

Learn Something Small Trailer Transcript “An Invitation”

[Music: A banjo-y and harmonica-y, light, happy tune underscores throughout.]

Hi, I’m Jacqueline Raposo.

Because of my work, I’m often asked how I stay so *positive* while living inside a tornado of constant pain because of chronic illness. There are many things I do so to not spend too much time in that scary place. But when I look back on the emotional work that I’ve done around this in the last twenty or so years, what I credit most is that I get to listen to other people... And learn from them:

I’m an interviewer – as a writer, author, podcast producer, and speaker. And over hundreds of conversations, I’ve learned that even when my body has broken out from under me, and even when I’ve been professionally rejected, and romantically dumped, and discarded because of my disability... and even when I’ve been flat broke or deeply in debt... and even while the world has been burning around us and people I love have been dying... Even through all of that horror, beautiful, magical things keep happening out in the world. I just have to turn my attention to the light in the darkness.

And so that’s what I offer you here: little bits light to turn on during your darkness.

These short stories will feature good humans living interesting or hard lives that we can wrap our senses around for a little while. Or we’ll revisit work I’ve done in the past pieced together from a new angle.

They’re gentle stories. Simple stories. Because enough stuff in this world asks us to “go big or go home” and to “work hard and play hard” and my body moves *slowly* – so they’re slow stories, too. I offer you... slow. Each finishes with a thought prompt or suggested actions so that you can take the lessons we’ve learned together into your own life at that very moment.

I know it’s easy to feel like we don’t have a choice, sometimes. And I am not a positivity pusher by any means. But when I feel most in pain, and most alone, and most afraid, I remind myself that I have a choice in the next story I take in. And that story can help me better shape what I think and feel. The stories we choose open us to compassion, and self-compassion, and *action*. And as my kindred spirit, Anne Shirley says, “...one can't stay sad very long in such an interesting world...can one?”

Welcome to **Learn Something Small**. I hope that if you connect with the people in these episodes, you’ll explore more about them at the links by this episode post or in our conversations on Instagram.

I thank your body for doing all it has done for you today – even when it’s hurt, and even when it’s been hard.

I thank you for taking the time to listen to this invitation.

I look forward to connecting ... more.

[Breathing in and out.]