



## TRANSCRIPCIÓN ORIGINAL DE STUDIO OCHENTA

### MIJA ON THE MIKE - CASTLES IN THE SKY

00:17 MIJA

Hi. It's me, Mija. And I've got a lot to say.

00:21 MIJA

For those of you who are just tuning in to the show, I invite you to check out Season 1 of our award-winning podcast to better understand these solo episodes.

00:29 MIJA

I've been thinking a lot about what this show has done for me. Ultimately, when I first started it, it was a way for me to reconnect with my family and their immigration journey, as I was undertaking that same journey in real life.

00:41 MIJA

So much has changed in the 4 years since I described 'el cacumen', and brought you all into my little immigrant family's world.

00:51 MIJA

But one thing hasn't changed: this show has remained a space of reflection and connection.

00:57 MIJA

To those of you who have been with us from the beginning, who've listened to all the Mijas tell their stories. Thank you, for lending us your ears, for sharing these stories with your families, friends, neighbors, and even students.

01:10 MIJA

I can't wait to share what's next for the show, AND for us as creators at Ochenta, as we reach our 4 year anniversary this coming September.

01:17

Now let's jump in to Mija on the Mike Solo. Ahead of our next guest, we're just going to be talking about breathing and meditation. I wanted to share my own story about meditation and so without further ado.

01:30 MIJA

Here's a real story from me, Mija.

01:45 MIJA

In a temple in Southern India, on new years eve, a girl from Queens removes her shoes and enters barefoot. She is amazed by everything she sees.

01:56 MIJA

Inside candles light the enormous space, and revelers are all seated cross-legged chanting ohms.

02:04 MIJA

Multicolored Kolams line the floors and she finds a place to sit down next to a group of aunties who smile at her and invite her to join their circle.

02:16 MIJA

The chants get louder and louder, as the women gesture for her to close her eyes. She does so and breathes out.

02:33 MIJA

She begins to meditate and imagine her dream: a castle in the sky.

02:43 MIJA

This castle in the sky floats in the clouds and is filled with many rooms. Is decorated with pictures of beautiful things. It's made of glass and has lots of sunlight, but never feels too hot, or too cold.

03:03 MIJA

The fridge inside is always filled with fresh food

03:07 MIJA

And the family inside never gets sick or ages.

03:13 MIJA

All they do, is rest, eat and enjoy each other's company. It's nice isn't it?

03:20 MIJA

She smiles to herself. She walks through the doors and is welcomed with the smell of fresh coffee.

03:27 MIJA

As she walks through the house, the glass doors become concrete, wood, painted. It's becoming real.

03:41 MIJA

She hesitates and continues walking through the castle. In the distance she hears laughter behind a closed door. Happiness lives here.

03:56 MIJA

She stops at a window and stares at the clouds below and realizes: The castle in the sky dream is attainable.

04:07 MIJA

All she needs is: to have a good job, that pays well enough to fill the fridge, and to pay for the medicine that keeps everyone healthy.

04:17 MIJA

In essence: a happy and healthy home.

04:20 MIJA

United with her family.

04:24 MIJA

She wishes this with all her heart, and gives thanks for the privilege to be here in this place to have this experience.

04:32 MIJA

When she returns (to a home that cannot yet be called a home) every night, she dreams in her cold room of this castle.

04:45 MIJA

Years pass and things begin to change, she finds a good job, makes a good living and can unite with her family at least twice a year.

04:54 MIJA

Her fridge is now full.

04:57 MIJA

She doesn't live in a castle. But she has a happy home.

05:04 MIJA

But like the castle in the sky, Happily ever after doesn't truly exist.

05:14 MIJA

Which is why she still has doubts, why she sometimes feels like a little girl, afraid that everything can change in an instant. She remembers a time when her belly was empty. She remembers the songs her mami used to sing,

05:31 MIJA

The old adage that 'everything will be okay.' She feels a sudden fear, that her new castle will fall out of the sky, and shatter into a million pieces.

05:44 MIJA

And in that moment she can't breathe. She feels the world tunneling around her and darkness falls.

05:54 MIJA

But In that moment. She closes her eyes. And goes to her castle in the sky.

06:10 MIJA

Inside, she sees everyone she's ever loved, those alive, those long gone, and those still dreaming.

06:19 MIJA

And somewhere a voice reminds her: That everything beautiful that is created in this world begins and ends... like a prayer, a letter, or a kind word from a stranger.

06:33 MIJA

And that's why she has to appreciate the quiet moments. And the privilege to be able to imagine castles, and dream of What comes next.

06:45 MIJA

Thank you for listening. What about you, have you ever dreamed of your own version of the castle in the sky? If you have, please send us a dm on @MIJAPODCAST over on instagram and we'll share it with our listeners!

07:00 MIJA

Stay tuned for next week's interview with Kim Gerlach, a daughter of immigrants who is specializing in birth work and meditation. Thanks for listening.

07:29 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.

07:41 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.

07:50 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 @ochentapodcasts on Instagram. That's O-C-H-E-N-T-A podcast with an S on Instagram.

08:04 MIJA

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.

08:18 MIJA

Thanks for listening. Ciao.