

7. The Roman

Greta 00:00

Oh I've got so many things on my face. I've got my glasses, I got my earphones and I got my hairband. I feel like Saturn with so many rings.

Richard 00:12

Sorry my voice is so far away still.

Greta 00:15

Oh, I miss you, Richard, I miss you close.

Richard 00:17

Oh I miss you too.

Greta 00:18

Can you? Can you talk close?

Richard 00:21

How's it going You know?

Greta 00:23

Yeah, that's it.

Richard 00:25

Okay. We're gonna ease on into it today folks are both hung over.

Greta 00:28

We have a little hangover. We were looking at a bulk of time through the ages, a street in time.

Richard 00:36

Yes.

Greta 00:37

We disappeared into those windows. You know.

Richard 00:40

It shows the rise of civilisation in the same locale, a fictional British town from when the Romans roamed all the way through to now you know.

Greta 00:49

Yeah, even before that when there was just like hut made of sticks.

Richard 00:54

And so they're all like dioramas, cutaways of the buildings, you can see what's going on inside, they showed a Roman toilet, you know, cut away the wall. There's two dudes in there. Having a group shit, you know, and just having a great old chat.

Greta 01:07

With his legs crossed, you know.

Richard 01:09

Yeah.

Greta 01:09

Shitting with your legs crossed.

Richard 01:10

I mean.

Greta 01:11

That's etiquette.

Richard 01:12

That is class. I mean, folks, since I saw this picture, I've been trying it, you feel like a businessman, like a refined sort of Pierce Brosnan kind of, you know, crossing your legs and having a shit, reading a magazine.

Greta 01:26

Try, you know.

Richard 01:27

Yeah, try it.

Greta 01:28

Something everyone should try once. It feels- you can feel like you're in a cafe.

Richard 01:33

Yeah.

Greta 01:34

Taking a shit in a cafe.

Richard 01:36

That's freedom.

01:39

[Musical Intro](Both singing) Richard and Greta, gonna make your life better today.

Richard 01:48

So, you know.

Greta 01:49

So.

Richard 01:50

We went for a walk today. Having a quiet time. I was having a nice time and cutting through the silence comes Greta, "It's fucking shit, isn't it?". There I am listening to the birds chirp.

Greta 02:01

Yeah, I don't know. I felt angry with it, it was so grey.

Richard 02:05

Yeah. And the people were grey. I remember you saying that. You were like "Oh god, the fucking, the sky is grey. The people are great. Dogs are grey"

Greta 02:12

Everything was like pavement coloured. Richard hasn't had his glasses on. I think that's why he thought it was nice in the park. Because I'm here to tell you, shitty day in the park.

Richard 02:22

Yeah, everything's soft to my eyes now.

Greta 02:25

Every birds are fucking parakeet, you know, unless you can see it.

02:29

[Short Musical Intermission](Both Singing)Yeah I know.

Richard 02:30

All right. Shall we get onto these questions and things?

Greta 02:32

Yeah. Let's remember, we're here to get the most out of our partners?

Richard 02:36

Yes. Yes.

Greta 02:38

I got a lot out of Richard. You know.

Richard 02:41

Yeah. Sorry. I cut you off there. Yeah, I got a lot out of Greta this week, too. I want to hear what you were saying though.

Greta 02:48

Oh, no, I want you to cut me off, you know.

Richard 02:51

Cutting ourselves off of the sip of the old beer right now.

Greta 02:54

That's tasty.

Richard 02:55

So refreshing.

Greta 02:57

That's a good drink, beer, isn't it? Okay, so listener questions.

Richard 03:03

This comes from Denise Grant. She writes, "Dear Greta, I have been suffering from nightmares and terrors for nigh on 20 years..."

Greta 03:18

Oh, no, that's awful.

Richard 03:20

"Greta"

Greta 03:21

Yes.

Richard 03:21

"You seem like such a healing woman, a natural healer, an Earth Mother. Do you have any suggestions as to what the best thing to do would be to calm my nerves when waking from a night fright"

Greta 03:37

What I say is you put your hand on your pussy, and it's a very safe, grounding, feeling. Just take your right hand and cup it and tell yourself, "I have a vagina. It's gonna look after me"

Richard 03:52

Just to even the playing field out here a little bit, if there's some male listeners who don't have pussies to cup, what do those dudes do?

Greta 04:04

I would say if you're a man, find a pussy to cup and go back to sleep, nice.

Richard 04:09

Great advice. You know, it's nice to know that is the advice because every time I wake up, I'll have a dream of you know, my teeth are made out of millipedes or whatever. And then, you know, you ask yourself, why do I need to catch that horse and he can't find him and then he's behind you. Every time I wake out of that I, you know, I reach for Greta's pussy, and it really does call my nerves.

Greta 04:31

Unless I had a nightmare you know and then.

Richard 04:33

Yeah, that's been awkward. Gonna bump into it and your hands already there and I go, "oh.. sorry, can you let me know when you're done because I'm freaking out?"

Greta 04:44

Richards it's interesting because my question relates. This question is from Dan Mark. Okay. He wants to know, does Greta talk in her sleep? And if so, what is the thing you most hope to hear?

Richard 04:59

Oh, okay. It seems like such a, like a fantasy for a moron a little bit, you know that you'd be like, oh, she's stirring. She's stirring. I wonder if she'll say, "oh, Richard's a great chef, and he's a fine masseur".

Greta 05:13

Exactly, you know, Richard's a busy guy Dan, and he needs to sleep at night. He's not gonna sit around waiting with a notepad, you know?

Richard 05:21

You'll notice I didn't really slow it down. I just lowered the pitch. You know, that must be my problem. This comes from, allegedly, I say allegedly because I don't quite believe this surname, but this comes from Lynn Edamame. You know. But she does talk in her sleep to answer part one of that two parter, she does talk in her sleep. And, you know, she has said things like, [unintelligible] you know, and that you won't be able to understand these. I've tried to record them and slow them down. You know, I didn't bring the tape with me. So I'll just kind of try to emulate it for you, you know, [unintelligible], you slow it down, [unintelligible], [unintelligible but lower in pitch].

Greta 05:58

I'm hungry. Richard.

Richard 05:59

Must be that Edamame is talking to your ears. You know.

Greta 06:01

Think so.

Richard 06:02

Lynn says "I have long been an animal lover. I find them spiritually grounding. Which animal do you find most inspiring?"

Greta 06:13

The cow, the bovine beast who stands firm in the field with a fat udder of milk, and a hoof so dainty, and you can just feel the steam coming out of their nostrils, those big doughy eyes you know. That noise they make the "mooo". It's so yoga. Their shit smells nice. I like cracking it open when it's crusty and seeing that spinach puree beneath

Richard 06:39

Oh God.

Greta 06:40

I do like the way they chew slowly and calm. I found them grounding, they're not gonna attack you, not often. And, oh to be in a field of cows you know.

Richard 06:54

I am kind of stuck in the cracking the shit open thing.

Greta 06:57

Oh, I'm sorry, I went to shit again. This episode has a theme, you know.

Richard 07:01

Going to shit.

Greta 07:02

I gotta lean into it. You know,

Richard 07:04

Cracking open a cow pie. You know?

Greta 07:06

You know it's eats and shits at the same time. It doesn't bat an eyelid not one doughy eyelid bat.

Richard 07:11

Riddle me this. You know, have you ever had the urge, are you ever kind of hungry and you think I gotta go to the bathroom, but I'm in a rush, you know. Yeah. Oh, so you eating on the can? I mean maybe you have.

Greta 07:23

I think I probably have eaten on the can, yeah.

Richard 07:25

Really?

Greta 07:26

Yeah, probably have.

Richard 07:27

Yeah.

Greta 07:27

Like something like a croissant or something you can just take with you. I've had of croissant on the can.

Richard 07:33

Oh, man. Getting the whole cycle at once, you know.

Greta 07:36

Legs crossed up across and a latte? I don't know.

Richard 07:40

Fuckin' high class living, high class living.

Greta 07:44

So for me, it's a cow. Richard, I throw the question to you.

Richard 07:47

Okay, yeah. What animal do I find most inspiring? You know? Like.

Greta 07:56

Can I be your animal?

Richard 07:58

Yes, Greta. You're the most inspiring animal.

Greta 08:01

Thank you. Sorry, I had to feed that to him.

Richard 08:04

Yeah, got something to feed to you, you know what I mean?

Greta 08:07

Oh?

Richard 08:09

It's a croissant while you're on the can.

08:10

[Musical Intermission](Both Singing) You can't ride both horses to the rodeo.

Richard 08:17

Okay, the most inspiring animal to me, is the winged bird.

Greta 08:24

Tell me about the winged bird Richard.

Richard 08:26

God my mind is dirty. I'm hung over, I just, what it, what is it?

Greta 08:30

It's funny, oh, go for it. You know.

Richard 08:31

Why would I say this? You know, what I just pictured was myself hands and knees out on the heath, trow dropped you know, and a crow flying, and sticking like a dart straight into my pucker, you know, and then flapping and trying to escape and then making it out. You know. The winged bird you know, just hear a little [imitates crow sound], and you're like "what?", and you'd come out and be like, "I was trying to say, who turned out the lights?"

Greta 08:48

Winged bird. I mean, you know, had that happened to the park today, I might not have been so depressed.

Richard 09:03

Yeah, that's a good cure for depression. You know, put a little bird seed in your butthole.

Greta 09:07

(Singing) Put a little bird seed in your butthole.

Richard 09:11

And, you know, bend on down and just wait for a crow to go plough on straight in.

Greta 09:15

Straight in, beak is tapered, I don't think it would hurt too bad, provided his aim was true.

09:23

[Musical Intermission]

Greta 09:23

Okay, shall we do some product reviews?

Richard 09:27

I think I need to review a beer. You know what I mean?

Greta 09:29

(singing) Make a little birdhouse in your soul. That's the song it reminds me of.

Richard 09:34

(singing) Put a little bird seed in your hole.

Greta 09:41

Okay, product review. Richard. I have one for you. Yes. Talk me through the cat carrier.

Richard 09:50

So I took the cat in to get its first vaccination

Greta 09:53

He's a kitty, he's a kitty. He's not a cat yet.

Richard 09:55

He's a little kitten cat, you know? Oh, he's the cutest fucker you'll ever know. He's about the size of, if you put your two fists together and how you're supposed to put your two fists together, that's the size of your brain, he's the size of my brain, you know, and I put him in a cat carrier and I'm walking him up the road. He fucking unzips the thing and tries to go AWOL. So I give it one star.

Greta 10:17

You want to review your antidepressant, day four.

Richard 10:21

it's a real dream land. I feel like I've been tranquillised, you know, like, shot with a dart in the park, shot with a crow up the, up the bung.

Greta 10:29

Well, you know.

Richard 10:30

But I'm hoping for the best with these, you know.

Greta 10:32

I mean, there's a little side effect I've benefited from it's that, Richard's been rock hard ever since he started on these.

Richard 10:41

I might have gotten the wrong pills.

Greta 10:42

I think you know, because they warn you might take the opposite way. But no.

Richard 10:47

Yeah.

Greta 10:48

Not Richard.

Richard 10:49

Not Richard.

Greta 10:50

24/7 boner.

Richard 10:51

Fuckin been hard all day, Greta has just been riding me around like a fucking piece of playground equipment.

Greta 10:58

So?

Richard 11:00

Five stars and one never ending boner, you know what I mean?

11:03

[Musical Intermission and ad break]

Greta 11:27

Do you want to do with the surprise segment?

Richard 11:30

Yes.

Greta 11:31

I'm gonna take you on a guided meditation, find a comfortable position.

Richard 11:34

Oh my.

Greta 11:35

I want you to just feel yourself in the room right now. And then you can leave the room. And you can imagine yourself at the top of a large staircase that winds down and down. There are some large wooden doors and don't to open them and go into a high ceilinged room with books from ceiling to floor.

Richard 11:55

Yes.

Greta 11:56

Then you're going to take a book off one of those shelves.

Richard 11:59

Yes.

Greta 11:59

And you're gonna see pictures of yourself from today. And from you know, a few years ago, going back from your childhood, and then you continue to flick the pages back to pictures you do not remember, of past times past lives in history. And I want you to stop on a page and I want you to tell me what you see.

Richard 12:23

Okay, I've stopped on a page and I'm in a castle, in the banquet hall. And there's a bunch of Friar Tuck fuckers in there. And they're balding. Got that shitty haircut. Whoever came up with this fashion can suck it you know what I mean? Those fuckers that have that round bald patch, you know, and he's got a little rope belt and they're around and they're passing bowls around, big bowls of different broths and they're saying nice things to each other like "Oh, brother, Francis, thank you for this", "Oh, you're very welcome, Brother.." you know "shitbag of goodwill". There's a few rolls of bread, scattered around the table. You know, and there's some like girl with a pearl earring, kind of ladies around that are just kind of have their mouths hanging open and you know, and they're just kind of tired of it all. You know, kind of milkmaid sort of fuckers in there over it?

Greta 13:26

If you lift your hand to your head is it bald? Are you one of them?

Richard 13:30

Oh shit... yes.

Greta 13:31

You're one of the friars.

Richard 13:33

I'm one of the friars, you know.

Greta 13:35

Are you wearing trowel?

Richard 13:36

No I'm wearing one of those robes.

Greta 13:38

Oh.

Richard 13:39

And they all start chanting brother Richard make us a snake, bake us a cake, make us a snake, bake us a cake.

Greta 13:46

(Whispering) Make us a snake, bake us a cake.

Richard 13:50

Just fuckin shit a long old stripe down the middle of the fuckin table. Just a big old, you know blackened, horrible Satan's log. I'm so sorry.

Greta 14:07

It's good.

Richard 14:08

Just sticking to the theme here.

14:11

(Both whispering) Make us a snake, bake us a cake.

Richard 14:12

And all the fat friars get out their knives and they just section it, you know, and it's got like a swirl like one of those, you know, chocolate swirl cakes or you know those logs.

Greta 14:24

Oh, like a picky dogs tail.

Richard 14:26

I guess so. They ate it. Got like a swirl of cream through it. And then just all taken sections and filling their cheeks. I'm just happy with the rosy cheeks. I hate it, they ate it. And they lift me on their shoulders. And I'm feeling self conscious trying to cover my, you know, I can't go on it's getting worse.

Greta 14:49

Cover your what?

Richard 14:50

Cover my penis and balls.

Greta 14:51

Oh, with your antidepressant boner?

Richard 14:54

Yeah, because I got a huge boner for my antidepressants and I don't want them to see it. And they're just going "Oh, Richard, thanks for the cake, you did what we wanted" And they throw me out the window to my death.

Greta 15:09

Oh,

Richard 15:10

Yeah.

Greta 15:10

Oh, that's a harsh ending because grateful were they.

Richard 15:14

Yeah.

Greta 15:14

You were the foie gras of the day. Oh, I feel so sad for you.

Richard 15:20

Well it's one of those bullshit things where they all think it's an honour, you know? Fuck you.

Greta 15:25

Oh, it's a hard time in history.

Richard 15:27

Would you like your surprise segment?

Greta 15:29

Oh, yes please.

Richard 15:31

It's surprisingly similar to yours. You know, it's a little bit different, but it's a meditative, a meditative spiritual one.

Greta 15:37

Oh, that's beautiful.

Richard 15:38

It's going to take me a moment to set up.

Greta 15:41

Well that's nice because I need to go shit with my legs crossed real quick.

Richard 15:44

Okay, cool. Do you need a cigarette holder or anything else, you know?

Greta 15:49

Yes please, if you do, one of those vogue cigarettes, please.

Richard 15:52

Yes, yes.

Greta 15:54

(Singing quietly) How to get the most out of your partner.

Richard 16:00

Okay, Greta, you may open your eyes. I'm going to give you an object.

Greta 16:05

Yeah.

Richard 16:06

You'll look at the object.

Greta 16:07

Yes.

Richard 16:08

And then after a moment of learning the object.

Greta 16:12

Yes.

Richard 16:12

Imagine yourself as this object.

Greta 16:15

Okay.

Richard 16:16

And then I want you to tell me spiritually.

Greta 16:19

Yes.

Richard 16:20

How you feel?

Greta 16:21

Okay.

Richard 16:24

The first object I have for you Greta is a cut geode.

Greta 16:28

I become the geode?

Richard 16:30

Yes.

Greta 16:31

Okay, I'm feeling the geode. Oh it's so smooth. And inside my sparkly centre, there is a hole in my soul.

Richard 16:41

My, here your comes your next object.

Greta 16:43

Oh, Richard has handed me a uniball is on close my eyes and I feel the pen, I become the pen. I'd like to sketch a Parisian shuttered window from a cafe somewhere in on the south bank of Paris. I want to glide across white art paper in the hand of some Gauloise-stained nicotine fingered, red wine drinking Parisian artist.

Richard 17:14

Just thinking about this man, yhis artist is his nickname with his nicotine fingers. You know? Is he me? Or is he a fantasy man?

Greta 17:23

The street artist, you know, he's dirty, very dirty hands, he has. Yes, some lover that you, you know, on some European vacation, you might, you know, have a tryst, where you find a street painter who does landscapes. Yes.

Richard 17:32

And you fuckin screw him, Greta.

Greta 17:45

No, Richard, you know, he's a man of the street, you know, I don't want to catch street AIDS.

Richard 17:53

Yes yes, you know, "saying things we regret" is what this podcast should be called. But yeah, you know don't be bringing those three dates on to me.

Greta 18:02

Yeah well, I think we're both into him.

Richard 18:04

Yes. Tell me more about this painter sounds very worldly and..

Greta 18:09

His teeth are stained with espresso.

Richard 18:13

Oh, what does his breath smell of.

Greta 18:15

Oh, unfiltered cigarettes.

Richard 18:17

Yes.

Greta 18:18

And cured meats.

Richard 18:21

Here your comes your next object.

Greta 18:23

A fine jug, oh what made him did spin this with her foot kicking away at the pedal. Or what's the male of maiden, the maideau?

Richard 18:35

The maideau and maiden, yes.

Greta 18:38

It's a jug you know, it's got a handle. There are two tones of glaze. I am the drug. I am the jug fill me with milk, pour my contents on your cornflakes. I am the jug, fill me with water drink from me when you have finished your marathon. I am the jug fill me with marbles, scatter me when you lose your shit. I am the jug, fill me with shit when you can't find anywhere else to go and you're in a traffic jam.

Richard 19:12

Oh god.

Greta 19:13

I am the jug. Fill me with fluff and just punch your hand and again and again and again if you're frustrated. I am the jug. Piss in me and drink from it. I am the jug, cry your tears into me like a pissy little piss pants cry paby.

Richard 19:35

Paby?

Greta 19:37

And then go get a tissue and wipe it up because mommy isn't sorry.

Richard 19:42

Oh.

Greta 19:43

I am the jug, fill me with grapes and put your foot long into me. And I am the jug. Fill me with cold fresh eggs.

Richard 19:53

Yeah, nice fresh eggs.

Greta 19:55

And finally, I am the jog, Richard. Fill me with you. No one can pour you out, for your too fuckin big and fat to fit in here and you're stuck forever. Gotcha. You know.

Richard 20:12

Genie in a bottle you know?

Greta 20:13

Yeah, gonna come rubbing.

20:15

[Musical Intermission](both singing) Yeah, I know

Greta 20:20

I had a great time, and it's nice sometimes to reach for those higher planes, you know, get out of the gutter.

Richard 20:29

Yeah, it's really nice, we were able to do that this episode is just, keep it clean. You know.

Greta 20:34

You know.

Richard 20:35

Keep it classy. You know, like a diplomat of ancient Rome.

Greta 20:39

You don't have to talk about sex all the time. You can also talk about shit.

Richard 20:44

Yeah, you know, take a break.

Greta 20:46

Sorry, everyone in you know, I don't know how it was, you know, chalk it up.

Richard 20:51

Chalk it down.

Greta 20:52

Chalk it where you want it.

Richard 20:54

And I guess we'll chalk to you later. Oh, we can't go out on that.

Greta 20:58

Yeah, I don't mind it. You know.

Richard 21:00

You're so fucking pretty. Greta.

Greta 21:02

Thanks Richard, you're pretty pretty yourself. You know, you got a twinkle in your eye. You're pretty rad.

Richard 21:07

That's a tear.

Greta 21:11

Good night.

Richard 21:12

Okay, wait, good night.

Greta 21:14

Good luck.

Richard 21:15

Good luck. I want to say what you say.

Greta 21:17

Good night.

Richard 21:18

Good night.

Greta 21:18

Good luck.

Richard 21:19

Good luck.

Greta 21:20

Good for you.

Richard 21:21

Good for you.

Greta 21:22

Good for me.

Richard 21:23

Good for me.

Greta 21:25

Good for your partner.

Richard 21:26

That's right. Quick question though, you know. Rhetorical. How many of you are cross legged sitting right now?

Greta 21:34

Or who's holding on to their pussy, frightened in the night? Cup it. Cup it and pray.

21:37

[Music](both singing)How to get the most. How to get the most, how to get the most, how to get the most, out of your partner.

Richard 21:54

If you didn't- hi.

Greta 21:56
Good start, Richard.

Richard 21:57
Thanks.

Greta 21:57
Take it from there

Richard 21:58
Fuck yeah. If you've enjoyed Richard and Greta's podcast, you might also enjoy following us on our social media.

Greta 22:05
Yeah, we're on Twitter, @richardandgreta.

Richard 22:08
We're on Instagram, @richardandgreta,

Greta 22:10
We have a Patreon page, Richard and Greta, if you want to give us money we're totally open to that.

Richard 22:15
What else are we on, Facebook? Did you say that?

Greta 22:17
Facebook, you know, it's my favourite.

Richard 22:19
Yeah, and everyone's, I mean fuck Facebook. But look if you're there, get on in the water's nice.

Greta 22:24
Oh, controversy.

Richard 22:26
Ya know.