

## [Transcript] Ta Kommandoen med Geir Aker / Sval Rosenl w Eeg

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Hi, and welcome to the podcast, Take the Command On.

My name is Geir Aker, and many of you may know me as Fenrikken in the company Levitsen on TV2.

I have almost always worked with helping people and getting them to live their lives.

And in meeting these people, I have learned and experienced quite a lot.

And then it's like we all stream a little bit in the background with different things and then we try to make a good solution to all that we stream with.

In this podcast series, I imitate well-known people.

I am a bit shy to get a little more known and find out what they stream every day.

And maybe how they have chosen to solve difficult things in their lives.

And maybe I can also contribute with some tips and advice.

## [Transcript] Ta Kommandoen med Geir Aker / Sval Rosenløw Eeg

Today, the guest is a girl who has been playing the Norwegian folk for 12 years.  
She has been with Lodi Grand Prix Junior for 12 years.  
And after that, she has Sval Roslöv E Gittet hit after hit.  
And in the past 24 years, she is one of Norway's most well-known artists.  
I was so lucky to get to know Sval under the four-year anniversary of the company Levitsen.  
But of course, during the anniversary, there was no time to get the deep conversation out of the box.  
I thought I would get to that now and get a little better known with the talent and fascination.  
Sval, welcome.  
Thank you very much.  
It's a surprise that we have met now, but we both remember that.  
Yes, I think it's a bit too long ago.  
I told you that now, at this time of the year, I miss us.  
Because you have been with the company Levitsen, and we met there.  
And you had a special experience, stupid to be there.  
Yes, I care a lot about my uncle.  
And there is no negative to say about it.  
I felt that I was at a point in my life where I was really sad about something new.  
And just have new experiences.  
And then I think I'm surprised at how good I am among the people.  
That I like to have talent.  
I feel like I have a lot of creativity when I'm alone.  
But I'm really happy to be around people who have the talent.  
And I don't think I've put so much pressure on that.  
Like I did.  
You have a fantastic career that starts quite early.  
And how young are you to stand on stage?  
I think that young age made me brave.  
And that I had a very extreme need to be heard, because I made it.  
That I felt that this is important to me and that it should be important to others.  
And I am very dreamy about nature.  
I think I allowed myself to be like this.  
But this is my dream.  
And then it just had to be like this.  
Yes.  
And I think that's completely clear.  
Because it's enough of those who have dreams, but who beat them.  
And think that it's just a dream.  
But for you it really became.  
Yes, it actually became.  
But I think that's because I was so young.  
That I was so young and that you become like this.  
But God, I want it.  
Why can't I do it?  
Because when I'm older, or I experience that I have become much more strict with myself now than I

was then.

Why?

I just think that maybe you are a little bit like Ignorance is Bliss, almost.

That you see all the back side of things.

You see the mathematics in the experiences.

Yes.

But then it was like nothing of that.

It was just, I think this is fun.

And it will go well.

Yes.

It came from the heart.

It came from the inside.

Yes, very.

I feel that I have always had a lot of drive on that music is something that is important to me and that I want to drive with.

Yes.

But what did your parents say to you so young?

They have always been very stubborn.

But not so pushy either.

I have been on TV and they haven't been with me for a while and two in a way.

Yes.

But it was maybe a little bit.

But they were very, very stubborn.

And I was looking for M.G. Pynor a year earlier.

And I didn't come.

And then I was like, I will never do this again.

And went all the way to Shell or something like that.

But then I was writing some new songs.

And then I was like, but someone has to listen to these.

Because I'm so nice.

Yes.

So then I wrote it again.

Yes.

But they are very nice to have to do.

What does family mean to you?

Very important to me.

Yes.

I feel like my family is the best friend of mine.

My brother is my cousin.

And we talk about it a lot.

That we feel that we have a kind of...

And I may not say that many of you feel that way.

But I feel that we have a very unique family dynamic.

And we are many who come really well together in different ways.

And in the same way.  
And in the same way in life and in the same way.  
It's not just around Christmas today that we celebrate.  
You actually excluded some of what you are saying now.  
When you were with the company.  
And it was that you liked the uniform.  
Yes.  
And that had a reference to something that you liked.  
Yes.  
Okay.  
Because when I was little, we were in South Africa.  
Yes.  
In some months.  
I don't remember exactly how long.  
But there is the sun all the time.  
And we were little children.  
And then our parents came up with the brilliant idea.  
To have a bathing suit.  
Which almost looks like a surf suit.  
It doesn't go all the way down to the legs.  
But it goes over the knees.  
And over the shoulders.  
And then we had the same feeling.  
With different colors.  
And what we bathed all the time.  
So sometimes we just had the suits under the clothes.  
And that for me.  
Then I felt that we were super well together.  
Yes.  
Absolutely.  
Yes, because there is something with a tight suit.  
That's what I like here super well.  
They have tight suits.  
And then you had that.  
Yes.  
As a child.  
And it turned out that it was at the top of life.  
Yes.  
Absolutely.  
And then when I played basketball.  
And I liked it so much.  
To be one of the gang.  
Yes.  
That you are a little bit like us.

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We are.

We are.

We are alike.

Yes.

And I felt that when we went to Marsha.

And I was like.

Should we go on a trip today?

Or should we go on a T-shirt?

Because I told you that it has to be liked.

Yes.

So I also like it.

With the uniform that we had on top of the new one.

That we had different lungs with different stars.

That was my whole childhood.

I had so many things in mind.

Overall.

That would help me if things were difficult.

Yes.

And on top of the new one you were like that.

Yes.

Suddenly you needed that compass.

And that face painting.

And then you have it packed with you every day.

Swall as a little girl.

Fantasy on a scale from 1 to 100.

How far is it?

It's pretty close to 100 I think.

Yes.

I can like sun out and live my own life up here.

And continue?

Yes.

Yes.

But maybe a little easier.

But I can do it.

Yes.

What can you use it for?

I feel that it gives life a little time.

Yes.

Make a moment that is almost bigger than what you see.

Yes.

Such an experience for me.

That if I think for someone it's a moment that this happened, this happened.

I like this feeling.

Yes.

But if I can have this happened, this happened.

This happened.

I thought that this world was made for me.

And then suddenly it became even more exciting.

Yes.

To be human.

And then sometimes it's opposite.

Because I feel that I can do things so cool up in my head.

That the reality is actually a little scary.

Oh.

Yes.

And I feel that fantasy can affect how long a time is.

Yes.

I feel that I can manipulate time with the use of fantasy.

But when you tell something, it doesn't sound like you're running away from reality.

It's not like you want to get away from it.

But you create something that gives a positive addition.

Yes.

That it's like you're almost laying on a filter.

Yes.

Of the reality, perhaps.

Yes.

Yes.

Incredible.

That's just great.

It's a very stylish supercast to have.

Yes, thank you.

Thank you.

It's really great.

Yes, that's nice to say.

But you Swall, I have to ask you something.

How many have you met who is called Swall?

No one.

No one?

No.

No.

I think it was a baby once, which surely isn't a baby anymore.

I heard that there was another person called Swall.

Yes.

And then I looked it up.

When I was little, if you looked up my name in the register, it was like three or less.

Maybe no one, we don't know.

But now I think it was a little more.

Yes.

Where does the name come from?

The name comes from my dad, Fafattir.

He had written a story about a princess named Swall.

Yes.

And then I think that's what fits me.

It's very funny, because I wasn't a princess.

I was a little troll when I was little.

Yes.

But that's the good irony.

And I'm very happy with the names, really.

Yes.

Yes.

Swall, I mean, it's something mild, you know.

We often describe Swall Brice, which is something nice that happens in the summer.

And then you have it as a name, and then you meet someone who has it.

Today I was younger, so I kind of got rid of it.

Yes.

When I was introduced to myself, I was like this.

And then we came to the end.

Yes.

Like the feeling just without a single one.

Yes, that's right.

Yes.

Yes.

As you say, I'm an anchor, so I anchor the bridge.

Yes.

Yes.

Yes, I often say that.

What about you?

You say anchor, which is in the bridge.

Yes.

The anchor is so good.

Yes, yes.

I'm going to say Swall, which is full, minus E.

Yes.

I have to work a little with this formulation.

Yes.

It's not like that.

Not quite, but do you have to defend it sometimes?

No.

I have just met someone like Swall Val, when I was younger.

That's what it's all about, which is fun.

But otherwise...

What I've got when I've been...

## [Transcript] Ta Kommandoen med Geir Aker / Sval Rosenløw Eeg

People ask me, what's your real name?  
Because they think that I'm just...  
Artist's name?  
That I'm an artist's name.  
Yes, not like that.  
And it's that too.  
But I had never gone into a room and introduced myself like this.  
Very clever.  
No.  
Then I had said that I'm actually called.  
Yes, that's right.  
But my real name is Swall.  
How old were you when you started making music?  
When I started making music, I think I was completely in the first grade in elementary school.  
Oh.  
Yes.  
So I was pretty young.  
I learned like...  
For six years.  
Yes.  
Like three things on the guitar.  
Yes.  
Very dramatic texts.  
Oh.  
Yes, yes, yes.  
Everything has been very...  
Do you think you were on that?  
What happened was that I had a long period when I thought, I remember this.  
Of course I remember that.  
Yes, yes.  
I have written and worked with it in Timisvis.  
And it was funny to remember.  
Yes.  
So many of them.  
The first one I have not seen so many of.  
And many of what came after.  
I wish I didn't have it.  
Because it's not that great.  
No.  
No.  
But it's a little fun to look back at.  
Yes.  
So you have a little piece of paper where you have collected...  
Yes.



What you have written?

Yes.

Sixth grade text.

About?

Now I can not remember the date.

No, exactly which year this was.

I was a month older than six.

Absolutely.

But then I started to write a little.

When I went to elementary school.

It was long before MG Pynur.

So I had a song that was like...

I want to fly, fly away from the past.

I want to fly, fly away just by myself.

And this is a person who does not have so much past.

Yes, it was fantastic.

So it is...

You can ask a question like that.

Yes.

How it went.

But that was how it was.

Yes.

It was completely new.

Thank you.

It was the first time here.

Yes.

So you got an exclusive.

Yes, a new heart.

Here you go.

Will it be the history of it?

Or will you come and get it?

Of the past.

Yes.

I think a little bit like what we talked about with this naivety when you are younger.

Yes.

So I have taken a round where I went back to the old talk and things like that.

Because I felt that I was a little more free.

That I did not relate to many rules.

Yes.

And when you are not creative, that is really the best.

So sometimes I check in and see if there are things I can borrow from myself.

Yes.

But the lyrics are a lot...

There is something to write in English when you are 6 years old or 7, 8, 9 years old.

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It is a little bit of improvement potential.

Yes.

Yes.

And 6 years old after that, you became known.

Yes.

How do you feel about that as a teenager?

I think I have had some very serious promises about it.

As a child, I think I have been good in a way.

Because I have gone to school and done completely normal things in the past.

But when I have grown up, I think it is a little strange to look back.

That it is not like you have to prevent it on purpose.

In relation to how hectic it has been.

And how...

I try to sort out which parts of my personality that is a little influenced by that I have been known and what is just that I am a little cautious as you say.

Yes.

Because I can not understand that people see me as cautious.

Because I am very upset about what people get with me.

Yes, that is what I say.

If I am sitting on the bus.

So maybe there are some things where it affects a little.

You do not seem to be a conscious being.

In some ways.

No, that is nice.

You are built as you are.

Yes.

And then you have the being that you have.

And in sum, I think that it can make people think that this is a very cautious woman.

Yes, but I do not think that it is so very negative to be cautious.

Not as long as you do not become anonymous.

No.

Yes.

And the most important thing is maybe to live in balance with yourself.

Yes.

And then it is nice to be cautious.

But if you are too cautious, you will be removed.

Yes.

And I think I can practice that.

Yes.

I am a little conflict shy.

Yes.

And that is what I want to be better at.

It is nice to be a mild person, but you do not need to disappear in your own way.

At least you get your own opinions and opinions where it is necessary.

Yes, otherwise you will be removed.

And in conflicts, often the fight is about the opinions.

Who is it that you are allowed to define the answer here?

And if there are two people who are aware, then it is okay.

And sometimes you have to go into it to find out where I am in relation to you.

Yes.

And if you pull yourself together, you will never find the answer.

Yes.

So you can slip and be known to yourself that you do not go into conflict.

Yes.

Not all of them, but maybe some.

Yes.

And there are different conflicts.

But there are many who think that the conflicts that are on the job are a little more difficult.

They are much easier.

But if there is a conflict with those close to you, then it becomes difficult.

Yes.

Why?

Because we feel that we have more to lose.

What are we losing then?

I have been more afraid to lose a good relationship than to be experienced as a person who presents bad things.

Yes.

So I think that is why.

And when we talk about this, I remember that one of the messages you gave me was that I had to find a way.

And then I remember that I did not completely understand it at all.

I saw programs on TV.

And then I was like, okay, because I can see in retrospect where I do very difficult things in my head.

Very, then.

Before I actually just perform an action and see what it looks like in practice.

Yes.

There is a little bit of the same conflict theory that you make a version of how the conversation should go.

Yes.

But then it is often more like a negative bias.

Yes.

More than maybe what it would have been in the conversation.

Yes, so the fantasy about how this can go is often more than what reality has given.

Yes.

And that is behind the scenes of being full of fantasy.

Yes.

It is sometimes a little bit of a flip to be negative.

Yes.

And then it becomes a little bit of a fight to be positive.

But does that mean that now you feel uncomfortable?

Because does that mean that your fantasy can also be a foreshadow of the mechanism?

It can be a fine thing, yes.

Yes.

Yes.

Yes.

I feel that.

I feel a lot of my fear in life.

As we see in the Companilla Rutsen, everything is made of me.

Yes.

It is not like I have experienced something bad or I think it is actually completely finished with the dogs.

It is just that I see the dog biting my head.

I can see it visually.

Yes, exactly.

And then we are pretty far on the way into some very stressful things.

Yes.

While others may not see the task and I am like, there I will find him, there I will do that, there I will do that.

And then it goes away and then I run and hold my hands like they do with him.

Yes.

That it is more rational.

I am a little irrational about things.

Yes.

That I am exciting when it is fun.

And then it is a little scary when it is not.

How do you see that it is possible to combine these two?

To be rational and to have rich fantasy?

I think what I have learned a lot when we were in the company is that for me, I have not understood the whole value of distraction before.

That I am very, you have to feel all emotions, all emotions have to get in the room.

And I still think that is important.

But for me at least, when it starts to spin so very negatively, it is important for me not to sit in it.

Yes.

And just do it.

I have performed much better when I was early enough.

Because then I do not get time to make these worlds so very scary.

So for me, I have tried to take it with me that it is not always, everything has to be thought through a hundred times.

Because most of the time you will not be prepared for something better.

No.

We just do things in our heads with a little negative light that shines on it.

So you see the value of distraction.

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Yes, I do it.

Yes.

Yes.

Others see the chip with distraction.

They try to concentrate, then the whip of the pin gets all the time, because they get distracted.

But there is actually a well-singles also with distraction.

As you say, when the head takes over the hand, it can be a bit like that.

I do it on a hundred, especially.

They put a fake finger in the head.

Yes.

Just because they have the money on one hand, and then they get a fake finger in the side.

Just to dive in and say, what was it now?

Then they get distracted back to what was important.

Yes, I think it was interesting.

The value of distraction.

When it is intentional, when it comes out of something, if you go into a room and it is very dark, then maybe just go out a little bit and look at the sun.

That there is a little feeling.

But as I said before, if I sit there long enough, it will not be as scary.

But many of the things that are scary in there are things I could have been without.

It is not real.

It is in my head.

No.

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And how has love been for you?

I think instead you said that I am a very comfortable person to be around.

And I think I am a bit of a conscious, like-minded person, who does not support anything in the other person's presence.

That I like to be moved through, comfortable.

And then I have ended up being together with girls.

And that for some is annoying.

Someone thinks that I am self-irritating.

And that has been difficult for me at times, who do not like to disturb people's presence.

When I am the one I am, and I like them in a way.

I have learned a lot from that.

That you are forced to find something right in yourself,

that you like.

Because if you are faced with challenges from outside,  
you have to take silence in a different way.

And land in yourself.

So I feel that I have learned a lot from that.

And then I feel that it is important.

It was important for me, even though I am in private,  
to be a person that people can see themselves in.

That you have some representation in music,  
in Norway, with two girls that I am with.

Because it is not very important for me that people know who I am with  
or who I am not with.

But it is important for me that no one can see themselves.

Because I know how important it has been for me.

And how much I have actually missed a period.

Because you did not find any previous figures  
that showed that two girls can be together?

Not today, I was a little bit.

That it has become much better and much more of it now.

Which I think is really cool.

But also that in many ways it was to be shy.

Something that was shown in such a way.

And it is so difficult.

There are so many things.

It is so complicated.

It was shown in such a way.

But to just see someone who is an artist,

live a fun life,

is it fun?

And the same with a girl.

That the way something is represented,

does not always need to come with so many things.

And that in itself creates a little bit of the other feelings.

And both parts are very important.

But I have said that maybe ...

Or I first found people who just seemed happy.

And so was I.

So it was in a way even more important than ...

Or that was very important then.

When you tell now that it is also to choose a girl for love,  
for someone it is shy.

And you say that you do not want to be a person who makes shy for others.

Yes.

Then I wonder how far is it possible to have a girlfriend?

I think, for my part and for many others,  
that you cannot have a girlfriend to everyone.  
And if you try to please everyone, you become no one.  
I think I have had the feeling that I have really tried to fit in a little bit everywhere.  
And it is as if I can look back and get a little tired of it,  
because I feel that I miss what I like about myself.  
I do not miss, but that it disappears.  
And at least on a thing like who you like is someone you choose.  
And then it is like ...  
It is not someone you should take something for granted.  
It is someone else who has something against it.  
You have to find a safe place for yourself,  
where you can not care about who someone likes,  
why should I make you sad.  
I think it is just very fascinating.  
Yes.  
I have learned a little funny exercise.  
If you poke at me with your finger,  
as a mother usually does with one finger,  
if you look at it, there are three pieces that poke at me.  
Yes.  
This is something you just know.  
It is something I like so much with you.  
Because we tend to poke at each other.  
Yes.  
Why are you like that?  
Yes, but there are three fingers that poke back,  
and then it can go to the other,  
I have to take something around myself too.  
When I want to poke at others and say that it is your fault or you have to do something,  
then it can be that it is something with me too.  
It is just something with that.  
Yes, I think we will be happy if we are able to see the world in a way  
where the starting point is that we are happy with each other.  
Or that we together get this clone to work.  
And that would be easy.  
I at least try to be active  
and not look at the negative things towards others in general.  
And I think it is a very easy thing to say and very straightforward.  
But I also think with the internet,  
I think if you take a look at yourself,  
that there is someone who may not be aware,  
but that you pluck things from each other  
and have a negative light on things.

And I think you become happy yourself.

No.

That I become at least more happy when I can see the good in the other.

But are you born like that or can you train on it?

I think absolutely you can train on it.

When I talk about the room instead,  
if you have a presence that is created by your thoughts,  
that is actually very negative,  
then there are many of those thoughts you keep in your life,  
that you give space to.

So if you are able to take yourself out of it  
and find a room with more light in the top floor,  
then I also think you will see better things around there.

But I think there is something you have to practice on.

And I always go up on it myself,

but I think it is very nice if someone can train on it.

You have a rich inner life.

And you are standing for me as someone who can teach others  
how to train on it,

to be a little easier to say,

or how to train on it and make the fantasy get more space?

I think it is a balance

between finding the parts of yourself that are negative  
or that create a little darkness  
and accept that they are there.

And make sure that you can not run from things that are violent.

Then you run from everything, I think.

You have to find a way to go with them together.

At the same time that you should not connect to the negative things  
so hard that it becomes the whole reality.

That how can you be friends with the negative things in life and thoughts,  
but at the same time not get married to them.

I think that is my way of trying.

I see that in between.

And when they came to visit me, I said,  
but that was you.

I did not have the time to visit today,  
but then we just get a coffee.

And then you can go to work in the morning.

So I can meet all the other nice thoughts I have here.

It is very nice that when you tell us,  
you are able to picture us,  
and then I see a house with different rooms,  
and maybe two rooms, they are grey,



they are a bit dark,  
and they are a bit boring.  
There is not a good atmosphere in there.  
There is a part of the house,  
but it is not where you would sit every night.  
Yes.  
And I think what you said now,  
I think a really good way to practice it,  
is maybe to visualize.  
That you go through life and just think about it,  
and then you are like,  
yes, but that is just what people do.  
But it is actually able to sort a little.  
What are thoughts and experiences that she actually makes me happy?  
And what are small things I do every day  
that do not give me so much joy?  
And if you are able to visualize it,  
like for example that house,  
I think for me,  
a lot of what I have done easier for me,  
is when I am able to sort things,  
that I am not so afraid of big, dark feelings,  
but I need to know that I am there.  
Or I just need to acknowledge that that is how it is now.  
It is a bit difficult to find a problem  
if you do not know what it is.  
And I think it is really fun,  
because I hear that you have taken command.  
You have taken command on what is going on.  
Yes, it dives up some weird things,  
but you run, you sort, you place,  
and you acknowledge that,  
yes, that is part of me,  
but it is not entirely me.  
Yes, exactly.  
In what degree do you come  
with such perspectives and music now?  
I think that for me it is to make the music  
in a way to sort it out.  
And that is why it is so important to me,  
because if I have bad days or feelings,  
and in a way to write it in a song,  
then there is what is now very difficult,  
and then I have already sorted it out.

Yes, exactly.

And then I can hear it,  
and sometimes I do not understand  
what I have written before it is finished.

And I would have had that.

Okay, but there is a chapter that is found,  
and then you can move on to the next one.

So I do not have a lot of self-help tips in my songs,  
but it is perhaps more a place where you can,  
or things you can,

maybe recognize yourself again,  
and just acknowledge and recognize yourself again  
in a feeling,

or I think it is a lot of trust in that,  
and that is why I am so happy in music,  
in general.

But what do people say when they give you  
feedback on your music?

Folks, I am very much on that I do not write  
so many very happy songs,  
but for me it is because when I am very happy,  
then I am out doing nice things.

Then I do not need to sort,  
or to sort out in the north.

And I also think that often the most important songs  
for me are those that go deeper,  
perhaps,

and people give me a lot of feedback.

And I feel like the text is the most updated,  
and it is very nice,

because I think those who listen to me,  
are also very updated.

Can you remember what you dreamed of when you were 6 years old?

When I was 6 years old?

Yes.

I was going to be a fan of yours at that point.

Yes.

So I feel like I had a very early thought about Apple Watch,  
among other things,  
that I should have patented.

Now we are talking.

Yes, yes.

But then I was released.

Someone else took that one?

Yes, someone took that one.  
So I have to deal with making music,  
but I have always wanted to drive with music.  
Yes.  
And after the invention,  
it was what it has been all the time.  
Yes.  
So...  
You have found a lot of texts.  
Yes, I actually have.  
Yes.  
Yes.  
So I was a little bit of an inventor,  
maybe.  
Yes.  
What do you dream of now?  
I dream of...  
That's a good question.  
I dream of getting better at...  
getting things done for my job.  
I want to be better...  
I want to be more confident in what I do.  
Yes.  
Yes.  
Both singing live.  
I can get very nervous.  
I also find myself back in that...  
part of the child that I am even more afraid of.  
I really think that is the only goal I have.  
Yes.  
Yes, because you can remember that feeling.  
You mentioned the naive,  
childlike,  
exuberant energy  
that I just need to get out of there,  
because I have something nice.  
Yes.  
And people have to take part in what is nice.  
And finding it back to that,  
I don't think I can be too many.  
It's a bit sad to leave the child in there,  
and just become an adult.  
Yes.  
And I feel that many are able to be an adult

on the practical things.

Yes.

We have that in mind.

Yes.

To fix it.

And then it might be allowed to give room,  
a bit more room to the child part,  
in what doesn't need to be so practical.

Yes.

You need to be focused on all fronts.

No.

Or at least I haven't thought about that.

No.

But we are different.

Yes.

I am looking up the bed,  
and I have something to tell you.

Very good.

Now I feel good.

Yes.

So you won't come.

Very good.

Yes.

Sval, thank you very much.

We have now received quite a lot of things,  
and I think it is very nice  
that we are able to put a word on it,  
that fantasy is an important part of the experience.

Yes.

And then I like what you said,  
and to see the value in a distraction.

Yes.

And not even try to please everyone,  
because no one is going to stop you.

Yes.

And then I know what you are going to do at home.

Yes.

You are going to be more brave in close relationships,  
in dealing with a conflict-filled issue.

Yes.

I am just like you,  
you ask me to go home and cry.

Yes.

That is what I can take with me.

Good.

Yes.

Thank you very much.

Thank you very much for me.

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