

HAUS 6

P R E S E N T S

A RAGE OF ONE'S OWN



FEAT. HOLDEN MADAGAME

TRANSCRIPT

A Rage of One's Own

A documentary by Kate Bailey featuring Holden Madagame, recorded at Uferstudios in Berlin, where Holden hosts Rage Sessions: a communal practice for moving anger through the body and voice.

RELEASED

16 October 2026

FEATURING

Holden Madagame

PRODUCED BY

Kate Bailey

RUNTIME

9:30



WWW.HAUS6.AUDIO

SPEAKERS

KATE BAILEY	Host and producer
HOLDEN MADAGAME	Guest
ARCHIVE AUDIO	Theme from Rage, ABC Television
ALANIS MORISSETTE	Archive excerpt, You Oughta Know

ABOUT THIS TRANSCRIPT

This is a clean verbatim transcript. Filler words, false starts and minor repetitions have been removed where they do not change the meaning. Speech is otherwise reproduced as spoken, including non-native phrasing.

Timestamps [MM:SS] mark the start of each passage in the published episode. Non-speech audio and singing are described in square brackets.

This episode contains strong language.

Transcripts are prepared for accessibility and may contain errors. Please check against the audio before quoting.

- 00:01** **KATE BAILEY**
You're listening to a HAUS 6 production.
- 00:06** **HOLDEN MADAGAME**
A very small town called, I shit you not, Gaylord. [laughs] Gaylord.
- 00:12** **KATE BAILEY**
Here we go.
- 00:13** [MUSIC]
- 00:25** **KATE BAILEY**
Why hello there. And welcome to another dispatch from HAUS 6. Live from Berlin, I'm Kate Bailey. Last episode, we began what one could characterise as a séance on the topic of rage, the catalyst of which, of course, was my participation in a Transom workshop.
- 00:46** My topic was rage, and today I'm very, very pleased to bring you the final product of that week with Transom. My documentary is called A Rage of One's Own.
- 00:59** Holden Madagame possesses a serene aura, a soothing presence of self-determination and softness.
- 01:26** Holden has warm, rich brown eyes, and they invite you to talk to him. He has short black hair with frosted tips, and I notice a petite, elegant earring that sways as he animates

himself through conversation.

01:39 It's unexpected because I know that Holden is the host of something called Rage Sessions. And it's also unexpected because this is the first time I ever heard Holden's voice.

01:50 [SINGING: HOLDEN MADAGAME, 'NINISHKAADIZ: I AM ANGRY']

02:09 KATE BAILEY

Holden's piece, titled Ninishkaadiz, I Am Angry, was performed as part of My Body, My Voice, a Farm to Stage production, and developed during their 2024 Hogfish artistic residency in Portland, Maine.

02:23 HOLDEN MADAGAME

A queer, trans, Indigenous person, originally from Michigan in the United States, from a very small town called, I shit you not, Gaylord. Gaylord. I have been living in Germany for about twelve years. I'm an opera singer and general performer, and also now a somatic practitioner and ancestral healing practitioner in training.

02:46 KATE BAILEY

I first meet Holden in person at Uferstudios in Berlin, where Holden is researching and developing work focused on rage, tentatively titled The Bear Is Angry. As a part of that, Holden began hosting rage sessions here this month as well.

03:01 If you're thinking that a rage session is just a bunch of people screaming in a room at each other, you're mistaken, and might actually be thinking of a manosphere podcast, or governments. Rage sessions, in Holden's words, are a participatory offering that channels collective anger into sound, story and transformation.

03:21 Holden knows a thing, or maybe a million, about transformation.

03:26 HOLDEN MADAGAME

I am one of the first out trans opera singers who has taken testosterone and continued my career, and transitioned through my career. I transitioned from being a mezzo-soprano to a tenor. It was very, very scary.

03:39 I think the motivating force was like, I have to do this for myself, nobody can stop me. And, like, there is anger in that, but it didn't feel like it at the time, but I do think it helped me. I deserve to try this. Other trans people deserve me to have this, if that makes sense. Like, I know I'm a good singer, I know I'm a good performer. It's taken a very long time to be able to say that.

04:07 [SINGING: BRITTEN, THE TURN OF THE SCREW, PROLOGUE]

04:08 HOLDEN MADAGAME

[singing] But she was carried away, that he, so gallant and handsome, so deep in the busy world, should need her.

04:21 KATE BAILEY

Later today, in this room at Uferstudios, a triangular-shaped room with high ceilings, white walls and smoothed concrete floors, Holden will facilitate a rage session.

04:32 Today is an open call where anyone can attend. But Holden divides the sessions, and hosts other ones only for Black, Indigenous and People of Colour. I had heard of rage rooms before, but a rage session? That's totally new to me.

04:45 HOLDEN MADAGAME

One thing that's really important to know about the rage sessions is that it's very communal and individual at the same time. Everyone has their individual ways that they express their rage, and we're doing it together.

04:59 So with preparation, I make sure that I send them, like, the guidelines, I send them the rules. I also make sure that they know exactly what will happen. These are the things that you're allowed to do, these are the things that you're not allowed to do. Some of the rules are to come sober, to not touch anybody. Rage can be a state where you're not totally in control of yourself.

05:19 I ground everybody in sort of a meditation, and at the end of the meditation ask everyone to think of something that makes them or made them angry, no matter how big or small. Allow some time for that to cook. Ask them to find that in their body. Like, is there a physical place in their body where they're feeling something?

05:35 As they're feeling the anger filling up their body, allowing their body to move with the anger. So, allowing their anger to move their body.

05:47 And then once everyone is sort of moving with their anger, feeling embodied with their anger, then to vocalise. And then we basically do that for an hour, maybe an hour and a half.

05:58 Everybody's very, very different also about what they need afterwards. And I make sure that everybody knows that they need to, like, rest and drink water. And what can happen as well, that people can find that their anger is a bit closer to the surface, which is kind of the point.

06:14 KATE BAILEY

Since talking with Holden, I've been thinking a lot about my own rage. What I've expressed and who has seen it. Who it has helped and who it has harmed. And I'm really questioning if rage has never not been close to, or frequently breaching, the surface for me.

06:28 [ARCHIVE AUDIO: THEME FROM RAGE, ABC TELEVISION]

06:29 KATE BAILEY

This clip that you're hearing is the jingle of the Aussie version of MTV that was very popular in the 90s, and it's very probable that this is how I learned the word rage. The

point is, from a young age, rage has always been present for me.

06:44 ARCHIVE AUDIO

Rage!

06:45 KATE BAILEY

And Rage, the show, was definitely where I first heard this.

06:49 ALANIS MORISSETTE

[singing, archive] It's not fair to deny me of the cross I bear that you gave to me. You, you, you oughta know.

06:58 KATE BAILEY

I recognise this song was not meant to resonate with an eight-year-old. But hearing Alanis sing that made me feel like rage had a dignity and another dimension, like how it felt for me.

07:11

People were drawn to her rage, but at the time, her rage was not given credibility. Tampon rock? Excuse me? It's true then and it's true now: a mad woman can only be a spectacle. Is that relatable?

07:26

After all, rage is a spectrum that is pervasive in our day-to-day lives. It can be banal, brought on simply by a customer service agent, or it can be big. And although rage is governed by privilege, and lack thereof, Holden's work and voice shows us that rage is authentic power.

07:44

HOLDEN MADAGAME

Being quiet has helped us survive, and now we must be loud to survive.

07:48

KATE BAILEY

No matter where our rage falls on the spectrum, it needs to be felt, witnessed, held and tended to. Holden is raging their way through those weeds. Holden, who without a blueprint, is living and thriving in the wholeness of a rage of one's own.

08:05

HOLDEN MADAGAME

I think that rage has allowed me to be a much, much more authentic version of myself, and has allowed me to gain access to my needs in a meaningful way. Has allowed me to have authentic conversations with people. Has also allowed me to not be afraid of other people in maybe a way that I was.

08:33

But absolutely, I'm more authentic not only with my anger, but with my joy and my sadness and all of these things. I have gained much more access to this.

08:41

KATE BAILEY

Reflecting on my time with Holden, his work with the rage sessions and community, it's really crystallised for me that rage is our dignity in protest. It's ironic in a very tragic way that the people who love life the most are the ones who have had to fight for it. To

survive it, to defend it, to reckon with and harness rage somehow.

09:01 And maybe it's just my rage speaking, but it seems to me like the real threat to power is the fact that those who love life and live rage the most are going to be the ones who fight for it the hardest.

09:12 [MUSIC TO END]

09:30 [END]

CREDITS

A Rage of One's Own is a HAUS 6 production.

Produced by Kate Bailey during a Transom workshop in Berlin. Featuring Holden Madagame.

Archive audio: theme from Rage, ABC Television; Alanis Morissette, You Oughta Know.

Listen at www.haus6.audio