

Rosie Bennet part 2

Sun, 5/8 10:28AM 39:44

SUMMARY KEYWORDS

people, realised, thought, instagram, feel, life, lidl, rosie, started, teacher, bit, guess, podcast, bennet, world, guitar, playing, talk, breakdown, guitarist

SPEAKERS

Rosie Bennet, Rebecca Toal, Hattie Butterworth

- H** Hattie Butterworth 00:03
Hello and welcome to Things Musicians Don't Talk About with your hosts Hattie Butterworth
- R** Rebecca Toal 00:08
and me, Rebecca Toal.
- H** Hattie Butterworth 00:10
Within our vibrant musical world, it can often feel that the struggles and humanity of musicians is lost and restricted.
- R** Rebecca Toal 00:18
Having both suffered in silence with mental, physical and emotional issues, we're now looking for a way to voice musician stories, discuss them further and to connect with the many others who suffer like we have.
- H** Hattie Butterworth 00:28
No topic will be out of bounds as we're committed to raising awareness for all varieties of struggle.
- R** Rebecca Toal 00:34
So join me, Hattie, and guests as we attempt to bring an end to stigma by uncovering the things musicians don't talk about. Welcome back to part two of our chat with Rosie Bennet. If

things musicians don't talk about. Welcome back to part two of our chat with Rosie Bennet. If you haven't listened to part one, I would absolutely recommend that you go back and listen to it...released last week, as not much of this will make much sense without it. So when we left Rosie, she had just been describing, basically her descent into a breakdown. So we continue with Rosie's story. Thanks for coming back.

R Rosie Bennet 01:21

And then, probably in the most pretentious way possible. I had the beginning of the first existential crisis that I could put into words at an age where I was able to describe what the feeling was. I remembered having this feeling when I was little this kind of "what if life isn't really just a game?" And then I'd think "Oh, well, I mean, but life is a game. So it's okay. It's okay. It's okay." Yeah. And then, during music history class, we watched the YouTube video of Pain Changes by David Lang, which is where this wonderful singer starts singing about a body in the ground. And slowly, even though she's looking at the camera all the time, her makeup (I don't know how they did it) starts to slowly change until she looks demonic.

H Hattie Butterworth 02:11

Woah!

R Rosie Bennet 02:12

And then I left the room, and I realised with this deafening gravity, that death is a certainty; that it's something that cannot be escaped. And also that it's something that will happen to me. I was like, "well, that's kind of unfair, right?" I always thought of myself as the kind of person who liked life, even though I was having the worst time, I thought "not me, the person who waves at the guy who works on the chocolate shop near where I live every morning and you know, helps the old lady with her bags. How can I have that same fate?" And it just hit me so hard, and all of the people that I ended up talking to about it just happened to have this awful way of talking about it that meant that I sat in it for so long. I remember going to talk to the Director of Music, he noticed me in the corridor, and he said "Rosie, you don't look so happy." And I said "I'm not happy". He said "Oh well, come in, sit down!"

H Hattie Butterworth 03:09

"I'm gonna die, how can I be happy?!"

R Rebecca Toal 03:11

"Death is a certainty!"

R Rosie Bennet 03:13

I just told him that I've just figured out that I'm gonna die, and he told me "huh, doesn't get

better as you get older!" And I was like, "what?! That's so terrible." And I just kind of spiralled. I thought that what I was experiencing was an omen or a precursor to death because the feeling that you have with any kind of panic disorder or anxiety disorder is a deep melting kind of honey in the pit of your belly that doesn't go away. And it has this electric field around it that makes you incredibly cold or, you know, it does different things for everyone. This is what it did for me, you know, it made me cold, it made me jittery it may be unable to think in full sentences. It just made me unable. I felt incapacitated. I couldn't sit in silence. I think I watched back-to-back 12 seasons of The Biggest Loser, which is this awful programme from America where they have to lose weight.

H Hattie Butterworth 04:12
We've all seen that.

R Rebecca Toal 04:13
We've all been there.

R Rosie Bennet 04:16
I'm so glad that...

H Hattie Butterworth 04:17
It's either that or Supersize versus Super Skinny.

R Rosie Bennet 04:20
Yeah exactly all these diet things... that's what I was just watching back-to-back, and sometimes I even ... I couldn't stand to just have one thing on but I had to have a couple of things on so I would like watch you know Supersize versus Super Skinny stuff alongside listening to Michael McIntyre stuff to try make me...

R Rebecca Toal 04:37
Oh my god!

R Rosie Bennet 04:39
And I was just, I was a woman on the edge of a nervous breakdown, I guess. That's, that's kind of what it was but because I never talked about it, I never said anything, I was still kind of insufferable in my company because I still had this egotistical thing going on, it just kind of

went unnoticed. I just thought "this is my life now." I thought that it was a certainty. I didn't think like, there's something that could be done about this or, you know, "oh, if I talk to somebody, then maybe it'll change." I started to become, you know, a fantastic hypochondriac. Every, every single thing that would change, I'd be like, "oh, there's a little hair out of place. Maybe I'm growing extra hairs here." Maybe there's... just anything, it didn't matter what it was, it was all.... I kind of catastrophized absolutely everything that was happening in my life. And the truth of the matter is that nothing really happened to change it, except time. I would go to bed, I think for about eight months, I went to bed in panic, real panic. The kind of panic I can only imagine now, if something awful would be happening right in front of me that I will be unable to stop. And then I would wake up in the morning, feeling the most blissful that I've ever felt. And then slowly, the feeling would creep back. And that was how I lived, sort of constantly for all of those months. And then what changed? Time passed, things slowly started to improve. Little things I guess; I started to eat a little bit better, I started to speak a little bit more Dutch - that helped as well. I could find some kind of kindred spirit in my teacher because he was going through a depressive period because his father passed away. It just all kind of started to fall into place in ...

R

Rebecca Toal 06:26

You became less isolated.

R

Rosie Bennet 06:27

I became a bit less isolated, yeah, I guess that. And I suddenly started to have a couple of days where I wouldn't feel that way for 20 minutes. And I'd think "hey, that's, that's kind of interesting." And then slowly, it just dissipated. I mean, I wish that I just had talked to anyone because I think a lot of people were having ... a lot of people from school were having the same kind of realisations, the same kind of breakdowns at the same time. You know, just realising in retrospect, that probably if I'd extended my hand to literally anyone that I probably could have been out of it much quicker. But nevertheless, it brought me to a place where I go back to that course the next summer thinking "I am done with this." I'd played a good exam, I had done a few things that I thought were pretty good, but that felt like "okay, I should just quit while I'm ahead." I started to feel the kind of the little tinglings of injury in my left hand. I thought, "Okay, that's it. This is my way out." I went back to the course. I said to him, "yeah, I mean, I'm not quite ... I mean, I think I probably just, I'm just gonna leave it here." And he said, "You don't sound convinced." Then I said, "Well, I mean ... I can't say that I'm really convinced." He said, "you're still waiting for somebody to tell you that you should be doing this." And I was like, "I've been busted. I really am waiting for somebody to tell me" and he said, "Okay, then I'm going to tell you. You're going to come study with me in America for a year. And after that, you've got to go your own way. And then you can make your own decisions. But after that year." And so I said, "Okay." So I really, I mean, I guess I have this guy, Rene Izquierdo, I have him to thank really for the fact that I'm playing these days, for the fact that I can find any kind of joy in it. He just gave me what I wanted both times. He helped me catastrophize the situation and then figure it out in 2015. And then in 2016, he really put his neck on the line to tell me the thing that I wanted to hear, the thing that I've been waiting to hear all along, which was somebody that I respect, telling me that they thought that I should be doing this. Well, you know, after

that things kind of started to move a little bit up. I realised that I had probably hit the rock bottom at that point. I mean, you know, at some point, when it starts going lower and lower, you just stop looking for it. So I just...

H Hattie Butterworth 08:48

You don't really know what the end really is.

R Rosie Bennet 08:51

Exactly. It was like, "Oh, maybe this is just how it goes."

H Hattie Butterworth 08:53

Yeah.

R Rosie Bennet 08:54

This is just my descent into hell. Slowly, slowly. But yeah and slowly, I guess that things started to feel a little bit better. That was the breakdown. That's the answer to your question, have there been times when you have not felt this way? Yes, always, and forever leading up to probably the pre-lockdown period, and even going back, I mean, I feel that this is really the best point or this is the happiest, the most content that I felt with how I am. It feels very basic, the things that I can, can genuinely think "this is what I am good at or like or want to do." "These are the things that I can kind of commend myself or that I think that I'm good at", but it's better than the 1000 page long resume that I used to have when none of it was true. Or none of it I felt was true. So yeah, that's the answer to your question, 40 minutes later, sorry.

H Hattie Butterworth 09:50

No, but it was yeah...

R Rebecca Toal 09:52

It's kind of just like an open look into your soul.

H Hattie Butterworth 09:55

Yeah.

R Rebecca Toal 09:56

And it's really interesting the way that you talk about it. It ... I wouldn't say romanticised but it's like in this kind of like, amazing storytelling way that seems so self aware. Despite all this mess, you seem to be able to put it into such concise words.

R Rosie Bennet 10:12

I guess the clarity that I have on those situations now comes with the ending of those periods of my life. I guess I can divide my life right now into four chunks of time, four different lives: the life that I lived as a small child, oblivious to everything, then the life that starts with school, with Menuhin School and with guitar - this being kind of thrown into the water of something that I was completely unprepared for, and stayed unprepared for the whole time. And then that sort of transition period, so when I, when I was ... so you're 18, obviously this is a big changing period for everybody because you go from being the oldest, coolest, the baddest, the best, to being the youngest, the stupid, you know, you're just ... now you're an adult, but at basically the first grade again. You're just, you're right at the beginning again. And everybody's looking at you thinking, "Oh God, there's another one." You know, you've come from being the lion, to being the little beetle. So, okay. Beetles are... I guess that's not the bottom. What would be the bottom?

R Rebecca Toal 11:29

Worm?

R Rosie Bennet 11:29

The mouse?

R Rebecca Toal 11:29

No.

H Hattie Butterworth 11:30

Flea.

R Rebecca Toal 11:30

Flea?!

R Rosie Bennet 11:31

The flea.

R Rebecca Toal 11:32
The flea... they bite me though, they're...

H Hattie Butterworth 11:34
Alright!

R Rebecca Toal 11:34
They're really powerful.

H Hattie Butterworth 11:36
The ... the midge. I don't know.

R Rosie Bennet 11:39
Well, see my problem ...the problem is, that I'm having with this, is that because insects have such strong exoskeletons, it feels a bit unlikely that they're at the bottom. You know what I mean? It needs to be something soft.

H Hattie Butterworth 11:50
Yeah, the worm's the one.

R Rebecca Toal 11:51
Leaf.

R Rosie Bennet 11:52
Yeah, I think worm is good, because although worms are very ...

R Rebecca Toal 11:56
You can split them in two!

R Rosie Bennet 11:56

R Rosie Bennet 11:50
All animals have their thing. Yeah, exactly. They're kind of...

H Hattie Butterworth 11:59
Maybe everything's powerful.

R Rosie Bennet 12:01
But yeah. So anyway, you go to being the bottom of the bottom, the bottom of the food chain. And then that for me up until the time when I left education, and pretty much that last year, because I sort of left education when I left America. I came here to finish my Bachelor, but I was insufferable in a new way. I was just ... my teacher would say "you should do it like this." And I was like, "maybe, maybe I don't have to do it that way."

H Hattie Butterworth 12:25
Yeah.

R Rosie Bennet 12:26
"I mean it works so good for you. You're so amazing. You're so ... like, I just love your playing. But it just, I don't know, I just, I just don't think it works for me." And she was just like, "you have to do it this way." I was like, "Oh but maybe I don't though, like this is..."

R Rebecca Toal 12:39
You're too enlightened.

H Hattie Butterworth 12:40
Yeah, too enlightened. "I've had a breakdown and shit!"

R Rebecca Toal 12:43
"You can't tell me what to do."

R Rosie Bennet 12:44
Exactly. I was starting to feel a bit more self-assured. She would say, "oh, you should do this fingering" and I, I started to have a feel of what my body was capable of, and how it operated best. And so I would sort of be saying to her, "yeah, but you know, actually, because I have

more power in my in my flexor, so I kind of, I think if I move on..." I just, I started to feel like, "Oh, I'm actually building something here", which obviously is a newly-retired old legend, she was a bit hostile too, so we ended up having a kind of rocky relationship. But I don't really remember it as being an education because I still, I guess I'd retained a lot of the flair of having been such an egotistical individual, previously. So I kind of waltzed in and was like, "well, I should have an exemption from this because I've been to Menuhin School." And then the teacher was like, "oh, yeah, that's true. That's okay." And then I was like, "well, actually, I've already done this class. And like, I've already read Hegel. So I don't need to do that class." And like all this just pretentious stuff, but it just kind of worked in my favour this time. I guess I was lucky. So yeah, that's kind of ... I can't tell you a lot, with a lot of clarity about the period between that and now because I'm still in it. I guess, maybe this feels a little bit like an ending of something, but I'm not quite sure. What can I tell you about the last period? I can tell you that I've done a lot of interesting things that I otherwise, that otherwise would have made me feel like I was cheating on being a guitarist. So the writing, the podcasting, being on Instagram, being a girl, being alive, being a human, all those things made me feel like I was cheating being a guitarist. And so those are basically all the things that I've done in the last ... it's been my punk period.

R

Rebecca Toal 14:25

I feel the same that I ... its such good way of putting it, like I feel like I'm ... and it actually goes back to what you said at the beginning, I feel like I'm doing everything and nothing. Yeah, but I feel like I'm cheating on being a trumpet player.

H

Hattie Butterworth 14:38

Yeah, but it's being a trumpet player, I don't know if I'm speaking for you, but I feel like if that was all you had in your life, it would be very ... people wouldn't get to experience the whole of you.

R

Rebecca Toal 14:50

Yeah. And it seems like for your story, Rosie, that it's this constant waning of being like kind of isolated, being slightly more ... yeah extending a hand or extending some words to somebody, and then just kind of waxing and waning of that, and also needing somebody to tell you what you should do. And actually, it's so interesting, we were talking to somebody else about the power that teachers' words have, like that one teacher that said, "if it's life and death, you shouldn't be doing it," which, there are 1000s of ways that you could take that...

R

Rosie Bennet 15:24

Yeah.

R

Rebecca Toal 15:24

But just for your circumstances, that felt like just the beginning of like a huge period of just

but just for your circumstances, that felt like just the beginning or like, a huge period of just, yeah, isolation and needing somebody to tell you, "No, you should be doing it." It's so, just so powerful.

R

Rosie Bennet 15:38

My life would definitely have been very different if that hadn't been true, because, I never, I guess I didn't really come back to this because it basically just started my breakdown. But, what I really realised through that was that there was so little pressure, so few people watching, that the choice is there, right? And it's the kind of tantalising thought that you can do it, it's like, "Oh, you don't... you shouldn't be doing this, but I could do it anyway." That's kind of enticing, and it's exciting.

H

Hattie Butterworth 16:10

And in terms of how... sort of, the place that Instagram has in all this, and you speak about it in a in a very positive way, obviously, but can you talk about like just how that has become what it is for you? How that's become even an income source for you? And how you manage the ...

R

Rebecca Toal 16:29

Another pressure!

H

Hattie Butterworth 16:30

Another pressure, yeah, being on a platform of that size with all this ... all this like...

R

Rebecca Toal 16:38

Stuff to unpack.

H

Hattie Butterworth 16:39

I mean, I don't actually know the storyline was... were you on Instagram in a big way when this was all going on? Or is this something that's happened after?

R

Rosie Bennet 16:48

No, so I, I later regretted not doing it before. I always thought that if I had started an Instagram account when I was very skinny, and then built a lot of muscle, I would just be so rich now that ...

R Rebecca Toal 17:00
You would have a protein business and...

R Rosie Bennet 17:04
I'd have a GymShark deal and I'd be laughing. Unfortunately, I didn't. I guess, I had a kind of pretentious Instagram account just for myself where I'd post pictures of you know, the bottom half of my face.

R Rebecca Toal 17:18
Yes!

R Rosie Bennet 17:19
The original Instagram baddies. That's what it was, you know ...

R Rebecca Toal 17:22
That's what it's meant for.

R Rosie Bennet 17:23
...Light filtering through trees. Exactly.

H Hattie Butterworth 17:25
So good.

R Rosie Bennet 17:27
And then when I moved to Leuven, which is where I live now, I just realised that I was spending so much time on Instagram that it didn't make sense to not have a proper account. So I shamefully or not shamefully ... I feeling shameful...-ly. Feeling full of shame...

R Rebecca Toal 17:45
Yeah. Yep.



R

Rosie Bennet 17:45

...let's say it that way. I started an account, I blocked a bunch of people I knew - this was meant to be for just people I didn't know. And I just started posting pictures of me. Videos used to be less of a thing in general on Instagram. So that was like 2017. And then I started, I did one little rant post. It was about comfort zones. So I used to keep seeing these things crop up, like, "if you never step out of your comfort zone, you're never going to find who you truly are." I was like, "that is such rubbish!" Like, you know, my whole life has basically just been trying to figure out what comfort zone I'm in. When people tell you "think outside the box", it's like, "well, you hired me for this job, because you like my box, so I'm just gonna think within the box I'm in." Like, that's a talent, being able to find the thing that you actually like, or are good at, and that makes you feel comfortable...

R

Rebecca Toal 18:38

Yeah, what your box is to start off with.

R

Rosie Bennet 18:41

Like, it's so important, because it's not all about just walking up to a CEO and saying, "Hey, man, I want to work for your company." That's not what life is all about. It's about honing the thing inside of you that you think, if you manifest it well, that you will become more of who you think you are. And you can only do that through identifying the things that you like, the things that you think you are. Which is just staying in your comfort zone. So I basically just posted a picture of, you know, some ridiculous pose with a guitar. And then a big rant about this, continued into 20 of the comments. And then obviously, you know, #classicalmusicians.

R

Rebecca Toal 19:18

Yep.

R

Rosie Bennet 19:19

#classicalmusicislife. You know, stuff like that. And then people started to write me and actually share their opinions. And I realised "oh, maybe there ... maybe it's not just me feeling this angsty way." There's a lot of people feeling angsty about this stuff. So that's where it started. And then I would just constantly do this. And then I would post a video or two and then have you know, big long captions, but the captions was always the thing for me. And obviously, I used to edit my pictures a lot because ...

R

Rebecca Toal 19:44

Who didn't?

R

Rosie Bennet 19:44

R ROSIE BENNET 19:44

...who likes their face? So Instagram is such a weird world. It's changed a lot in the last two years. Up until 2020, Instagram was a fun place to be as soon as I had 20,000 followers. Between one follower and 10,000 followers was a ridiculous time because you don't have enough narrative coming your way to be able to sift through it and find the people you like. But you have, like little enough of it to be able to read it all.

R Rebecca Toal 20:16

Yeah.

R Rosie Bennet 20:16

So you get a lot of commentary on the stuff that you're doing. And I remember people saying things like, "oh, yeah, but you, you'd never have this success..." - 600 people following you around, is that success? Okay..."...you know, if you weren't a girl." And that used to really irk me because I thought "what?!". My girlhood had never been so up for debate before. I don't know, it was just so like...

H Hattie Butterworth 20:40

So weird, yeah.

R Rebecca Toal 20:40

The opposite of what you'd expect.

R Rosie Bennet 20:41

It was so exciting and horrifying, yeah, for it to be this kind of "Oh, it's just because you're a girl." And I was like, "maybe it's because 50% I'm a girl and 50% because I say interesting stuff." And people were like, "No, it's because you're a girl!" which ... that's what made it tricky as well. Every time someone would say something like that, I would define myself in opposition to that. So judgement was really, really difficult. I sort of, I guess at the beginning, I used to define myself in opposition to the judgement, or well, let's say that maybe those are the three stages of my life, like the first was, that the judgement defined who I was, the second is this kind of period where I defined myself in opposition to the judgement I was getting. And now where I just I feel like nobody judges me ... that can't be true. People must be still writing me the same kind of stuff, but it just ... it means so little for me that I don't, I don't see it, I don't ... I don't read it, I don't ... I don't seek it.

H Hattie Butterworth 21:34

Is that to do with having so many followers, do you think, now?

R

Rosie Bennet 21:38

I guess, in a way, I think a lot of the hate that people get online is because hate in the comment section is a kind of weapon. People weaponize their words to try to bring you down. And when people realise that you have so many followers, they kind of think like, "oh, well, my weapon's pretty weak. I mean, there's just so many people here, you know, what's one little comment gonna do in among a sea of comments?" which kind of makes it easier. I have a lot of messages, so I'm sure some of them must be really not positive, or people weaponizing their love for you as a kind of oppressive tool.

R

Rebecca Toal 22:13

Yeah.

R

Rosie Bennet 22:13

They'll be like, "marry me, you bitch!" and then you're like...

H

Hattie Butterworth 22:16

What?!

R

Rebecca Toal 22:17

What does that even mean?

R

Rosie Bennet 22:18

Yeah, exactly. You clearly can't think that that's going to work, so it has to be something else operating here. It has to be this power dynamic that you want. I mean, I guess, I probably found the, let's say I found about 1000 people who are real kindred spirits online, and the rest are just here for the party. But those 1000 people, I'm really grateful to have found. People from all across the world who basically, I just united with in complaining about stuff. And it was like, "I hate the fact that..." But it's true, right? Like the thing about, you know, the teaching. That was something that got people, saying "you know, I really feel like I just can't teach because my first teacher was so problematic, even though he had such good intentions." You know, he was so well intentioned, he just wanted the best. But nevertheless, I ended up completely tormented and tortured from that teaching, that I just can't do it. And then people would write me, someone would write me from Philadelphia like "Oh, my God, I'm so happy you're feeling the same way!" And I think "what?!" This was never, you know, I kind of never had the thought that anyone was actually reading it, which is the disconnect that you get that makes social media dangerous kids. But yeah, we live in a different world these days. Since Tiktok, we live in a different world. I say this all the time on my podcast, so if anybody that's listening to this is

listening because they listen to my podcast then I'm sorry, because this is gonna be really boring for you. But Tiktok has completely changed the world order that we live in. We never would have believed it, when musically with its stupid little head tilts and videos of 10 seconds came about, we never would have imagined the kind of world that it's created today, which is where 15 year old girls who can dance, kids who sing songs from their bedroom, and couples who talk to each other in a funny way have become like the leaders of our society in terms of people who have gained the most wealth and can capitalise on that wealth by influencing all kinds of business. I mean, it's just, it's just unbelievable. And what a time as well. Most of us were just going through COVID, trying to work out how to, you know, eat lunch at the same time every day, and meanwhile all these other people were kind of gaining this traction, this huge, huge following. These people could start political groups and just completely smash it out the park, so we live in just a different world order that we can't really understand, and Instagram has taken a hit from that because Instagram used to be very much: "Oh, here's a picture" #ad. "This is me wearing a t shirt." And now it's all about video that are not necessarily good quality, where people just get to have the feeling that they're behind the scenes in your life. And so what that becomes about is kind of what Instagram started as, but people hated, which is, 'how can you make such a highlight reel out of your life, that people want to see the backstage.' And that's something that I think is kind of something we're going to have to probably deal with in the next couple of years. I think everybody sort of thought that we were out of the woods with that really, really dangerous social media effect on our lives. But now we're kind of realising that even though you can have some, like pretty quotes on canvas, it's just your algorithm that's showing those things to you and that meanwhile, all of the same problems are still there, multiplied 1000 fold, and they're even more hidden than they used to be. So yeah, it's a tricky time to be online. I mean, you know, all the while, I just posted a video of playing guitar, and I'm like, "Oh, this is me sightreading. Haha, I made a mistake." I mean, it's just... Yeah, it's interesting to be in... I suppose for you, I don't know how you feel about it, but it looks like an interesting online world within the viral classical music world, it's not really ...

R

Rebecca Toal 26:17

Which is still new.

H

Hattie Butterworth 26:18

It's so new, and it's so ... I just feel so relieved that there is someone like you with your following who is speaking to us now and sharing a really dark story because there are other viral people who can do a light-hearted things, I've got no problem with that, you know, but there is the danger that classical music maintains this image of like being, as I think you've talked about before, all about your success, all about perfection.

R

Rebecca Toal 26:48

I feel really grateful that you feel like a fore-....Is it fore-bearer? No, a...like a flagship ... Front runner. Frontrunner? One of those f-words, but not the bad one! One of those people that is... if, yeah, if there was going to be somebody to help take the classical music viral world like

forwards, I would be so happy that it'd be somebody like you who's going to be honest and real about things rather than maybe some of the stuff ...

H Hattie Butterworth 27:17
More trivial.

R Rebecca Toal 27:18
Trivial, or just like ...

H Hattie Butterworth 27:19
Playing

R Rebecca Toal 27:21
Here's a performance I did.

H Hattie Butterworth 27:22
Nice venues.

R Rebecca Toal 27:23
Nice dress.

R Rosie Bennet 27:23
Well, we're so entrenched, it's really difficult. It's something I've realised with the podcast as well, but it's obviously online too, that we, we always kind of think that everybody's at the same stage as us with going through this stuff. But most of the time, people are just still as entrenched in those kinds of thought processes as they were 10 years ago, or that, you know, you were 10 years ago. You know, lots of people never really manage to escape a lot of the stuff that we grew up with, and why would you? It basically takes an earth-shattering breakdown, to even start questioning this stuff, because you build up the idea of your world, and something that I've realised with the podcast is that I've sort of solidified a lot of my views during interviewing, and you'll just talk to people who it's kind of as though there's just been one idea presented. They're almost a victim of that idea, they just, they just keep saying. I was talking to a girl and she was saying, "Yeah, but, you know, you really have to know the research behind what you're playing." It was like, "well, you could do, but also you kind of don't have to, because you're probably going to play it differently anyway, right?" And then she's like, "Yeah, but I mean, you have to, you have to, like you have to have researched it." I was like, "But

why? It's just some dead dude talking about it. Why don't you talk about it? It doesn't really matter like..." You know, you talk to people, this is one of the interesting things to talk about in our world, you know, this, this idea of this ownership that composers have over their own music. And composers these days don't claim any ownership so where did we get this idea from? We just, we made it up out of somewhere, or teachers made it up to make some kind of elusive rules that you have to ...

H

Hattie Butterworth 29:03

I wanna blame them to be honest.

R

Rosie Bennet 29:05

Yeah. But it's basically all based on insecurity, and this is something that I've been kind of trying to delve into a little bit more recently, but thinking about what are the reasons that people make commandments, right? Well you only make commandments because you are perhaps slightly insecure that what you do in your artistic life, that you have nothing to show for, I mean, what kind of portfolio do you have? You know, if people say to me, "what do you do? Show me a bit of what you've done." The only thing I can do when I'm playing guitar, and I'm identifying myself as a guitarist, is go and get my guitar out of the case and play in whatever state I'm in right now. I mean, of course, that makes you insecure, especially if your whole 60-year career has been built up of, you know, playing but things that people can never grab onto. "Oh, I was at that concert, it was really great." But you can't experience it again. It's not permanent. You can never prove anything. Everyone hears something different. It's all very confusing. So everyone's really insecure. Of course you build up rules around something like that. "You have to research this stuff. You have to have a reason why." Why can't you just play the Chaconne however... however you like? Why can't you just walk into a room and be like "Yeah, *mimcs guitar sound*". You know what, if somebody else did that, and they had a reason behind it, everyone will go "Oh, yes."

R

Rebecca Toal 30:19

It's art.

R

Rosie Bennet 30:21

But if you don't have a reason people ... Yeah, exactly. High Art, not just art, but high art. But you know, when you just kind of walk on stage and you're like, "well, I don't know. I just, I like, I like it that way. I do it that way."

R

Rebecca Toal 30:35

During the lockdowns when applying for like the self-employed grant or like any of this, thinking about the support for musicians and stuff, because I wasn't really playing that much in the lockdowns and so it felt like "well, how on earth can I prove myself worthy of this support? If

I pick up my trumpet now and tried to play, people will be like, 'you're not worthy of our support.'" And that was such an interesting identity thing, as you say that like you can, you can only prove what you do by presenting exactly what you have in that moment, right there and then, and that is ... it, yeah, it's so interesting. It's such an insecurity.

H

Hattie Butterworth 31:10

It really is.

R

Rosie Bennet 31:11

Yeah, it's something I felt like I hit on during the second lockdown. I don't know when the second lockdown started in the UK. Here it must have been around October, I guess, last year, and I had to do a talk for a guitar festival. And as a kind of funny opening line (lol it was not funny at all.) I thought that I would say, "My name is Rosie Bennet and I identify as a guitarist." Because I thought "why not? That's, you know, that kind of makes sense." And it alludes to the fact that I just am not really playing a lot of guitar, but I kind of still think of myself doing that.

R

Rebecca Toal 31:48

Yeah.

R

Rosie Bennet 31:49

But nowadays, I probably say that that is actually how I feel. I think that's what it is. I identify as a guitarist who just does a load of other things. It doesn't bother me so much that I'm not playing as much or that I can't quite find what it is or that I'm, you know, searching for something. But I think it's because at some point, and it is actually especially through talking to people. I talked ... this was a really embarrassing interview, but I talked to a guitarist who I didn't know a lot about, I'd seen a couple of videos, his name is Derek Gripper. He's a South African guitarist, who plays on a classical guitar, kora music. And it's like, super cool. And before I was going to interview him, I did an overwhelming amount of research because there's so much about this guy online. And I was just like, I was bricking it by the time the interview came round. I had all these questions about gurus because he's so cool - he went to India to study yoga to try and figure out something about gurus and I was like, "woah that's just so cool." And when we talked, I remember asking you, I said to him, "I was interested in your search for gurus." And he was just like, "haha yeah, yeah, that was funny." And I suddenly realised that this guy doesn't have all these troubles, like he's kind of become enlightened. So I can't ask him "Oh, how was it? Did you feel that it was really difficult? Did you feel any kind of judgement when you were going through that?" but he was just so enlightened. It was, it was petrifying. I was just like, "How can I ... like how could..."

R

Rebecca Toal 33:18

What do I ask?!

R

Rosie Bennet 33:20

You know, it was like water off a duck's back. It was just like, you know, especially about things like judgement or control, it was just like, "I just don't have any control." I asked him about teaching. "So what do you teach?" He was like, ... what did he say? It was such a legendary comment. And at the time, I was like, "Oh, yeah." And then afterwards, I listened back and was like, "what did he mean?" You know, we all make the mistake, I think of thinking that teaching is about imparting your knowledge to somebody. And I was like, "yeahhh" Now I'm like "what??? What's teaching then?" It just made so much sense. He was just like, "that's not what it's about. It's just not about you. And..." oh, my god, so enlightening.

R

Rebecca Toal 33:59

I'm gonna listen to that.

H

Hattie Butterworth 34:00

Yeah, wow! Probably should come closer to an end at some point. But we have been starting a thing that kind of happened accidentally actually, where we ask people if they would like to share, like a win you've had ...

R

Rebecca Toal 34:19

I didn't think about mine!

H

Hattie Butterworth 34:20

No, I haven't really thought about mine, but maybe Rosie can go first.

R

Rebecca Toal 34:23

Yeah! If there's something in your week, because we ... I often find that we always talk about people's failures or like things that have gone like catastrophically wrong.

H

Hattie Butterworth 34:31

Yeah.

R

Rebecca Toal 34:32

So then we just started adding in at the end, like, "oh, what's something that's gone well this

week?" Like, for example, I would probably say that I've gotten into computer gaming a bit this week, which is something really huge because it's not something productive (in inverted commas) with my time, and so it feels like a big thing for me to just...

H Hattie Butterworth 34:52
Like go into a...

R Rebecca Toal 34:52
...do something that actually has no physical consequences in the real world.

R Rosie Bennet 34:58
Nice.

R Rebecca Toal 34:59
Anybody else?

H Hattie Butterworth 35:00
This is gonna sound like, really ... this is ... I was saying to Rebecca, like all my wins have always been mental health related, but I'm kind of just going to own the fact that like, it's still an ongoing thing for me to be dealing with anxiety day-to-day. It's like something I still deal with every day. As much as I'm like "I always talk about it. It's always something I'm struggling with." It's like "yeah, maybe it is!" My win is I have, for some reason, built up in my head like a bit of a fear of going to Lidl. Sounds really weird, but I think it's just that, like, it is an overwhelming experience to be in Lidl.

R Rebecca Toal 35:35
Nothing's where you think it's gonna be.

H Hattie Butterworth 35:37
Nothing's where you think it's gonna be. It's often really, really busy. And the thought of going ... it's on a really, really like stressful road, everything is just too much. But I was just like: "do know what? I'm gonna go to Lidl." Your 'Lidl' win for the week. My Lidl win. So random, but there you go.

R Rebecca Toal 35:50

R Rebecca Toal 35:58
Okay, we've computer games and Lidl. Anything to add Rosie?

R Rosie Bennet 36:01
Yeah, I'll go with mine. My little win, I guess, or my win. Why am I demeaning my win? My win is that I started finally going to a Dutch class. My Dutch is okay. I can speak Dutch. But I have an accent from here, but I have a very limited vocabulary and grammar. So I never learned anything because people never realise I'm foreign. They just think I'm stupid. So I started going to a class, which is already a winner. I can actually show you a textbook here. Back at school.

R Rebecca Toal 36:35
That's amazing.

R Rosie Bennet 36:35
It's exciting.

H Hattie Butterworth 36:36
That's so cool.

R Rosie Bennet 36:38
Yeah, it's... and it's really fun as well. And I have to gaslight ...? No, not gaslight! I have to suppress myself because I'm so excited to be back in the classroom.

R Rebecca Toal 36:47
Yep.

R Rosie Bennet 36:48
And every time the teacher asks the question, I'm like, "Me! I know it!" But the thing is, I'm not anymore in a class with kids my age, because obviously I'm in my 20s. It's in like, an evening adult class. So everyone's a bit both serious, but also more friendly and more fun. And I'm just trying to not be a teacher's pet like I have excelled at my whole life

R Rebecca Toal 37:10
Can you say Things Musicians Don't Talk about in Dutch?

R Rosie Bennet 37:14
Let me see because there's a lot of 'n's in it. So 'things' is dinge. Dinge nach Mense niet over spreken? The grammer could be wrong. Niet spreken over? It could be one of those. You know what? I'm just gonna consult Google Translate.

R Rebecca Toal 37:30
That's your perfectionism!

H Hattie Butterworth 37:32
Yeah,

R Rosie Bennet 37:32
I'll just be wrong. That's my win. My other win.

H Hattie Butterworth 37:35
So in terms of your social media, your podcasts, everything like that, can you just give us where they can find you online and in terms of your blog, in terms of your podcasts as well?

R Rosie Bennet 37:47
So you can find me at Rosie Bennet guitar. It's Bennet with one T, if you're in England. If you're not from England it's Bennet as you would imagine it to be spelled. And my podcast is called Fret Not. Which is a pun if you're from England.

R Rebecca Toal 38:06
And if you're not then it's not.

R Rosie Bennet 38:07
It's stupid. Yes. Where I aim to demystify the learning processes that we all go through, but basically where we always just end up talking about doing whatever you want and trying to be okay with that. My writing is kind of a bit all over the place. Actually the best place... I mean I

need to make a linktree thing. I guess that's probably the best thing I should do with the page now that it's kind of serious. But actually the best place to find all of the publications is on LinkedIn, if you can imagine?! How did I get here?!

R Rebecca Toal 38:38
Oh wow! Profesh!

H Hattie Butterworth 38:40
I will request to follow you.

R Rebecca Toal 38:44
Wait you have LinkedIn?

H Hattie Butterworth 38:45
Course I have LinkedIn. I've got a job now Rebecca remember.

R Rebecca Toal 38:48
Yeah, do you have a- ... *sigh*

R Rosie Bennet 38:51
Girls, I'm going leave you I'm sorry. No, no, no, don't worry.

R Rebecca Toal 38:54
Thank you so much for your time.

H Hattie Butterworth 38:55
Thank you for your time and vulnerability, and for being here. Thank you.

R Rosie Bennet 39:00
Thank you, thank you, thank you.



Rebecca Toal 39:11

If you liked this podcast, why not check us out on basically anywhere that you get your podcasts or @tmdtapodcast on any of the socials, or our website www.thingsmusiciansdonttalkabout.com. See you next time.