

Transcript

Wynne Leon

Welcome to the sharing the heart of the Matter podcast, where we celebrate the storyteller in us all. I'm Wynne Leon and in this episode Vicky Atkinson and I are talking with the author, Blogger and former newspaper writer Melanie McGauran about decoding our dreams. This is such a fascinating episode. The interior of our minds is an interesting and sometimes scary place. But it is so fun how Melanie brings her love of mysteries to this practice of sifting through the clues. Melanie talks about her fascination with dreams and how she both remembers hers and extends them. It's a wonderful practice to not only appreciate the dreamscape, but also focus the mind in the middle of the night. She introduces us to the work of Matthew Walker. Author of Why We Sleep Unlocking the power of Sleep and dreams. And his insight that in dreaming we access our memory tree, but without the guardrails of logic. Melanie combines that memory mixology with her unstoppable creativity, joy, and problem solving to decode dreams. This episode is such a fun take on dreaming, writing, and creativity. We love melani's passion and interest and get to see that in action as she helps us make stories from our dreams. I'm confident you'll love the scenic and beautiful places we explore as we share the power of storytelling. And podcasts in conversation and in dreams. We know you'll love it. Hi, Melanie. Hi, Vicki.

Melanie McGauran

Hi Wynne. Hi Vicki!

Wynne Leon

Hello. You know, it's so warm and inviting to sit and talk with you both this morning and I'm so grateful for that. It's and it's especially with people that we we've gotten to know over many comments and many posts it just it just feels like rich territory. To have these conversations. Yeah, I I.

Melanie McGauran

You guys are so great to be around. It's just easy to chat, you know? So I I appreciate you having me back on today.

Wynne Leon

It is. We're grateful to have you, and we want you to tell us about your interest in in dreams. What is it about dreams? Whether they be your own or others that captivates us so much?

Melanie McGauran

Well, I would. Say that I didn't know it at the time, but I was in my 30s maybe, and I had caught a talk show and a dream expert was on and she was referencing, you know, decoding dreams. And someone asked, what if?

Speaker

OK.

Melanie McGauran

What if I've dreamt of somebody famous? And she said, well, you know who was it? And actually, I'd love to ask you guys just off the top of your head, think of somebody.

Vicki Atkinson

Ohh. Robert Downey junior. Yep.

Melanie McGauran

This doesn't matter. Robert Downey junior. Great. OK, what are three things about him? What are three attributes talented.

Speaker

MM.

Melanie McGauran

I am.

Vicki Atkinson

He's a little dangerous.

Melanie McGauran

A little dangerous.

Vicki Atkinson

Yeah. And he's joyful.

Melanie McGauran

Joyful. OK, I like all those. All right. Well, So what you're doing, you you have those 3 traits, and then you look in your own circle, you look in your own life. You look at at your who you work with, your family, your friends, who's a little dangerous.

Speaker 4

Hello.

Wynne Leon

Ohh.

Melanie McGauran

And who's really talented and it and maybe it doesn't work 100% of the time, but you will often go well. It could be this person, and it almost always ties to a recent event because that's what dreams are famous for. Their their inside a reason that so there you.

Speaker

Yeah.

Wynne Leon

I love it.

Melanie McGauran

And go back to. But you know and then you go, oh, well, I did have an argument with, you know, Uncle Johnny last week and, you know, so. And then you can begin the process. And I'm just such a, I mean, I love mysteries. I love solving problems and, you know, try to be a detective.

Wynne Leon

Yeah.

Melanie McGauran

I watch 2 crime shows. You know, I just love all that stuff. So if that was sort of a natural inclination and then the other thing is I am literally like walking emotion, I mean.

Speaker

Yes.

Melanie McGauran

And I moved through life like that because, I mean, I've taken Briggs Myers test. I've had my theology chart done where I am literally water personified. I have so many water signs in my chart that I am and water is tied to equated with feelings.

Speaker

Yeah.

Vicki Atkinson

Yeah.

Wynne Leon

Yeah, yeah.

Melanie McGauran

And emotions. So it's not a surprise. Yeah. So dreams are just like processing events and the emotions attached to them. So of course, I'm just, like, innately, like, emotions trying to. Figure them out. So that's sort of. I realize that more recently, but I have always been fascinated by the potential. Yeah, like of of what a dream can say.

Vicki Atkinson

Ah. And I see that as like a part of your writers heart too. You know, kind of looking for the the source. Mm-hmm. Right. And everything that you've done kind of in your other careers, right, that there's there's always a trail. Right.

Melanie McGauran

Hmm. Yes, yes, yes.

Vicki Atkinson

Yeah, I love that.

Wynne Leon

When I like what you say about processing, then it's just. Another thread in the trail that we can use. Whether the clues that we're uncovering because as you just said, you know, I just learned that recently. Like it's funny how we can live this life and still be learning things about ourselves. Absolutely. It's amazing. You're absolutely. Yeah.

Vicki Atkinson

And I think the cool thing about dreams is that and you, you've got some great thoughts to share about this. I know. But the thing that's so cool about dreams is that it's a an opportunity to tap awareness that you might not otherwise have access to. And like, how you do that and remembering.

Melanie McGauran

So.

Speaker

Hmm.

Vicki Atkinson

Dreams and and trying to crawl back in. Then, and I know you've done some thinking about that too, because it is. It's kind of a ripe and wonderful place to do some mining about things, especially if feelings matter. And then for me, that application to everyday life.

Melanie McGauran

Mm-hmm.

Vicki Atkinson

You know what? What is it you were trying to workout in the dream state or like you said, what are the emotions? It's there's like so much potential.

Melanie McGauran

Right.

Vicki Atkinson

There.

Melanie McGauran

There is there is. There absolutely is. Yeah. Well, you know, just to go back to your post briefly because that's sort of how we.

Wynne Leon

Yeah.

Melanie McGauran

Got to talking. About dreams was I was just. I was just clued into the fact that the blue, the blue, the island. If the Islander was just eyeliner, that it would this dream would be just.

Vicki Atkinson

Yeah.

Melanie McGauran

Really different, but it was blue eyeliner and that was ripe with decoding. And I, you know, and I said that in my comment. But when I thought about a little bit more because I kind of forgot about the map part. So I'm thinking you you wanted the blue eyeliner, but then you decided no. I don't have time for that. I don't want to be late. I don't want to be lost. I'm leaving the blue eyeliner behind. It took you a little while to find the car, but you found the car. And you moved that car forward to all those places on the map without the blue eyeliner. Yeah. So you literally left Sue.

Wynne Leon

Yeah.

Melanie McGauran

Behind and were successful because all these places were like successful conventions or conferences or things that you, you know. So I that's sort of how I look at it because I went back and read it too. I'm like, I think there's more here.

Vicki Atkinson

Well, and you're so sweet. And and for you know, we'll link the post that I wrote. You know that you're speaking to, but it was when we write things sometimes there's such a a cloak of vulnerability that we have to shed. And I remember that day when I wrote the post late and lost. I could see how some of those themes were manifesting, and I was starting to make meaning of it. But the thing that I have found about the decoding that you talk about, those things that pop as being symbolic, like the blue eye liner or the worried about being lost or late like you said, the.

Melanie McGauran

Mm-hmm.

Vicki Atkinson

Blue was very, very pivotal in the game and you know, for those who haven't, you know, read lots of people who was my mother's favorite color. And there's so much conflict still, you know, unresolved, with her having passed. But I almost knew right away.

Melanie McGauran

Mm-hmm.

Speaker

Blue.

Vicki Atkinson

That there was a lot to consider with that, but I think people will sometimes say maybe this is true for you when as well people say, well, there's so much detail that you recalled, you know, when you wrote about telling the story, how did you do that? And so I wrote a little bit about that. But tell us how you do that, Melanie, so that you can. Crawl in and then like siphon out the pieces.

Speaker

Yes.

Melanie McGauran

I have never had a discussion. With anybody about this, because I just feel like it's like.

Vicki Atkinson

Whoa.

Melanie McGauran

I have a I have a.

Speaker 4

Strange. Well, if you do your girlfriends, you do so I.

Wynne Leon

Back like. Said that we. All go really want other people to peek under those covers.

Melanie McGauran

It hasn't been all my life at all, I'd say. Maybe just in the last 10 years, maybe. Yeah. I will have a very interesting dream. Even it can be a shorter dream, but I'll have an interesting dream and then I'll wake up. Maybe I'll wake up because of the dream, you know.

Vicki Atkinson

Yeah.

Melanie McGauran

That we we've all. Experienced that and then I want the dream to continue because it's an interesting dream. But I'm awake now so I'm like alright, I really have to use the restroom, but I'm going to come back and.

Vicki Atkinson

Yeah.

Melanie McGauran

I'm going to get back into bed. And I'm just. I'm gonna focus. I mean, I focus again and again and again, even if it's a.

Speaker

M.

Melanie McGauran

Snip it and I won't. And what's great about that is I'm so focused on continuing the dream. I'm not thinking about all that other garbage that comes up in the middle of the night when you go ohh. What am I gonna do about blah, blah blah? Yeah. And it's great. It just pushes it aside. So as a sleep aid alone. I recommend that, but what happens is. Just as I'm thinking about it, ideas start to come like ohh, it could go in this direction. You know, I could do this or I could stop that from happening. And sometimes I'll go back to sleep and it will continue like how I wanted to. But that's unusual, more what happens. Is I do go back to sleep. But I've I've remembered the part so many times, the muscle memory of going over and over and again that it becomes a thing every night. That's the new dream I'm thinking about. I'm still processing and I'm still trying to make it work and I create a story. I mean that I just create a whole story if.

Vicki Atkinson

Yeah.

Melanie McGauran

They're crazy stories. They make no sense. But just as an example, I was working on.

Speaker

Mm-hmm.

Melanie McGauran

And the Secret Service.

Wynne Leon

Mm-hmm. Ohh.

Melanie McGauran

We were in China, I was protecting a President. I, you know, do not know who the President is.

Vicki Atkinson

This is Melanie. The spy. Yeah. Ohh yeah.

Melanie McGauran

This is Melanie, the spy. There's an explosion. We have to protect the President and we're running and we see a panic room. But we're clever, right? We're like, no, we're not going to put the president in the panic room because that's what they want. Then the president is isolated and they can get to him. So I say you keep you guys keep going down.

Vicki Atkinson

Yeah.

Melanie McGauran

Call we can. We can get them out in another way. So I go in the panic room and lack it so that they think when the bad people come, they think the presidents in there giving them more.

Vicki Atkinson

Wow. Wow. That high level of detail and I think isn't that like. One of the hallmarks I mean I I know a little bit about dream interpretation, enough to be dangerous from my, you know, psych and therapy background. But I think that's one of the hallmarks of lucid dreaming to be in that dream state and to feel like you can take command. Not just remember what you're doing, but kind of execute and holy cow in a high stakes way. Look at what you were.

Melanie McGauran

Doing woo right. Yeah. I mean, to me, I thought loose and I guess you probably kind. Of said this. I thought lucid dreaming was you're in the dream and you can from your conscious mind. Yeah. Say, OK, now do this. Now do that. I I don't. I didn't think I had that skill. That was the original dream that that was how it started. Then, as I thought about it, I'm like, well, what happens after they find me in the panic room? That's where the conscious side.

Vicki Atkinson

Fine.

Melanie McGauran

And it just took off. I had a broken arm from the explosion. The country ended up being China. They took me to the hospital. I had you. Know at Cass. But they knew I worked for the Secret Service and they really, really, really wanted me to live in China for a while and they would take care of me and they would do this. And that's. I'm like, OK, that's.

Wynne Leon

OK.

Melanie McGauran

Great. I can do that. I live a new culture. For a while. I didn't want to like the and it just it goes on.

Wynne Leon

There. It's really like epic.

Vicki Atkinson

It's it's, but it's an entire story. It's like it has an arc, a beginning, a middle and end. You have agency throughout, but I guess I'm dying to know. How do you does all of that detail come right up when you wake up? Or how do you what do you do to, like, grab all that so you don't forget or that you can crawl back in?

Wynne Leon

Thank you guys.

Melanie McGauran

Well, I think part of it is the that it comes from when I'm awake. Yeah, that I'm. I'm building the story when I'm awake and because I keep thinking about it and pondering. About it, it sticks. Now in this case an interesting side dream. So I I. Was keeping the storyline and in my dream, so I fall asleep and I'm in my dream and there is an assassination attempt on their leader. And it's a crazy one like. Teenagers are playing with this giant balloon, and they're just kind of pushing it and they're moving along this promenade, where the president lives and there's a balcony. And they're like pushing it up to have him like, you know, bat it back down. Well, really, they're wearing gloves. And there's poison on the balloon. And if they can. Only get him ****. Gosh telling you it's crazy and I won't go any further than that, but that was dreamt like that came up and like I wasn't. I wasn't conscious going OK what's gonna happen next? What's gonna happen next? That just sort of came.

Vicki Atkinson

Yeah. You should be writing episodes for one of those like NCIS, whatever shows, right? Yeah, you you need a contract somewhere to be writing episodes.

Melanie McGauran

I need a contract. That's great, yes.

Wynne Leon

Talk about a writers heart. You know what I think it's. Thing. It's just the other morning, my 9 year old daughter Miss O and I were talking about dreams because she had a dream that night and at the same time I'd had a dream about her. And so we were trading dreams and just that, that act of talking about it. And then you then you start realizing where the threads don't make sense and where you and I wonder if you're doing that in your. As you're thinking hard about those details, trying to go back to sleep and go into the dream like you're working out those details of what doesn't make sense, what does make sense, right?

Melanie McGauran

Maybe yes, maybe. That reminds me, though, if you don't mind me just sidestepping a little bit on it, it kind of ties in in the book, I will show you.

Vicki Atkinson

Yeah, sure.

Melanie McGauran

The book. That I was reading why we sleep, unlocking the power of sleep and dreams. So I focused on the dreams part and I thought it was.

Vicki Atkinson

You have a great resource to share. Mm-hmm.

Melanie McGauran

Fascinating. He tried to Matthew Walker. Yes, try to describe or did describe how like all of us have a gazillion memories like just what's the memory for you.

Wynne Leon

Like a not a dream memory but.

Melanie McGauran

Just just a no, just a memory. Yeah, an awake. A real life memory.

Wynne Leon

Yeah. So this morning I took my kids to school and they got out of the car and they were a little bit late and they were running together towards the gate. And it was just this beautiful moment of.

Speaker 4

Oh.

Melanie McGauran

OK, see you later. Ohh, so there's bad memory. And then maybe from that memory comes. Sound like when you were young and maybe you were late or which didn't take you to maybe your dad taking you to school once or everything. It's it's like a family tree. All these memories we have and it trickles down and it divides out and divides out which you have. And then it gets broader and broader and broader. So that's in your wake state you have this. Memory tree? Well, when you're in REM sleep, which is the dream state.

Speaker

Mm-hmm.

Melanie McGauran

Your mind removes all the guards of the logical associations on purpose, and then there's, as he calls it. Let's see here. I wanted to write it down. Hold on.

Wynne Leon

Yeah.

Melanie McGauran

No, it's somewhere right here. Right. Oh, OK. And inspired form of memory mixology begins to occur where R.E.M. Cycles seek out the most distant, non obvious links to put together all for creativity. So. So they get all jumbled up in your REM sleep. They're purposely like looking for new ways to think and to think outside the box and to make these new associations, and that's creativity.

Speaker 4

Wow.

Vicki Atkinson

And what's so cool about that is that I think people. And maybe this is just, you know what I know about trauma survivors and, you know, recovery and all of that. It it's important to make that distinction between what the mind can do and pulling together. I love that phrase. The inspired form of memory mixology that there is that creativity and the mix and match that can occur that might. Hint at reality but is different from reality and I think it's it's. Yeah, it's a fascinating thing about how the brain works. But the fact that you're.

Melanie McGauran

Hmm.

Vicki Atkinson

You know, putting a positive spin on it from his point of view about the creative potential that's that's super cool.

Melanie McGauran

And just a little antidote that goes with that, that he shared that I just thought was really cool. So Keith Richards. Had a habit of routinely keeping it a guitar and its tape recorder added. Yes, Keith. Correct Rolling Stones. Keith. Richard. So he kept a guitar and tape recorder. Always.

Vicki Atkinson

Rolling Stones. Keith Richards. Yeah. OK.

Melanie McGauran

Why? So this is one night or actually one morning and these are his words. I don't know where they come from, but I go to bed as usual with my guitar, and I wake up the next morning and I see that the tape has run to the very end and I think, well, I didn't do anything. Maybe I hit a button when I was asleep, so I put it back to the beginning. They push play and they're in some sort of ghostly version.

Is the opening lines to satisfaction. It was a whole verse of it. And after that there's 40 minutes of me snoring. Ohh. He woke in. His dream stayed, hit, play kind of all these disassociated things that were being created in his head. He accomplished it. He then he went to sleep and it. Ran out. My gosh was such a good story.

Wynne Leon

Great story. Talk about. And that gets to that creativity that you were saying, that Matthew author talks about like that it's pulling those things together, taking off those guardrails as I think things said it.

Melanie McGauran

Right. Yep, Yep. Yep. That's exactly right. So that's that kind of stuff was just fascinating to me. Yeah. Yeah.

Wynne Leon

Yeah, yeah.

Vicki Atkinson

Well, and it's joyful. I think sometimes and maybe you both have some thoughts about that. But knowing that there is such potential within that subconscious Dream State, what do we do? To access it, use it, you know as as a conduit, because we need all the joy we can get. We need all the problem solving we can get. We need all of that. But what? What are your thoughts, both of you, about how we tap that to make use of it? I like what you said. Went about sharing with your daughter, like making a moment. But how? How do we do that?

Wynne Leon

Mm-hmm. MHM.

Vicki Atkinson

I want to be able to use it.

Wynne Leon

That's a good question. I mean, I think just to go back to that conversation with Miss O, you know it's opening that form of dialogue that's just back and forth that just is so precious to me that it just you know that ability to just share what doesn't make sense. And.

Vicki Atkinson

Yeah.

Wynne Leon

It's it's really sweet.

Vicki Atkinson

Yeah. Well, in some ways, you know, Melanie reached out, you know, for us to have this conversation. This is an example of that kind of encouraging one another and doing the sharing between girlfriends. Yeah, I see that.

Melanie McGauran

Mm-hmm. Well, and I I wanted to just touch on images and dreams too, and I'm going to share another dream with you guys will like. Because they're so and by images, I mean water. Now water can be lots of things. It could be a tidal wave. It could be a river. So if you dream of a river or you dreaming without crossing over that river or you, you know, going to be trying to start something new by trying to crossover that river into a new life, a new or the tidal wave, of course, is kind of scary. Obviously it's like something's overwhelming, you know, in your.

Vicki Atkinson

Yeah.

Melanie McGauran

But that's water, and there's lots of examples of water. There's also animals. Animals are are common in dreams like. Like sheep, if you if you were to dream of a sheep, you might be feeling very passive about a situation and you're feeling hurt like you know, you're not having your voice heard and you're being heard.

Speaker

MHM.

Melanie McGauran

And then and this was, this is my favorite. This is why I was saying I was going to bring it up with you. I had this dream. It has an animal in. And I'm outside of my backyard and a a giant White Horse appears before me. You know, and I'm like, what? Yeah, and it. And he or she talks. I'm going. To say she. Talks to me and says I can't stay, but you have my blessing. Oh, and I'm like, ohh. OK, but I don't. I really wanted the horse to stay. It was fabulous to have this giant White Horse that I'm talking to and then it's. Gone. But so I run to the front of the house just to see if I can see it galloping down the street or something. You know, I wanted another image. And there it was, on the roof of a good friend who lives across the street, and it's on the roof looking at me. And it says the same thing. Like, I can't stay, but I give you my pressing. Wow. So of course I have to look that up. Right. White horses symbolize change, knowledge, freedom. But when you have a talking White Horse and this might apply to another talking animal, I'm not sure, but that is getting into your subconscious where you are literally connected to your intuition. And it's it's talking. It's giving you a message. It's OK. So what was happening on that day? I was getting my tattoo.

Speaker 4

Oh wow. Wow. And were you nervous about it?

Melanie McGauran

I was nervous. I'm nutted. We've discussed it. I'm not a tattoo kind of girl. We know why I got it. It was like a symbol of. Chain that you come from cancer and that's the whole thing and and.

Vicki Atkinson

It's just survivor story, right? Yeah.

Melanie McGauran

And when the horse is on the roof, you know that woman is the one who. Drove me to get the tattoo that day.

Wynne Leon

Ohh love the full circle nature of what you've just said first. Oh yeah, dream together, but also in connecting to our last podcast conversation about that talked about the tattoo. Oh my God, it's so good. It's so good, right?

Vicki Atkinson

I.

Melanie McGauran

So yeah, and I just remembered so well it. Was a great. Dream. Yeah. And I guess in hindsight, it's because I'm literally talking to myself, like, my intuition. My subconscious is, like, given the green light.

Vicki Atkinson

Yeah.

Melanie McGauran

Yeah. That doesn't happen that often. I wish it gave it the green light more. It would help me right help all of us.

Wynne Leon

You. Yeah, right it would, but at least we're getting the creativity bumped from our dreams. Yes. Yes. Because Matthew Walker to say anything about people who don't remember their dreams.

Vicki Atkinson

Ohh my gosh. So much so, so much so.

Melanie McGauran

That is a good question. I think all that was referenced was that it happens that there are just some people who can retain detail and and but everyone has to dream at least a little bit because there's the, there's the non REM sleep stages where you are not dreaming.

Wynne Leon

Hmm.

Melanie McGauran

That you know, I mean, Vicky, you know that you can tell with that because there's three stages and then there's the run cycle, right. And this happens 60 to 90 minutes throughout the night like all these. So. People maybe have a shorter R.E.M. Cycle. There might be something involved in that place where we dream, but I just think I I don't know. I think it's a personality of the person. Maybe to some degree and you know whether they're going to can retain it or what. But I don't. Remember specifically yet? What Matthew said on it.

Vicki Atkinson

I think there's so much right now that you guys know about the aura rings and the wearable devices that people can. Really where to like, track their sleep States and the amount of time that you're in various sleep cycles and I think.

Speaker

Hmm.

Melanie McGauran

Ohh no I'm not, I have not. I have not even heard of that. Or a ring. Is it like a necklace?

Speaker 4

Yeah.

Vicki Atkinson

No, it's a ring. You wear it on your finger. Yeah, but you know other wearable devices, you know, we won't name any brand names. Probably shouldn't have done that.

Melanie McGauran

Ohh it's a ring. OK OK.

Vicki Atkinson

But I think they're they're increasingly as a health and Wellness renewed interest in looking at high quality sleep. And I think a lot of people who say they don't dream are doing, you know what you said, Melanie, they're really not getting that restorative sleep. You know, where you can really do, you know, both physiologically.

Melanie McGauran

Mm-hmm.

Vicki Atkinson

And psychologically, somewhere, peer work, potentially in your subconscious. But I think there's a lot of interest in doing that because. There's potential, but your question is such a good one when

because we we've all been around people who say I don't dream. I don't remember anything, but I I think it's like so many things in life. It's a talent, a skill you can cultivate and everything you've shared. Oh, my gosh, Melanie is so Invitational, right.

Wynne Leon

Right, yes.

Vicki Atkinson

Say, let's do it. Why?

Wynne Leon

Yeah, the benefits of sleep overall. So yeah, that you just highlighted that. So good.

Vicki Atkinson

Yeah. Oh, my gosh. And we expect to see Melanie writing.

Wynne Leon

Trips or shows where she is, the when saving people or right. Right. Yeah. That makes apology. Like the the coding. Well, Melanie, thank you so much for coming on and talking about decoding our dreams. It's just so. But what a great conversation.

Melanie McGauran

Yeah. Clearly the mixology was going crazy.

Vicki Atkinson

Gosh. Ohh my gosh.

Melanie McGauran

Yeah. Thank you. It was. I love it talking to you guys is great and I appreciate being here. And. We'll just, hey, let's start writing. I don't write down my dreams. I don't know why I should, but I'm just. I notice I noticed someone made a comment on your post.

Wynne Leon

Ah. Thinking that.

Melanie McGauran

She writes, she writes everything she's written, all her dreams down. For like 40 years. Like wow, I was like, super impressed with that. But anyway, maybe like I should try to start writing more. And, you know, when something comes up or I don't know, just to retain it.

Speaker 4

Yes.

Vicki Atkinson

Right, yeah.

Wynne Leon

Yeah.

Vicki Atkinson

Well, that's a pretty big reveal. Yeah, well, if you're not good golly, because you, you know, you're one of our absolute favorite writers. And so I can only think of, you know, all the goodness that you shared with us, but. If you start writing and recording, I just think of all the richness that will come back, you know, to those of us that like, reading everything that you have to offer, and especially because you have so much to tell about, I know, before we let you go, we're we know you're working on a project about your family, sort of memoir ish. And there's so much.

Wynne Leon

Yeah. Thank you. Yes.

Vicki Atkinson

When your your beautiful family, you know to bring forward about talents and skills and all of that, that. You know when you keep track of your dreams, it's amazing. You know what you might be working out that could provide inspiration for bigger projects or right?

Melanie McGauran

Absolutely. I mean, and I and I referenced, I mean it wasn't very helpful in terms of detail, but I did dream of my parents this summer, which is very unusual for me because I hadn't seen my dad since I was 17, you know, he died when I was 17. But I knew because I've been memory, you know, I've been all summer. I've been looking at things and remembering things and writing things down. So it wasn't really a surprise that this.

Vicki Atkinson

Ohh my yeah.

Melanie McGauran

I mean like happened, but it, you know, it's just amazing how we can get to you like it's still emotional, you know, is I'm in this house and I'm looking for a bottle of water and I'm going through all these doors and then I open one door and then my parents, they're just sitting there, gosh, you know, and it's my mom who was cool. Meaning, like, I just saw her.

Vicki Atkinson

So beautiful.

Melanie McGauran

Two years ago.

Wynne Leon

You know like.

Melanie McGauran

Yeah, you know, I had a lifetime with her. I did not have a lifetime with my dad. So he was the one who stood up. And, you know, we hugged. And so it's it's in there. It's it's.

Vicki Atkinson

So beautiful.

Melanie McGauran

It's pulling it out like you say, teasing it. And making something of it. But I know my I know my brain is working on. It.

Vicki Atkinson

Yeah. Yeah. And it all relates, right. It's that compositive of who we are. Oh, my gosh. And I'm sure this is probably not the last time we'll be talking. So, yeah, we'll just say until next time next time.

Melanie McGauran

Yeah. You're very sweet. Thank you. I feel. I feel blessed that you guys want to have me on, so I appreciate it.

Vicki Atkinson

Our pleasure. OK. Bye. Bye. Bye.

Wynne Leon

Thank you for listening. Our music is composed for sharing the heart of the matter by the exquisitely talented duo of Jack Canfora and Rob Koenig for show notes and more great inspiration. Please visit our site at sharingtheheartof.thematter.com.