



# LAND CONSCIOUSNESS

## *Episode 10 Transcript*

Hey, it's Rebecca. Welcome to returning a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning. In today's episode, we are exploring land consciousness, which is essentially seeing all parts of the earth and nature around us as sacred and conscious. When I'm referring to the term land consciousness, what I'm really referring to is not just the land that we are on and the earth itself, but all parts of nature and the land. So stones, plants, trees, rivers, flowers, all of the waters, the air around us, but also its ancestors. So it's keepers, its custodians, its traditions, the land's traditions, the intelligence that the land holds, the memories that the land holds, and its spiritual essence as a whole. When I'm referring to land consciousness, I'm really inviting us to see the aliveness and the sacredness of the earth in the land around us. I'm going to be sharing with you a personal story of how a discovery right at my front door really brought me to my knees a few years ago as I really realized how profoundly the land we live on provides for us. And in many cases, it's about opening our eyes so we can truly see it. This moment really had such a profound impact on me and changed so much for me about how I now navigate my way through this life, no matter what land I happen to be on. And of course, it really, really helped me deepen my relationship with the land that I live on here now in Glastonbury in the UK. I personally believe that there is such potential for deep healing if we find a way to foster a deeper relationship with the land that we find ourselves on.

I think it can be really, really profoundly powerful when we are able to acknowledge the land that nourishes us, that sustains us, to acknowledge those who tended to the lands where you lived before you decided to come here and really to begin the journey of taking our place as reverent custodians and protectors of the land upon which we live on. At the very end of this episode, you'll find a guided soul Inquiry exercise for you to explore more deeply the relationship with the lands beneath you. There really is profound insight and healing here, so I invite you to really lean into it and really inquire into your own personal connection with the land where you live. But let's begin now by sharing a breath together. In the center of your heart, imagining a beautiful flower. Invite that flower to open petal by petal. Revealing a light in the middle. This light represents the essence of you, the consciousness of you, your ancient self, your wise self, your soul, and inviting this part

of you to really step forward now. And together, let's connect with the land upon which we are on, you are on, I am on. Acknowledging the keepers and custodians of the land where you are, where I am known and unknown. Beautiful. Let's begin.

We live in a time when many of us have become disconnected from the land that is physically beneath us. Somewhere along the way, a severing occurred a moment when it became too painful to stay connected. Since then, many of us have been disconnected from the earth, unable to feel at home. And as such, we find ourselves wondering where do we truly belong. Wandering around, not feeling held, supported at home, maybe shapeshifting our way through our lives, cities, friends, experiences, and reaching out to others to attempt to fill the void of the holding and belonging of what the Earth once gave us.

Some of us taking, clutching, hunkering, really longing for others to receive us fully as the mother once did. Clueless to the truth that she's still there waiting for us to remember. And for that part in us, that so longing to receive her embrace, to awaken once more. When you consciously connect with the earth, a veil is lifted and the earth opens up and receives you more fully. You're able to be held more fully. Stagnant energy can fall away, as you remember that you're connected to all things on the planet. When you connect with the electromagnetic pulse of the earth, each of your cells come a little bit more alive. As you connect with Earth and honor the keepers and custodians of it, previous and current, the land opens up more fully. And those ancestors don't just become guardians of the land, but guardians of you too. Land consciousness is the belief that all and holds memory and experience, that the land is a living thing. Most people don't have a relationship with the land that holds them. Many are not aware of the people who tended to it before they came. Many of us live on lands that are different from our ancestry. I always felt this disconnection, but it wasn't until I returned to the lens of my ancestry at the age of 18 that I began my long and winding journey in properly understanding this. In the decades since, I have discovered that the stories I was told about the history of the land where I grew up were not wholly true. And unlearning and unpacking the history of the land we now live on is really powerful and it can be a really difficult thing to do too. I know many of you will be already on your journey of doing this, and maybe it'll be new for some.

When I look back on my path and the ways in which I've been led by the sacred within, I see that in many cases it has been through a tuning to the consciousness of the land that has opened me up most spiritually and creatively. Since I was young, I found myself hearing my inner voice most clearly when I was walking in nature. I started referring to it as being led by the land. It's where the intuitive nature walking practice comes from and also where I began speaking with nature and expressing it through my writing. I find it interesting that this practice of being walked by the land is the main tool that always returns me to myself. And many people who do it have said to me that they find that as well. I've often wondered if this is because if I reach back far enough, you'll find ancestors who were actually nomadic in my ancestry. And maybe yours too. They didn't settle in particular places, rather move from place to place with the water and season and the sun. I wonder

if it was through settling in one place that our disconnection from the land first occurred. When I began my herbalism training, working with the herbs and wildflowers and weeds, my mind was blown open as I observed my own relationship with nature, the land and the plants. One of the plants I work with the most was nettle which is a really powerful, nourishing plant. At first I ordered online with absolutely no idea where it came from or even what the plant looked like in real life. Next, I found a local herb shop a few streets away and began really researching what the plant looked like and the qualities of the plant.

And then about a month or so later, I began seeing it growing in a lane that I walked down on my morning walk. After this, I learned how to identify this plant and began seeing it all around town. I'll never forget the morning I opened up my front door and right in front of my front door, light literally at my feet through a crack in the pavement. Nettle was growing. It was an incredibly, extremely humbling moment as I realized nature was already providing, but I just didn't have the eyes to see. It was such a huge unlearning and eye opener of the unconscious harm that we can do. And I'm not saying this to make us feel bad. We're all unlearning and finding a new way forward. We've also been disconnected from wise ones and ancestors who have taught us this as well. The Western world has indoctrinated us to see the exotic as better, and what is hard to find is more valuable. But if we look at what is right in front of us, we may just discover that what we are seeking has been waiting for us all along.

Soul inquiry is a practice where we enter into a direct dialog with our inner self. I personally like to journal my soul inquiry answers as I find I receive my intuition more deeply and freely that way. But feel free to do whatever works for you. So as always, our soul inquiry prompt. We're ready for now. And today's Soul Inquiry prompt is, how can you tend to your relationship with the land upon which you live? How can you tend to your relationship with the land upon which you live? How can you tend to your relationship with the land upon which you live? Another way of saying this is how can you tend to or deepen the relationship with the land upon which you live? This could be through doing something really practical or perhaps you want to ask the land upon which you live now, how you can tend to your relationship with it.

And as always, now it's time to commit to a grounded action you can take, to really integrate this episode and the wisdom that's come through this soul inquiry. And so I want you to write down one baby step you can take, to really act on whatever wisdom has come through today. What's a baby step you can take to really integrate what's come through today? One little baby step, something really bite sized and achievable. Something that you'll be able to do within the next 24 hours that just takes 5 minutes.

It's been a really beautiful episode. Let's share a deep breath together now as we close this sacred space we've stepped into together. I'm so grateful for you being here with me. If you'd like to keep returning to yourself and returning here with me, then feel free to hit subscribe. If you'd like the show notes from today's episode or to receive each new episode directly in your inbox. Head over

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