

1. The Thrum

Greta 00:00

I have noticed if you if you cook both the eggs and you break well, I noticed you take it for yourself.

Richard 00:05

Yeah, I do, I take the broken one?

Greta 00:07

Next broken one is mine, Richard,

Richard 00:09

it makes my heart sink a little to give you a broken yolk.

Greta 00:12

So makes you feel like a failure?

Richard 00:14

Well, I don't want to give you a broken yolk. If you're craving a nice fried egg, you know what I mean?

Greta 00:20

Cold, yeah, fry the Christ out of it anyway. So...

Richard 00:23

I mean, I always do, I always do fry the living Christ all the way out of those eggs

Richard & Greta 00:28

[Singing] Richard & Greta gonna make your life better today.

Richard 00:51

So welcome to how to get the most out of your partner with Richard and Grrrrreta, who is with me here now.

Greta 01:01

Hello, I'm Greta I'm here.

Richard 01:03

For it was Greta indeed, who kindled that flame that rose my backside. So nice.

Greta 01:08

We are using ourselves as guinea pigs and some of the things that we think of, we were going to practice them, we invite you to practice them alongside us.

Richard 01:16

We are exploring ourselves, we are deep in the mind.

Greta 01:20

And we will explore each other as deeply as we can to get the most out of our partners.

Richard 01:27

To gain a deeper understanding of life, love, happiness, hard work, perseverance, and everything else under the sun.

Greta 01:38

Everything from tap dancing to conflict resolution.

Richard 01:41

Exactly.

Greta 01:48

This is something I was thinking about talking to you about today, Richard. In fact, as I as I had a moment to myself in the bathroom, I was preparing myself. Ablutions is the word that comes to me this wasn't exactly washing, it was preparing for self care. But it was more to make myself more attractive to myself, but mainly for you. And so there I was, and I was wondering in a relationship, is it wise to share these little secret preparations that we do behind closed doors? Or is it fun to talk about them?

Richard 02:25

Yes, it's a fine question, though. I am intrigued to see inside your den, you know, what does this vixen do inside her nest? When the silver fox is away?

Greta 02:42

This is a thing. I mean, this is the magic of presume that what you will be witnessing were their glory hold for you to appear through. Whoa, I'm not sure I know what a glory hole is. But if there were something you could look through, you may not be titillated. Well, this is what I'm curious about.

Richard 03:00

I'm curious. Also, you know, just going back to you said to make yourself attractive to yourself. And I think that's very important, because...

Greta 03:08

I mean it's bullshit, it's mainly you.

Richard 03:10

But it makes me feel like a kind of a weird, you know, to think I'm sending you off to go to go for a shorten shorten a shortening. I don't know the word. But

Greta 03:24

No, I do it. Because it's the way I prefer myself. So it's me. But if I was going to see you, you know, I wouldn't fucking bother. Right? I do it eventually one day, but maybe not today. In that respect. I can't deny the influence.

Richard 03:40

Will I'm sometimes, occasionally. Do myself up in the more dolphin body type. I sometimes turn towards the life of a quater mammal, which I do wonder if that's our roots. If in fact were descended from great dolphins, but who cares? You know, it doesn't. It doesn't matter. It would look weird if a dolphin had a nice big... big bush

Greta 04:10

Yeah. Flowing like Yeah,

Richard 04:12

Yeah, I mean, it might be great, but who knows what it would attract.

Greta 04:15

Oh, yes. You'd get some visitors for sure. Yes, there would be things living in there. Well, this is another reason why we do this perhaps you know it minimises the chances of

Richard 04:27

Crabs

Greta 04:29

Oh, crabs, quite frankly. Yes. craps. You're right. Yeah. Well, you couldn't find a tick in a bush either. I found out the hard way.

Richard 04:36

Oh, are you okay? Is the main thing.

Greta 04:38

Oh, yes. This was long ago. You know, I was a child. From very early right. In life. Yeah.

Richard 04:45

We were talking about this dish

Greta 04:50

Yes. Well, it was an honour. It was a badge of honour.

Richard 04:53

I don't mean to have an accepting. I just don't want to think about your tick laden kid bush. It's freaking me out, you know, freaks me out.

Greta 05:09

Well, I mean, we can move on. But I'm also I'm also intrigued. What's through the glory hole? What you do? Well, I'll take you through it. Here's how it goes. It gets to a point. Yes, no. Where I looked down, and I see more hair than I do penis. And I think let's get that baby bird out of the nest. So I start with a with a steel scissor. And I just do a trim and I think oh, I'll just go and I'll trim a little this side Dremel that side and it gets closer and closer. And then I think I'd better go under that or head around back. Where are you standing right now you over a bin? Are you...

Richard 05:53

This is where you, this is where you're going to lose romance.

Greta 05:58

Try me.

Richard 05:59

I'm sitting on the can.

Greta 06:00

Oh, you're on the can. Yeah. Because then I can drop the the fleece directly into the loo. Does it take a couple of flushes or...

Richard 06:12

it tends to go straight down which always surprises me. And then you think okay, I'll just clean it up here with a with a razor. Pretty soon. I've shortened myself to absolute smoothness, and I'm have an adult with myself with a finger with my finger up my ass.

Greta 06:29

Why do you get the first?

Richard 06:30

Look I know we're going to meet and have an encounter. I'll try to save it up. You know?

Greta 06:35

Yeah, I mean, you wouldn't give me a broken egg. So

Richard 06:39

why would I give you her half mast who? Okay, was a lot that was intense.

Greta 06:45

Thank you for taking me through it. I have to say I don't find it has interfered with my lust for you. Yeah, I think we're good.

Richard 06:54

That's a relief.

Richard & Greta 06:54

[Singing] How to get the most, how to get the most...out of your partner.

Richard 07:02

I can't name it

Greta 07:04

don't name it hurts me

Richard 07:05

so but if I did name it I might name an old man of the mountains or something you know that had a little bit of my personality in it.

Greta 07:14

Old Man Time

Richard 07:16

Yes. Father...Father Time. Father came in a little hot.

Greta 07:21

Kind of want my shot of whatever awful name my down on my. Down in the heather of Life and live oh. Scottish. Bracken purple thistles and there are scratchy. Something like that.

Richard 07:36

I feel like a pirate name would be good. Yeah, in a way For me or for you? Look. I was thinking for me. But come to think of it. Black Beard.

Greta 07:47

Yeah, yeah. You know, I'm comfortable with cunt, but other people aren't and no, yeah, pussy's a little weird you know, it's a cat.

Richard 07:56

Yeah. Which came first? Wasn't supposed to be in a new window. But I mean, was the cat called a pussy olicy or there was a pussy called a pussy first

Greta 08:04

could have been could still cat and think well, now hang on. Reminds me

Richard 08:09

look, if I had to choose. And it's not because my name is Richard. But I think Dick is going to be my top choice.

Greta 08:15

Yeah, yeah. How do you feel about schlong

Richard 08:18

I feel like it's very nice, but it might be a little big for my britches. I mean, I'm happy with what the equipment I'm using. I don't think schlong is a word that refers to my type of dick.

Greta 08:37

And yeah it does sound long sounds like a mare

Richard 08:41

Mare is the female horse just to say, you know, I mean I follow but

Greta 08:46

Ooh, sounds so male. Yeah. Oh, that's a female. Very good. Yes. A stallion for her. Good for her

Richard 08:53

Yeah, yeah. Strong name and mare a nightmare

Greta 08:56

A nightmare

Guitar strumming 08:57

Richard 09:24

What you name your back door? Oh,

Greta 09:26

I don't know. A dink piece.

Richard 09:28

Dink piece? Yeah, I never would have guessed that. What do you call your asshole? Oh, it's my dink piece.

Greta 09:36

You know? I don't know what I call it my butt hole. My ass hole. Yeah, my asshole.

Richard 09:42

You ever think to say kiss my asshole to someone? Instead of Kiss my ass?

Greta 09:46

It's a stronger image

Richard 09:47

A lot stronger.

Greta 09:49

I can imagine you saying that. The market, if somebody pushes past your you know, knocks your shopping bag. You know, maybe you lose an item. Yeah, that's gonna hear it. You know?

Richard 10:00

I read their nametag and say 'hey Darryl, kiss my asshole'.

Greta 10:03

Yeah. And he would I don't doubt

Richard 10:06

It's that authoritative tone that I can sometimes bring. Well it's Darrell the biggest ass kisser are we know? Arsehole kisser

Guitar strumming 10:14

Richard 10:22

Oh do you want to do a listener question?

Greta 10:23

Let me try and read that. Richard has a question for you. Cassandra here recognises that you are in touch with your female side and wants to know if you experience moon month cyclical flux in your own sensibility?

Richard 10:40

Male period cycles. Do we have them? It's a question for scientists. I am not a scientist. However, I do know that I freak out. And I'm not saying women freak out on them. I just you know, look, periods are real. Women have them, sometimes it changes their emotional state which in their homes and beings among kid gloves here.

Greta 11:07

Yeah, you're walking right into the meadow.

Richard 11:11

But my moon cycle as a man comes and goes without explanation.

Greta 11:17

I'm sorry, I shut you down. I feel bad about that. You know, I just, it was on your behalf. I don't want you straying into the air of the garden of women where they will eat you alive.

Richard 11:29

Yes. Let's remind ourselves that I didn't stray here alone. Okay, the listener question was the question title. Do you experience moon cycles, like a woman does?

Greta 11:42

Yes. And Richard, I think it was out of kindness. Wasn't it to the listener? Wasn't it that you went that way? You entertained that thought so wasn't it, Richard?

Richard 11:52

I suppose it was I'm also kind of on my male period right now, though. Which could be clouding my judgement, because it's a pretty heavy one. And I you know, it's put me in a bit of a mood.

Guitar strumming 12:05

Greta 12:10

Let's go to the next question, shall we?

Richard 12:11

Yes. Oh, this is from M Davies should I get a cat? Pros and cons?

Greta 12:12

What do we know about him?

Richard 12:23

We've only got the first letter of their name. We don't know if they're male or female.

Greta 12:30

I'm not in a position to tell them. You know? Does he have a balcony? Does he have a garden?

Richard 12:35

Right? Good question. Does he like cats?

Greta 12:39

Does he have a dog?

Richard 12:41

Does he have a roommate?

Greta 12:42

Does he have a mouse?

Richard 12:43

Does he have the wherewithal to take care of a cat? Does he have allergies? Does he have the cash?

Greta 12:50

Does he like the smell of cat piss?

Richard 12:52

Yeah. Does he enjoy cleaning out a litter box?

Greta 12:56

And is he emotionally stable? Enough to be ready for when it gets hit by a car? And it's no longer cute? You know, he has to make it hard decision when it will have its faces hanging off holes not dying. You know, it's only got one eye and it's gruelling.

Richard 13:12

Oh shit...

Greta 13:13

Hops about on its three remaining legs, you know, shits itself? Greta?. Yeah. Well, you have to think these things through. Do you? Well, they have, I think you shouldn't get one. So no.

Richard 13:26

Sorry. M Davies, it was Davies, not Davis. Well, I think that's a hard no.

Greta 13:32

Well, I have a question here, Richard. And it's, you know, it's so interesting that somebody's asked this because I've been meaning to ask you this myself.

Richard 13:40

Oh..

Greta 13:41

The name is France. Interesting. Like the country. Yeah. France wants to know, do you have a secret hunch about how you will die?

Richard 13:51

Oh.

Greta 13:52

I want to know, too. You know how I can make that beautiful for you. If I'm there right now, which I expected will be I'm not expecting to go first. But maybe you never know.

Richard 14:02

That's interesting that you're not expecting to go first. Women tend to live longer. But you are my senior.

Greta 14:10

Yeah, I just feel like I'm gonna, I'm gonna see it out.

Richard 14:13

Because it feels a little bit like you're trying to make plans. You know, like you're trying like, can you tell me...

Greta 14:18

Well, let's be real here...

Richard 14:20

When you're gonna knock off because I got some things I want to do.

Greta 14:22

Well, no, not the second bit. But yes, tell me what you think it's going to be because you know, we should talk about death. It's part of life. I don't want to like go not asking for what I think I'm going to have to deal with. Do you have a secret hunch? I'm just wondering, do you know what it is?

Richard 14:38

I assume it's going to be a horrible accident?

Greta 14:42

Well, I guess that's the questions.

Richard 14:45

I have got one more question here. That's a tough one though. So don't worry. I find it tough. And this is from George. I can't quite pronounce his last name... Gutierrez. I guess I can. He wants to know What do you want?

Greta 15:03

Release. Yeah, I've been feeling recently like, you know, I deal with things on my diet occasionally a smoke of roll up or you know, I'll have a glass of wine or whatever it is that drink. I drink the pink one I can't remember. So I'll it's like I'm chasing a bubble of air, which is, you know, tightly bound down under plastic and I'm pushing it, you know, around, I push it away from smoking and it balls up. You know, I can't whack a mole of this unsteady thrum inside me. And so I've been trying to spend time with that thrum, and I wonder, why is it so uncomfortable in there, you know. What happened to me? Nothing happened to me. And yet my inner, you know, my inner note the note that sings that the bass note of my being is...discomfort. So release. You know, I guess I want release,

Richard 16:00

Release. Yes, I relate so thoroughly, you know, Greta.

Greta 16:06

I mean, am I wrong to presume you know that it will be more natural. That your thrum is one of love or relaxation? Perhaps we are prey animals. And so this unsteady discomfort is part of our being, we just have to fucking live with it.

Richard 16:26

Yes, I absolutely 100% relate. I am like a rocket fuel. That is the solid state fuel that I don't really understand. I'm not a rocket scientist. Of course not. But I understand something called 'solid state'. And I feel like I'm made out of a solid state fuel. And that that solid state is one of pure need, and fear. And so, I like you said, I'm playing whack a mole of am I going to have a cig? Am I going to have a drink? Am I going to, you know, have it out with my dick? Which is it? Or am I gonna need you to find comfort in?

Greta 17:13

Well. tha's the thing. You know, are you you know, a coffee or a cigarette? Is that what you are? I don't want to think of you as that. I love you, Richard. And you know, my need for you. I don't want it to come from this unsteady thrum. I want to release what I can love you and me into my wellness and give you my best self.

Richard 17:32

Yes. Not in your sickness, or in minus, you know, as the case may be.

Greta 17:37

I mean, if I spend time with that thrum, you know, I might listen to the whispers, you know, within a dungeon underneath it. Maybe there's something bette? I stopped trying to drown it out with the different music, metaphorically speaking, you know, when I just what does it need? You know, what does it ask for?

Richard 17:58

Are we feeding it the wrong thing?

Greta 18:00

Yeah. Must be, you know.

Richard 18:02

So always hungry, must be feeding at the wrong shit. Feeding it frickin marijuana. Cigarettes.

Greta 18:11

Sounds good actually, right now.

Richard 18:13

Yeah. Sounds fucking nice. Is that are we running? Are we running away from this question to say let's go have a couple beers and get high and maybe?

Greta 18:22

Sounds good. Maybe fuck around? Yeah, sounds nice. Yeah, we could have a mole all the moles. You know, like, bigger mallet, fucking do them all at once.

Richard 18:34

Yeah. That was I was amazing. That set was kind of like when we have simultaneous orgasms.

Greta 18:43

Thank you. Thank you for listening. I hope that you get the best out of your partner. We've learned about what we keep a secret and what we don't. We've discussed the female side. And, don't get a cat.

Richard 18:57

And...release.

Greta 18:59

Release. Hopefully you will find release for you and your partner, who you found out is going to die in a horrific accident. So make the most of it.

Richard 19:10

That's a tough note to go out on, but a meaningful one. Holy shit. Good night. Good luck. And good riddance.

Greta 19:21

Good Christ.

Richard 19:22

Good water [slurps].

Richard & Greta 19:39

[Singing] How to get the most...how to get the most....how to get the most...out of your partner.

Richard 19:52

Hi.

Greta 19:53

Good to start, Richard. Take it from there.

Richard 19:56

Fuck, yeah. If you've enjoyed Richard and Greta's podcast, you might also enjoy following us on our social media.

Greta 20:02

Yeah, we're on Twitter @RichardandGreta.

Richard 20:05

We're on Instagram @RichardandGreta

Greta 20:07

We have a Patreon page, Richard and Greta, if you want to give us money we're totally open to that.

Richard 20:12

What else are we on? Facebook, did you say that?

Greta 20:14

It's my favourite. Yeah. I mean fuck Facebook, but look if you're there, get on in, the waters nice. Oh, controversy.

Richard 20:24

You know.