

a mauvelous interview: W Megan Shea

Megan is a dear friend, creator, artist, vocalist, nurturer, and all around: very resilient, effervescent creature, if I may say so myself. She'd never say so, seems generally too humble, to *want* to say so: but I am here to **gas her up**, please check out her single *Summer Day*, available... everywhere, right? lol

OKAY SO: my questions, for the queen

what's it like: creating, in 2023? be as lengthy or brief, as you like. 3 words, 300, I'm here for it!

2023. What an era. It's really incredible to have the facility and control to express or produce the art YOU the artist want to make.

We have access to so many platforms that allow us to connect or share independently of a corporation, and are generally free to produce and share whatever it is we feel called to share. This didn't always exist! There is a lot of power in that, but also a lot of discipline and responsibility that comes with it. In this new wave of creating and sharing, most of the work falls on the artist.

In this era, it is not enough to just create. If you want to share your art, your talents, your energy, if you want to make it your career, you do much much more. I can find myself overwhelmed by it all, quite often actually.

I can't speak for all artist's - but - you couldn't do it, unless you're truly called to expression. There are too many challenges, let downs, exposed vulnerabilities. It opens the door for people to see you. Truly see you. With all

the beauty to your deepest insecurities. You have to be okay with it all, and you have to be okay sharing yourself.

If you had to choose, if you had the magic wand and could resurrect anyone, create the jam-sesh of your dreams: who's there? why? (why doesn't have to be covered, but if a very clear/real "why" occurs to you, please share!)

Oof. This is tough, there are so many musicians that have inspired me that I would just love in my presence... I'll try my best to name a "few" (though this is very difficult).

Joni Mitchell's younger self (for the sake of your question) for her vulnerability, honesty, and fearlessness - not to mention her incredible songwriting and voice. Jacques Brel, his songs and his performances were so powerful. Edith Piaf for her pure courage and emotional evoking. John Lennon, do I even need to explain? Nina Simone's passion. Karen Carpenter on drums - she plays with her soul. David Crosby warming songwriting and harmonies. Miles Davis... if I don't stop now I'll never stop. Honestly these are all frontmen and realistically - this jam-sesh would probably end up with everyone stepping on each others toes. Too many cooks in the kitchen. None the less, I'd be tickled to be in their presence.

what first sparked your journey, if you could trace it? Did you sing, before any of that? Tell us your storrrrry, if you want <3

I don't have an "ah ha!" moment actually, I loved singing since I can remember. I have early distant memories of my mother singing French children's songs from a little book called "Le Livre des Chansons de France" - she would sing them as lullabies. My father loved theater, and introduced me to the likes of "My Fair Lady", "The Sound of Music", "Fiddler on the Roof" at a young age. I loved the music in all three and would sing and dance to their songs around the house. Though, I was quite shy naturally, and wouldn't sing in front of "others". I recently found a class assignment, a little book we were asked to write - I wrote about my cat, Duchess (named after my favorite movie at the time - "The Aristocats") At the end of the "book" we glued our class portrait with a little blurb about the author, "Megan Shea is seven years old. She wants to be a singer when she grows up."

What's the first instrument you picked up?

My first instrument was this tiny neon-green and purple keyboard I got for Christmas, I recall sitting in the driveway on Christmas Day messing around for what felt like hours. I don't remember being all that inspired by it, though it does line my memory.

After my mother passed away just before my 9th birthday - my father and I went to the south of France to visit with my brother, Renaud. It was in Ardèche that I was introduced to guitar. My brother lived in a very very small town in the south, I think the population was like 30 people total... everyone knew each other and they would often have gatherings. One night, the townspeople got together to roast a wild boar they had hunted. Needless to say we had a fête - instruments, singing, dancing, food, wine, and voila - the acoustic guitar. The swimming French accents on "Proud Mary" singing, "rollin', rollin', roillin' on the reeeevare..."

When did you begin to WRITE songs?

My love for journaling started that summer in France. Though I didn't begin to write songs until years later, I often journaled my thoughts and experiences. I'd say the majority of my pages are more stream of consciousness. I started writing songs intentionally when I was studying abroad in Avignon, France for college.

is there a part of the process, that you consider a "favorite" ??

When I feel inspired - then when you take action to harness it - that could be a melody, a song-line, a concept - but it's that experience you feel when that sense comes to you, whether it's a moment in conversation with a stimulating character, or being inspired by a piece of art you encounter, or even something as simple as admiring a flower bush your neighbor planted.

do you like to find the words, or the tones, create the sounds, the singing, the ... idk what goes into it, honestly. But is there a part of it you enjoy the most?

Hm. It differs every time. I think it depends on what the song needs. If I can find what's missing, I get enjoyment. If I can't, well - frustration. lol.

Is there a trick, a life hack, that helps when you're back stage or otherwise: nervous to go out? (this is your opportunity to share the sacred intel, bless the readers, c'mon, we're all nervous AF what's a good quote!? what do you DO?! aaaggghh and is it true: that true courage isn't having no fear, it is moving beyond it, okay but HOW, right? how do we do.. that, accepting hot tips, will share with the bbs)

I'm always nervous when I have to get on stage - varying levels depending on the situation - but always anxious. I try and convince myself to "care less", so I don't sabotage my performance - though hard, because when I'm performing and singing I feel the most vulnerable and I care so much and love what I'm doing - "I get to do this" - I have to constantly remind myself that at the end of the day, you're doing this for fun, and for you first and if you make a mistake (which you will) it's not the end of the world. My dad always says, "fail, fail again, fail better." You can't avoid failure. So embrace it.

Oof I don't have the answers, but something that has helped me though a lot is the reminder that everything is temporary. The good and the bad.

How do you feel, do you feel, as though Audrey Hepburn has guided you, in this life? (Feel free to share/include top scenes from Funny Face/why!)

It's funny (hehe) my father introduced me to Audrey Hepburn at a young age. Though film and character. I think my father hoped she'd serve as a bit of a female role model, especially after my mother passed away. He would comment on her character and beauty, grace, charm and elegance - in all facets. Needless to say, she has been an influence on me.

Ah mannn, I love the stereotypical French cafe scene where beatnik Audrey is trying to practice empathicalism. Fred makes a mockery of it and then she seems to rebel by dancing expressively.

What do you think, humanity needs the most right now?

Grace.