

Recently I was asked by one of my guests after we finished recording....

What was the inspiration behind creating the Edge of Everyday Podcast? Why did I feel called to the kinds of conversation I explore in each episode?

I appreciated her question and her curiosity.

Quite simply – I am captivated by paradox and I’m deeply committed to amplifying voices and stories, particularly those of women. What to say, how to say it, and why it matters is at the heart of everything I do, and everything I teach.

I decided right then to record an episode in which I shared the journey I’ve taken to The Edge of Everyday.

In this episode I share...

- Live recording of my song, Who’s To Say? Which was written to be an intention setting song, an opening invocation. Later you will hear about the show being structured like a ritual.  
(Lyrics: Sandra Bargman + Music: Ian Herman)
- Being called to seminary, and while there, having the inspiration to create my company, Sacred Stages, LLC, that synthesizes my performing background with my service leadership.
- Creating the “Caba-Ritual” – the background of The Edge of Everyday solo show – the impulse to create it + structuring it as a ritual for a transformative experience.
- I said I would include a picture of my opening show outfit in the show notes! See below and check out the performance clips and pictures on my website, [www.SandraBargman.com](http://www.SandraBargman.com).
- The core message and concepts presented in the solo show. What are those concepts? Admitting complexities and exploring paradox. Being real. Truth-telling. Yes, truth can be ugly and raw, but the heartbreak of truth is a better experience than happiness from lies, fear, or delusion.

- “The truth will set you free, but first it will piss you off” – that marvelous quote by feminist Gloria Steinam, highlights the dual nature of truth: it can be both challenging and liberating.
- The decision to transition from solo live performance to doing a podcast during Covid.
- The live performance of Sly Stones’ Everyday People with my “rap” spoken poetry, Lean in Edgy Ones, woven within.
- All this and much more. Thanks for listening.

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