



TRANSCRIPCIÓN ORIGINAL DE STUDIO OCHENTA

MIJA ON THE MIKE - ESTOY BIEN

00:16 MIJA

Hi, I'm Mija. For this solo episode, I want to talk about the expression: ' Todo va salir bien mija'.

00:30 MIJA

It was a phrase my grandmother used to say to my mother when she called her back home. Later, she would say the same phrase to reassure me when things became too much.

00:42 MIJA

Basically, it means things are going to be ok. But what it really means is have faith, good things are coming.

00:56 MIJA

I think about that phrase a lot.

01:00 MIJA

For many years, I thought I'd never get to that place of good things that this mythical place was unreachable. For me, it was some castle in the sky built from dreams because I suffer from anxiety and no matter where I am "bien" is something that comes and goes.

01:21 MIJA

But over the years I learned the secret to it and I want to share it with you today. Here we go.

01:35 MIJA

I've been in Paris for a few weeks now and today I have a mission.

01:39 MIJA

My apartment came with a shabby old blanket and I need something warmer for the winter, even though it's getting colder and I'd rather save money. I really need to get a new blanket and pillows. So I have to go to IKEA France.

01:59 MIJA

It involves three simple steps.

02:01 MIJA

One. Navigate the Parisian subway system which is shaped like a snail and isn't intuitive at all.

02:08 MIJA

Two. Find the shuttle bus to which runs every hour. And three. Make sense of French IKEA to purchase the right items in the right sizes.

02:20 MIJA

The trip will take me one hour and 30 minutes plus one hour in the store, plus one hour and 30 minutes back. So the whole day.

02:28 MIJA

I put on my walking shoes and raincoat and write down all the directions and size indications in a notebook.

02:37 MIJA

I take a deep breath and begin my journey.

02:42 MIJA

The metro is easy enough. Nothing I've never seen before. There are less rats here. So that's nice.

02:50 MIJA

I check the notes again and exit the station. But when I get to the shuttle stop, there's no one there. The sign is covered and I haven't seen a car for miles.

03:05 MIJA

I hesitate for 15 long minutes and then drop in to see the nearby grocer asking in broken French for: "IKEA". As he tries to explain that it's a stop.

03:17 MIJA

The bus booms into existence. The loud engine makes us both jump and I think to myself, oh, yeah, everything's fine. The bus is here. So I hop on next up IKEA friends.

03:38 MIJA

I go through the maze of the showroom floor and find bedding and there it is a blue blanket, deep blue like the ocean. I will swim in these sheets every night. They're perfect and a few other things catch my eye and soon I filled the fractal bag to the brim. I pay and make my way back to the bus.

04:03 MIJA

"Merci! Au Revoir!" I say, as I exit. I can barely see over my bags as I make my way back to the bus. And right then a storm starts to pour.

04:18 MIJA

As I fumble with my things to find a seat, No amount of uncomfortable stairs can faze me. I did it. I made it. But after about 20 minutes, I realize I'm going in the wrong direction.

04:34 MIJA

Yeah. Alert the driver who explains where to get to the right station. He points with conviction.

04:45 MIJA

I breathe heavily as I run to the other station under the downpour, I don't know how much time has passed or where I am exactly. Panic starts to set in.

04:55 MIJA

So I call mami. She tells me: "Todo va a salir bien". I breathe out and relax a little as the new bus arrives.

05:08 MIJA

It says direction Paris. Ok. I talk on the phone with her on the ride and I breathe in and out. I'm soaked but the precious cargo is safe.

05:33 MIJA

I arrived home. What feels like 17 hours later. Exhausted but mission accomplished.

05:38 MIJA

Yes, I put the blankets on the bed. The pillows are so soft. I dive in. I made it as I run my hands over everything happily, I think to myself.

05:56 MIJA

Hm. Blanket seems a little thin.

06:00 MIJA

So I checked the tag and realize with horror that my beloved blue blanket is missing the actual blanket. Yes. All I have is the oose or blanket cover. For a moment, I start to panic.

06:13 MIJA

I have to go through all of that all over again. No. Then I think about the situation and I burst out laughing.

06:29 MIJA

I call mami and tell her she starts laughing too. That night she joins me on the phone as I make dinner soup and a piece of baguette, I set up a chair by the window and stare out over the city of lights.

06:45 MIJA

Everything's fine. I'll just go again. Now, here's the thing life happens and I can't make the journey back out there for a couple of weeks. So I wear thick sweaters and socks to sleep until I can make it back as I shiver myself to sleep again. One more night, I think again about mami's words: "Todo va a salir bien".

07:15 MIJA

A few weeks later, I meet a kind boy with glasses who has an extra blanket at home and he gives it to me. I still have that blanket and married that boy about two years later and I've never been cold since.

07:34 MIJA

In the years that followed good things came. Asi que listen when I tell you: todo va a estar bien mija. It's all a matter of faith.

08:07 MIJA

Thanks for listening. This is Mija on the mike, a season reflection on our shared experiences as daughters of immigrants. Over the next couple of weeks I'll be sharing stories like these, and inviting guests to share theirs.

08:20 MIJA

Follow us on Instagram at @Mijapodcasts and leave us a note if you like this story tune in every Wednesday for a new story.

08:28 MIJA

This is a production of Studio Ochenta, a Latina-owned multi-lingual podcast studio dedicated to raising voices across cultures. For more from Studio Ochenta, follow us at @ochentapodcast. That's Ochenta Podcasts with an S at the end on Instagram.

08:44 MIJA

Next week, we're going to hear from another daughter of immigrants whose connection with her family serves as a huge connection and inspiration to her work.

08:54 MIJA

Stay tuned and don't forget this season is also about you! if you have a story you'd like to share, I invite you to reach out on instagram @mijapodcast and leave us a message with a short story or memory of yours that warms your heart. We'll read it out loud on the show.

09:06 MIJA

Thanks for listening. Ciao.