo is being broken down. And tattooing predates monotheism. Tattooing is fundamentally human. My previous job was sort of being a tattoo nerd and art archivist and stuff for about a decade.

But yeah, it's similar in that polyamory is not new. You know, there are so many cultures that for millennia have practiced some kind of non monogamous model. But colonization, made, suppressed and outlawed a lot of those models deliberately. And so if we've grown up and we being, the quote, unquote, West, colonized spaces, being shown that the nuclear family model is the only path and that's all you can conceptualize. But once you're shown that there are other models, I think, people who wanted that, who were like, oh, there's a name for it, or I can be myself and not hurt anybody. I think that is spreading, because naturally, there's a portion of any population that loves this way. And I think that's why it's quote, unquote, on the rise, because people are sharing that idea. And it's resonating. And I think that it's really beautiful to have other models available if you need them.

**Ryan:**

It's interesting how much what you feel your options are dictated by the options that are presented, you know, that, you know, that are available to you.

**Morgan:**

Yeah, that they, Oh, I didn't know, I could do that. I hear that a lot. You know, or wait, wait, that's possible. There's a word for it. You know, we just need examples. And I think there's, there's more of that happening. So yeah, in conjunction with the pandemic, with a lot of people looking inside, they're realizing that, for a lot of people, monogamy is not sustainable or desired. So yeah, I think it's really beautiful. It's really interesting to be in this space, and to be like, a voice about it and to be asked about it, while this moment is happening. It's a mix of experiences. But I think it's cool.

**Ryan:**

How much of it do you think is just giving ourselves permission to, go after the things that we want?

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**Morgan:**

Yeah, absolutely. And, you know, there are a lot of people who have heritage, a lot of indigenous people, a lot of black and brown people that are, you know, this is like coming home or, I want to decolonize how I relate to people. And there's a lot of conversation about that. And I think that that's really beautiful. And so, yeah, if we want to unlearn a lot of these norms, mana normativity and unpacking that even if you're monogamous, you know, mono normativity is, is definitely a part of that unlearning.

**Ryan:**

So, for someone that that might be listening, that's just starting out with this other sort of go to resources that you have, whether that's a book podcasts, your blog, what do you recommend for people?

**Morgan:**

Sure, I mean, it really depends on whose voice resonates with you. That's the nice thing is that there's a lot of different kinds of people out there. But in terms of books, a lot of people find value in Polly secure. I do think sometimes there's more of a focus on individualism rather than community or collectivism from her approach, but there's a lot of practical tools and framework to understand early non monogamy. And yeah, for podcasts, I think that the most prolific is multiamory, they have, I think hundreds of episodes talking about non monogamy and I generally like the way that they approach it. And there's really beautiful other people on Instagram and Tiktok what comes to mind is Polyphiliablog, bear and Fifi, unapolygetically, I could probably just list people off for for a while, antimomonormative comes at it from a very academic point of view... I think just keep searching. Because if somebody doesn't resonate with you, there's probably somebody else that will.

And I'm always open, if someone's like, hey, do you know anybody from this kind of community or that has that kind of outlook, I'm always down to try and point people in a direction of who could help guide them.

**Ryan:**

That actually leads into the next question, which is, Do you feel like you're focused on any particular arrangement of enm or I practice?

**Morgan:**

I think the closest thing to describing what I practice is relationship anarchy. So I often speak from that point of view. But I do aim to offer, resources for any kind of structure, including monogamy, a lot of my followers are monogamous, you know, because, communication tools and conflict resolution tools are applicable to any

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kind of dynamic, I personally try to practice anti hierarchical polyamory in my own life. But I do approach other people with compassion. And I don't really think that there's any one right way to structure your non monogamy.

**Ryan:**

Do you get a sense of typical age slash location slash orientation of your clientele? If that's something that you want to answer?

**Morgan:**

Actually, I am kind of like, I was actually just talking to a friend of mine yesterday, I'm like, kind of shocked at how varied the people that I talked to are pretty much every age, every race, every orientation, straight dudes who have a lot of money come to me, indigenous non binary people have come to me, couples that want to open up their relationship, or I've had therapists, yesterday to therapists were my calls. And that's always validating. I really like when I can be of service, despite not having letters and degrees to my name.

**Ryan:**

Right. That's something I've wondered about before, because – did you have more to add there?

**Morgan:**

No, I just Yeah, to answer your question. I don't really have a single type of client. And I think that that's really cool that everybody feels comfortable to come to me.

**Ryan:**

Yeah, that was a question I had, which was, you would have to seemingly walk a close line with therapy, what you can say what you feel like you are allowed to say, you know, in terms of that, and when it starts crossing over into therapy territory, in these sessions, where a pen pal things like, what do you think about that?

**Morgan:**

Yeah, I actually worked with my therapist on what my approach should be, because I didn't want to be inappropriate. And in general, I'm mindful of not being diagnostic or prescriptive, I can't tell you what's wrong with you. I can't name what your trauma is, and I can't tell you how to work through it or prescribe any particular kind of solution. So what I do is really responsive. when you come to me, what is it that your goal is, you'd like to learn how to, in general, work through conflict, or you have a specific situation you want to work through, and I just troubleshoot. And I ask a lot of questions. I reflect back to people, like, Oh, I noticed you really smiled a lot when you talked about that, did you know that? but just sort of being a space where I can offer

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my experience and ask informed questions. And then you do with that information, what you will.

**Ryan:**

so, kind of related. And I guess this would be in your one on one sessions or couples, or pen pals. Where do you think that a lot of the difficulties from practicing polyamory stem from? Which I know is probably a huge question that does that has many answers. But what comes to mind when doing that?

**Morgan:**

I think everybody has some trauma of some kind, and how much you are in touch with it, are working through it. That can really impact how you approach how you relate to people. You know, if it feels really raw, if it's really activated, if it feels really fresh, that could make you know your partner, going out on a date, feel like an emergency feel like you're gonna die, you know, but if you've been working on the trauma, if you're lucky enough to have access to therapy, it can feel like it's possible or you can actually feel like oh, I am safe. So I think the biggest struggles stemmed from how healed or resolved you feel about your sensitivities, your pain points, usually from the past, polyamory will definitely bring all that up. It's pretty.

It's pretty hard to avoid. And I'm always like, you know, if you don't have the time, energy or resources to do that heavy lifting emotional labor, then you don't have to. There's plenty of people who are like, Yeah, I think polyamory's for me. And also I have two jobs and a kid and, there's no way I can talk that much, you know, and have hours available to process things. Totally valid, you know?

**Ryan:**

So does it ever seem like, you know, in your own personal experiences? Do you ever tire of that level of communication? Or does it feel like it's eased over time where it can become a sort of quicker thing? or, it's not a huge conversation each time?

**Morgan:**

Oh, yeah, it definitely becomes quicker, shorter, faster, more streamlined for sure. In the beginning, there's a lot of, teasing out what my reaction was and what we can do about it. And, you're also getting to know your partner and your partner's reactions and how you respond to each other who needs what, and so the longer you've been doing this, the better you know, yourself, the more you can be like, hey, you know, I need this kind of aftercare. I need that kind of communication. Can you do it, can you not, and it can be a real quick conversation of Hey, didn't do that thing. Remember, I told you and that kind of hurt my feelings. And it becomes really, really fast. I think most of my conflicts with my long term partner of eight years, maybe last five

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minutes, you know? where eight years ago, it might have been two hours. So I don't mind doing the work, because I notice progress like that, and it feels worth it.

**Ryan:**

And I guess if you're not doing you know that anyway, not doing the work, it's, you're still going to have these consequences. And it's like, well, how are you going to be prepared to handle those or not?

**Morgan:**

Yeah, absolutely.

**Ryan:**

Do you feel like there are questions that you kind of get over and over?

**Morgan:**

Yeah, I think I mean, for newer people, it's how do I deal with this sense of urgency? How do I deal with this feeling of jealousy or possessiveness? People eagerly wanting to unlearn that and let it go and not have it be at the front of their mind? So yeah, I do a lot of a lot of helping people investigate the origins of that, because jealousy is a big umbrella term that can include fear, anxiety, insecurity, envy, a lot of more specificity can be named. And then once you get a bit more specific, then you can develop more specific care plans around it. Um, so I'd say for newer people, it's that.

For the longer timers, sometimes I get people who are polyamorous 20 years, twice as long as I have been, but they are in a situation they've never been in before. And so they feel a little rusty. And so it can be, how do I break this couples privilege, I want to invite this new person closer, and I'm unpacking, Oh, my wife of 20 years, we've got this couples privilege I actually never was forced to confront before. And so I think it gets a lot more complex and niche. The longer that you've been doing this, but it's interesting.

**Ryan:**

What do you do when someone comes to you with the question that you don't know the answer to, when the quote, unquote, expert doesn't know.

**Morgan:**

Yeah, I mean, I try to not frame myself as an expert, and rather, I'll be of service to the extent of my experience. But yes, sometimes we think if there's a question I got recently that I didn't want the answer to. I mean, I've never been in a triad before. And so sometimes people will come to me asking how to make things feel equitable in a triad, especially if two of the people were in a relationship before the third person fell in love with both of them. And so I am transparent, like, I've not been in that

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situation. But let's talk about what the conflict is. And usually we can get to a fundamentally human issue of, I'm not having my needs met, or I feel marginalized, and I have experience navigating that. So I'll be transparent, I, I don't know, there might be angles to this that I'm not aware of, because I've not been through it. But let's talk about what you know, is on the surface, and maybe I can suggest some tools to work through it.

**Ryan:**

So I mean, I'm sure there are but, Are there any common misconceptions that people have about polyamory that you'd like the chance to clear up once and for all so that they never come up again?

**Morgan:**

Yeah, I mean, from the outside looking in, a lot of people think it's an immature or sex obsessed way to be. I don't really take that on unless somebody is genuinely sincerely curious and wanting to understand how I do this, because the most common refrain is, Oh, I could never do that, from people who find out you're polyamorous.

But I think within polyamory, probably the biggest misconception is if you decide you're non hierarchical, therefore you are. That's not how it works. We break down our hierarchical impulses, our default modes, we're taught from childhood to pick a best friend, right? people start planning, which of their friends will be their bridesmaids, when they're teenagers, who gets that coveted position. So we're really ingrained to rank people. And we live among all these systems that thrive on ranking people. So yeah, we can intellectually say, it doesn't resonate with me, I don't want to rank my partners for second third. But how are our practices actively being anti hierarchical, it is an action, and we can't be passive about it. And it can be kind of crazy making to be told that someone is not hierarchical, and then the actions don't match words. So I would say I would challenge people within polyamory, that's kind of a big misconception, that you can't just decide that you've already unlearned these things, you know?

**Ryan:**

Yeah, I don't know if this relates or not, but it made me think of the beginning of stepping off the relationship escalator and that, the story that they tell, which is just like the typical, you know, man meets woman falls in love, kids, all that story. And then they bold all the words and all the assumptions that are made when it's, you know, you're saying certain things about you found the one and there's it kind of blew my mind to see how ingrained it was, in our society to just, prioritize, and how mono normative it truly was, you know, when you grew up with it, you don't



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necessarily notice how prevalent it is until you, read it on a page or like, holy shit. Wow, we really do worship monogamy, at least in the US, if not elsewhere.

**Morgan:**

Yeah, I mean, we're told that this is our purpose, our mission is to find our person, right. And people who choose to be single, or, you know, choose to not have sex, maybe they're asexual, anybody who just doesn't want to pursue that gets ostracized or judged or, You're a crazy cat lady, or, you know what I mean? And the same extends to people who choose not to have children or who choose to live non monogamously, it's like, there's all this social pressure and expectation from your friends, from your extended family, oh, you're not married yet? Or when am I getting grandbabies? and so, it's, it's everywhere. And that can make it really, really hard to walk away from that. It can be really scary, but it's possible.

**Ryan:**

So once people have gotten to this point, and a comfort with it within themselves, do you have any advice for people that are coming out to their friends and family?

**Morgan:**

Coming out is always so rough, I think a lot of times, within our community, people have already had one coming out, maybe coming out as queer or coming out as transgender, so you can probably pull on that experience, if you've had it. Who was cool, who was safe, who ostracized you for that, you know, and go in informed of how transparent you want to be and with who. I don't think we owe being out to anyone. And in some cases, it's not safe. Some companies have morality clauses, and polyamory is not a protected class, so you could get fired for it, the military, government, you could get fired.

And some people's families... I just say, you know, assess the risk, are you potentially risking losing some financial support or emotional support if they were to reject you? And, do you want to do that and does the pain of being closeted outweigh the pain of that coming true? of losing those things? So it's a really personal decision.

I usually go in and try and tailor my coming out to my audience, I'll go really slow and really simple to very conservative people. And I'll give them space to have their reaction and I'll be like, kind of have my guard up and not take it in and expect you know that they're not going to be compassionate because I could always be pleasantly surprised but I want to be self protective in those moments. But then other people are more open minded and you'll probably get from them, whatever makes you happy or I don't get it but cool, you know? And so, yeah, just to take what you know about the person or the group, and have people ready to ask for support,

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right? it could get messy. do you have friends that know you're doing it that day who you could call or text immediately after, you know, just to be really self protective and know that you are not alone? And even if the people you're coming out to reject you, you have other people who will absolutely accept you.

**Ryan:**

Yeah, that's great. Thanks for sharing that. Yeah, something that you and I had discussed in a pen pal exchange was about this idea of, you know, fear of abandonment and individualism and what role that sort of plays in our reactions to the different circumstances that come up in polyamory. And if I can quote you, you said, My working theory is we're raised in such hyper individualistic spaces that deprioritize relationships with our fellow person, which is, you know, one of these, like, Morgan phrases, where there's not many words to it, but it's expressing a very large idea.

I'm curious to hear more about that. There's one other piece of that, which is that, you know, if because I think I even asked you to elaborate on that a little bit. And you said, if we lived in a culture, that prioritized tight knit community and interpersonal responsibility, I wonder if abandonment stress would be so widespread. And one thing that I was thinking about is, you know, that that seems like a US dominant sort of thing or just or just the West in general, you know, and if other cultures or Berlin might seem different in those ways. I don't know if that's, one question. That might be eight questions.

**Morgan:**

yeah, I mean, I'm not a sociologist, I'm, I just have my little theories. But basically, yeah, I'm talking about the environments that I've been exposed to, which is North America, which is some European spaces. So it's limited and confined to that. And if I had exposure to other communities or other cultures, they could probably point out angles of how, yes, we have a community, but I feel abandonment fear for other reasons, you know, so I don't purport to really have knowledge of how that could go differently.

But I think what I was always lacking, being raised in suburbia, where there are fences in between your neighbors and, you don't have a sense of community, there's not as you get older, free public spaces to gather as there is when you're a kid and there are playgrounds and stuff like that. So it's not worked into the infrastructure of how we're being able to just hang out with the community, that's not encouraged. I think a lot of people find that community in religious spaces, and some people go to church just because they like to meet people every week and stuff. But that can come with other complications, maybe that goes against your value system.

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And so just so many adults I talk to are like, how do I make friends as an adult? Because there's this sort of channeling us into, you know, work, work, work, work, you know, and focus on the nuclear family and all you should care about is yourself, like, look out for number one and, and that isolates us and that makes us lonely and, and so when we're talking about abandonment, fear, my own experiences, I put all my eggs in one basket, the stakes are so high if this one partner that is my entire emotional support is my entire home life and social life and stuff. You know, having a few friends here and there but like me, my world revolved. Yeah, it's my sense of fear of abandonment was not just I won't have this connection, it was like, I'm going to lose so much. The stakes are so high. I'll have to start over. I've heard so many people divorcing, saying I'm starting my life over.

And so yeah, I just wonder if it would be that intense or if the fear would be that high. If we did have more tight knit communities, we being white people from suburbia. That's all I can speak to. But I don't know, that's just kind of a musing I had that is not a research based theory at all. When people are scared of abandonment. I'm like, okay, so what does that look like? what are the emergency signals that your brain picks up on that gets alerted, you know, and then can we talk to our partners and say, this is how you can prove my fear wrong. This is how you can do reminds me, I'm safe and secure and you're not going anywhere. And with time of not being abandoned, the fear of abandonment subsides. So at least that's my experience.

**Ryan:**

What is your favorite part of chill polyamory? What does that bring to you? What do you get to bring to other people?

**Morgan:**

Yeah, I love talking to people, I'll be having kind of a low day or a low morning, but then I'll have three to five calls in the afternoon. And I just feel really light and really good afterwards. I think the act of service however you do, it takes your mind off yourself and takes your mind off of any self centered problem, or the small problem in your life that feels really big. And once you connect, hear about other people's lives, and then yeah, to be in a service position, I really enjoy that.

Being online, on Instagram and Tiktok can be incredibly stressful, but it is part of how I get people to see my personality, so they can decide if they want to book chats with me, and I like the chance a lot.

**Ryan:**

Well, I feel like that leads us to the next question, which is, what's your least favorite part of it? And I'm gonna guess that social media is the answer.

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**Morgan:**

There's just when everyone can see you, everyone can see you, I get the sweetest cutest little people that are just like, Oh, I like what you said so much. Or you don't even know how much that tick tock helped my marriage. And I'm just like, that's so beautiful and intense to consider. Or I'll post something and then people in Sweden are debating about it on Reddit, within the hour, it's so intense.

And then also people the wrong people will find you. I've been comment bombed by right wingers and fascists and, it can be overwhelming to be reminded of the volume of vitriol that's also out there. So I just think people aren't built to hear that many voices at one time. If all of those people, if 150 people were in a room and you just listened to them say their comment one after another. It's overwhelmed, condensed to a few minutes where you're reading through it all.

**Ryan:**

It's maybe a great idea for a short film, which is that someone's in a room and it's basically they're just YouTube commenters. And that's all you're hearing, but they're face to face.

**Morgan:**

Yeah, right. I try to imagine that could be a horror film, frankly.

Yeah, so I'd say that's, that's my most stressful part because you never know what the reaction will be. And I'll put out something that ranges from a well thought out scripted thing to a short, quick, hot take.

**Ryan:**

yeah, yeah, it's stressful to think of how you're going to be judged or responded to for sure. These might be the same answers, but what do you say is the most challenging aspect of what you do?

**Morgan:**

I'd say the most challenging thing is trying to address non monogamous topics in a way that's accessible to everybody. Because like I said, everybody will see it. So, it's impossible to be comprehensive. And when I describe how one boundary could work, it's so context dependent. A complex anti hierarchical polycule with six people will be dealing with that very differently from, you know, a marriage that's questioning if they should open up or not.

**Ryan:**

I've listened to people before and I'm like, can you just draw this out on a whiteboard? Because I need to know all these connections. there's a lot.

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**Morgan:**

Yeah, So I stress a lot about trying to imagine every possible point of view that could be hearing my words and trying to see, am I alienating anybody? Am I omitting anybody? You know, am I being ignorant about anything, in part for self preservation? Because I worry so much about being attacked online. But I want to make sure that whatever I put out there is not alienating to people. And I think I do an okay job at that. But it's impossible to create resources that are applicable to every situation and yeah, I'd say that's probably the hardest part.

**Ryan:**

And by the way, to all the people out there that are you know, reaching out to Morgan and saying nasty things. Cut it out.

**Morgan:**

Yeah. You know, that Michael Jordan meme of like, stop it, get some help. From an from a drug commercial in the 80s? Don't do drugs. If you're doing it, stop it.

**Ryan:**

What would you say is the most surprising aspect of your business? I don't know what you call it, practice?

**Morgan:**

Surprising... Surprising is probably the number of therapists that I work with.

**Ryan:**

Yeah I imagined training doesn't even exist.

**Morgan:**

I'm so wary of like... There are so many therapists that don't have lived experience in polyamory. And with the increase of people that are polyamorous, they're sometimes they are coming to me because they are polyamorous sometimes they want to learn more, and ask questions so that they can maybe help their clients a bit more. And that's been really surprising to me, because I get really down on myself like, Oh I don't have degrees and all of that, I don't have institutions validating me and I don't want to hurt anybody. But that fear has started to go away as more and more therapists reach out to me and sort of validate that peer support and lived experience sharing has a place in sort of holistically healing. So yeah, that's been really cool.

**Ryan:**

Yeah, that's great. Moving into some more breezier questions. How do you unwind and relax in life?

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**Morgan:**

Hmm, I try to turn my phone off, I'm not always good at it. There's a spa here in Berlin called Vabali. And it's like 30 bucks. And it is a luxury resort. It is so cool. And it was designed to be accessible to everyone. And so I'll go there. And you can go at 10am and leave at midnight. It's the best.

**Ryan:**

You're there for 14 hours?

**Morgan:**

Not all day. No, but I have gone at noon and left at seven because they have food there. They have beds that you can just take a nap. They have, you know, all of these different saunas and baths and, and it's a textile free space. Which I was surprised I would be comfortable with. Yeah, it's just walking around naked. But in Europe, nakedness is so normalized and not sexualized as much so. So yeah, and you have to leave your devices. So I love going there. Because it does force me to disconnect and just bring a book or, you know, take a nap under a tree. And I would say that's my favorite way to unwind. And I'll sort of microdose that kind of thing at home with baths or masks, you know.

**Ryan:**

What do you think the world needs more of?

**Morgan:**

Oh, I like that question. More pausing and patience. I think we're very reactive. We react a lot instantly and don't always pause and be like, do I want to do this? Do I want to put this in writing publicly? Do I want to lash out and why? And I think part of that is also that we could use some more embodiment. I don't know another way to put that. just, being in touch with our bodies and not being so intellectualized

**Ryan:**

Yeah, I hear that.

**Morgan:**

Yeah, it's checking in with our gut or what's happening, Are we not breathing enough? Are nerves firing off? is your temperature going up? I just think checking in with our bodies more could really benefit everybody.

**Ryan:**

Yeah, yeah. I feel like the modern world doesn't necessarily cater to that you know, it caters to, go fast go fast. Do this next thing actually. I'm busy. I gotta do this. And yeah, it's whenever I'm traveling not working. That's always my most peaceful,

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centered state. There's just not there's not a whole lot going on. I've got time for everything.

**Morgan:**

Yeah, pausing and slowing down. Even if you have two jobs, finding a way to really savor your coffee for five minutes instead of just rushing through it, you know, taking a little bit longer shower. there are ways to add slowness, even in a busy schedule.

**Ryan:**

Yeah, totally. I recently put a hot tub in my backyard and that's helped, you know, can have a rough day at work or whatever's going on and then just those problems don't exist in there.

**Morgan:**

A temperature change can be a total game changer. Yeah, dip in a cold pool or cold icy shower or a hot tub. That can be a real nice way to hit reset. Yeah.

**Ryan:**

Is there anything that you have just watched or read that could be media could be you know, what has moved to lately?

**Morgan:**

I really liked *The Last of Us* recently. I like a post-apocalyptic story that basically says survival is not enough. we need more, we need connection. We need love, we need purpose. And it shows how people are continuing and building community. you know, I won't give spoilers but I just really like that in terms of the post apocalyptic genre. this is really beautiful the way they're handling it.

I've been reading *Undoing Monogamy*, which is very dense. It's an academic level book that I have to go very slow through but it's, it's cool in terms of the theory related to my work.

But then I also just watched a lot of really silly bad movies. I love a good bad movie. I love *She's All That*, or the *SpiceWorld* movie or, nostalgic silliness.

**Ryan:**

Do you like those because you watched them growing up or because you saw them as an adult, but they're entertainingly bad?

**Morgan:**

Yes. Haha There's nostalgia there too. And there's something funny about watching a movie you saw when you were nine, and now you're in your 30s. But, it's also just,

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yeah, it's playful, especially movies before 2001. After that, we got a lot of war movies and heaviness.

**Ryan:**

Life got a little dark after that.

**Morgan:**

But yeah, prior to that, late 90s were ridiculous. And so I've been watching a lot of stuff from there lately that has been really lightening the mood.

**Ryan:**

Well thanks for talking with me.

**Morgan:**

yeah. Thank you.

**Ryan:**

I appreciate you taking the time to talk to me and talk about your business and all the good that you're doing. So thank you.

xxx