

**FRIDA KAHLO**  
**Episode #13 Transcript**  
Written by Gabrielle Mirabella  
Music by Ernie Bird

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*INTRO MUSIC.*

**GABRIELLE:** Hello! And welcome to another bite-sized episode of "What *will* she do next?" I'm your host Gabrielle Mirabella and together with composer Ernie Bird, (**ERNIE:** Faster.) we've created a podcast that celebrates some of our *favorite* historical women!

**ERNIE:** Hurry up!

**GABRIELLE:** On today's episode we take a *brief* look at the life of Frida Kahlo. Celebrated Mexican Artist and Feminist.

**ERNIE:** *Ahh!*

**GABRIELLE:** This episode was written & narrated by myself with music & Production by Ernie Bird! And today's special guest star is...

**KIM:** Kimberly Castañeda. Hello everyone!

**ERNIE:** Times up!

**GABRIELLE & ERNIE:** Enjoy!

*THEME SONG PLAYS:*

*"What will she do next?  
What will she do next?  
Her aim is true but will she see it through?  
Oh, what will she do... next?"*

**GABRIELLE:** Frida Kahlo was born July 6th, 1907 in Coyoacán, Mexico in a house named La Casa Azul or The Blue House. Her Mother was Matilde Calderon y Gonzalez a woman of indigenous Mexican descent, and her Father was Carl Wilhelm Kahlo of Pforzheim, Germany.

From an early age Frida loved to draw and express herself through art. She was also interested in sports and led an active childhood with her three sisters.

But, at the age of six years old Frida's childhood was thrown into jeopardy when she developed a life-threatening disease called polio. Thankfully, Frida survived, but the virus left a physical imprint that remained with her for the rest of her life. The virus had shortened one of her legs, changing the way she was able to walk, run and play.

But, even throughout this painful experience Frida was able to adapt and led a full and happy childhood. She continued to play sports, to swim and run and started boxing lessons to strengthen her muscles.

As Frida entered adulthood, she also became interested in medicine and treating the physical body. This interest in medicine, possibly derived from her own medical experiences, led her to begin her own medical studies at the National Preparatory School in 1922.

But, on September 17, 1925, at the age of eighteen, the public bus that Frida was riding on was involved in a terrible accident. An accident that would forever change the course of Frida's life.

### *Transition.*

**KIM:** "At the end of the day, we can endure much more than we think we can." - Frida Kahlo

### *TRANSITION MUSIC.*

**GABRIELLE:** After surviving a near fatal bus accident, Frida Kahlo was left in terrible pain. The injuries she sustained to her body, especially to her spine, legs and hips, forced her to spend many months in bed. Frida's health was hanging in the balance. And, it would be a long and hard road to recovery.

But, it was also here, lying in bed, looking up at the ceiling, that Frida turned to her childhood passion for art. She was given a special-made easel, a wooden frame used to hold an artist's work, so that she could paint from her position in bed. Her Mother also installed a mirror so that Frida could create self-portraits, a painting of the artist created by the artist.

Frida began to paint. She experimented with colors and form. She painted what she saw and what she knew, and she painted the person she knew the best. Herself. But, she did not sketch some "perfect" version of herself. Frida painted herself exactly as she was in that moment.

She painted the injuries she had sustained, and the effects they had upon her body. She painted her body hair, especially on her face, without fear of what certain “beauty” standards might think or say. For, Frida Kahlo didn’t quite care what others might say about her work. She painted only to express herself. Her true self.

*Transition.*

**KIM:** “Well, I hope that if you are out there and read this and know that, yes, it’s true I’m here, and I’m just as strange as you.”- Frida Kahlo.

*TRANSITION MUSIC.*

**GABRIELLE:** Frida Kahlo was soon able to leave her bed, and began her career as a professional artist. Although she was recovering, she still dealt with her physical pain for the rest of her life.

But, it wasn’t just her physical form that Frida showcased in her paintings. She also featured her Mexican heritage and culture.

Frida could often be seen wearing a Tehuana dress, a traditional dress worn by the Zapotec women from Oaxaca. In her paintings, Frida used bright, vivid colors, flowers, feathers, plants and even her own pet monkey!

Frida may have been called a “surrealist” painter by some of the European artists of the day, but Frida saw herself first and foremost as her own creation: An artist inspired by her own private world, inspired by Mexican tradition, and inspired by the freedom she felt when painting.

After many years as a respected artist, Frida Kahlo passed away at the age of forty-seven on July 13, 1954 in La Casa Azul. By her side were family and friends, including her husband Diego Rivera. Diego was also an artist, and he is best known for his lively murals- elongated paintings, created on walls.

Although Frida was not particularly famous in her time, her work has now become a symbol of women’s strength, the power of people living with disabilities, and a celebration of Mexican heritage and culture.

*Transition.*

**KIM:** “I paint my own reality. The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration.” - Frida Kahlo

*TRANSITION MUSIC.*

**GABRIELLE:** Frida Kahlo was a woman with a unique voice and a powerful talent. Although faced with many physical challenges throughout her life, she was able to translate her pain into enduring works of art. Always true to herself and her experiences, Frida teaches us to discover who we truly are, to develop our own special talents and to never be afraid to be ourselves.

Like Frida Kahlo, we have the ability to be confident in who we are.

So, I wonder...

**KIM + GABRIELLE:** What will you do next?

*End of Episode.*