Kevin Kling - July 7 2021

**SPEAKERS**

Molly Joyce, Kevin Kling

**Molly Joyce** 00:00

So the first question is, what is resilience for you?

**Kevin Kling** 00:44

Resilience? That's one of my favorite words, actually, because I looked it up once actually in the dictionary, and it means maintaining one's shape. And how do you maintain your shape when it's been compromised? And you do it through family through faith through community, they're the ones that hold you together until you can grow into your new self.

**Molly Joyce** 01:12

And the second question is, what is isolation for you?

**Kevin Kling** 01:18

Um, for me, yeah, there's a difference between, I guess, isolation and being alone. I like being alone. But I don't like being isolated, isolated, seems to reflect a sense of exile, and where you're ostracized somehow. And I love being alone. Because even when you're alone, you can be surrounded by things that are familiar. You can feel like you belong when you're alone. That's why I never had trouble with hermits. Hermits aren't alone. They're surrounded by the things and creatures and the people in the country that they love. But isolation feels almost personal, almost.

**Molly Joyce** 02:13

And kind of the opposite of that, what is connection for you?

**Kevin Kling** 02:18

Connection is why I'm a storyteller. Connection is the bridge that connects ourselves to each other, to our own selves, to the world to everything, it's it especially, I always wondered if storytelling was actually healing, you know, I wondered that. And then I, I was in a motorcycle accident, and I had post-traumatic stress. And because of that, a therapist walked me through where I actually missed the the car and kept going. And through that exercise, my anger issues dissipated, I slept better that night. And I realized that a bridge had been created, that my internal myth had been rewritten for my external myth, I still wake up in the morning, and I can't use my right arm. So the world is still real. But my internal myth has been changed so that I can sleep at night. But what connects those two worlds are the bridges. Mostly it has to do with art, but mostly it has to do with connection. I find that with people, once we connect with somebody, we recognize each other and when you recognize each other, by helping someone you're really helping yourself. I find that a lot of words have shelf lives, like compassion, or truth or beauty. But recognition and empathy, I think are there to stay.

**Molly Joyce** 04:28

And then the last question is, what is darkness for you?

**Kevin Kling** 04:39

Ah darkness for me, I think is has gone more into an emotional state than a physical state. Because there's you can in darkness, you can either follow a light or find solace in the mystery. And I've found that throughout time I've changed to someone who needs to find solace in the mystery, because you can't figure out or control this world. So the more that you find peace with the changes with the things that you know, you interact with that interact with you, the more peaceful your life will be. So darkness now is a feeling that that resides within me when it comes. I tried to feel the solace by listening.