



# SPEAKING THE UNSPEAKABLE: MISCARRIAGE

## *Episode 8 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. Today, I am sharing a really personal experience that I have never really spoken about publicly before. I recorded today's episode on my phone in bed the other morning when I just woke up knowing that I was ready to speak my story and share it with you. I want to begin with a little content warning. The topic that I'm going to be sharing on today's episode is my experience of miscarriage and baby loss. So, make sure you check in with what would be supportive listening for you now. Maybe hearing me speak my experience might be supportive for you. If it's something that you've gone through or know someone who's going through it. So if that's the case, please stay. But if this topic is a really sensitive one for you right now and it doesn't feel it would be supportive, just feel free to skip this episode and know that, if at a later stage it feels right, then you can always return to it. One of my intentions with this podcast, when I heard the call to create it, was really to have more intimate conversations with you. I have felt that the usual social media platforms don't always have the capacity to hold the space in a way that some topics require and some social media platforms don't really have the holding to have vulnerable intimate sharings. At least from my perspective. So I'm really grateful for this space that we can share together in this podcast. And in this episode, it's just an example of being able to really go there and that's where we're headed today, into the deep, real, sometimes messy, sometimes difficult agony that sometimes life brings us.

My intention with this episode is really to simply share my story, and there's really two reasons why I'm doing that. First of all, when I went through miscarriage myself, something that I found really helpful was hearing other people's experiences and especially understanding, like practically and physically what happened to other people. So I will be sharing that and going there with this episode. And then secondly, whilst it is a really deeply personal experience, I know that when I looked into it, my mind was blown away by how incredibly common it is, and then secondly, whilst you know, it is a deeply personal experience, it's actually very, very common, and yet from my experience, I don't really feel that we're given the space or the tools to really speak about it. I know that when I experienced it, it felt like there was a veil of silence around it, whether it was from

people speaking out who have experienced it, to share their story, that felt a little bit difficult. And then also being able to have conversations with other people about it. You know, loved ones like people not quite knowing what to say. And so, yeah, that was another reason why I really wanted to share it, because I think this inability to speak our stories can make us feel more isolated, more alone, and more traumatized by what is already a really, really difficult experience. I know for me, even with support of close loved ones, the experience of it felt really isolating. And I suppose that's why hearing other people's stories really helped me, because it made me feel less alone. So that's in a nutshell why I'm speaking my story today.

I also want to name and acknowledge that I'm speaking this now from a place where I now have two children. I had my first miscarriage and then had my son. And then another miscarriage and then my daughter. I'm really mindful that there are many people who are still on their journey towards pregnancy and parenthood and speaking about miscarriage from that place of already being a mother. I really acknowledge that that is different from speaking about miscarriage from a different place. To acknowledge that felt very important. This really is and can be such a difficult, painful path that many of us walk. And so, I just wanted to let you know that your grief and your longing and your love is really seen and held here. It felt right to trust the flow of our normal returning podcast's rhythm. So I'm going to open a sacred space for us now. And then I'll jump into my story of navigating miscarriage.

So if we just take a moment together and take a deep breath in. And breathe out. In the center of your heart. Imagine a beautiful flower. Inviting that flower open petal by petal revealing a light in the middle. That is your wise, intuitive self, your soul. The part of you that is always guiding you and available for you to return to it. Taking another deep breath now. And inviting it to step forward. And as always, let's take a moment to acknowledge the keepers and custodians of the land where you are. Where I am. Known and unknown.

While I have had two miscarriages. I'm going to just briefly touch on the first and most of my story that I'm going to be sharing is based on the second. When I was in my twenties, I got pregnant. I wasn't trying to get pregnant. It was an unexpected pregnancy and I did not want to be pregnant and I discovered I was pregnant through experiencing miscarriage. But what I learned from that experience is how physical the experience of miscarriage is and how real the hormonal reaction is as well. Or at least it was for me. I experienced a lot of grief straight after, that went on for many months. And also just physically, the way my body and mind reacted was I just desperately wanted a baby straight after. And so that was really unexpected for me. I mean, the whole thing was unexpected, but it really showed me just some of the many, many layers that come up when we experience miscarriage. So then cut to many years later, I had my son when I was 38 or just 39, and raised him through COVID. And then when he was about two, my husband and I were really clear that we wanted to grow our family. And around the same time, we'd been trying to conceive for, I'd say like about five months. And then it was right at the height of COVID. And I'm from Australia originally. I live in the UK, and all my family's in Australia and most of my family hadn't

even met my son. He was just about to turn two. And so we decided to finally just go for it and book a flight to Australia and do hotel quarantine and all of that. And it was all very, very, very stressful. So we were trying to conceive in that really stressful time and it was really as soon as we landed in Australia, we ended up finding out we were pregnant and we were just so, so happy about that.

And it felt all very destined that we conceived in Australia. And yeah, we were just making plans for the future. The baby was due in June, so we were going to be back here in the UK by then and planning a family to visit with all of the border closures opening up and yeah, planning for a summer baby and we were just so, so happy. It felt like after so many years of difficulty through COVID and having our son not being able to be around people and us being around people and just sharing that experience that we were going to have this beautiful summer with our beautiful baby and have all our family around. And we actually told family and friends that we were pregnant really early with this one. With Sunny, my first son, we didn't tell anyone really, just a couple of very, very close friends early on, just so we weren't going through the experience alone, but we didn't tell anyone until the 12 week mark, like, you know, the family and all of that. But this time, because we were with family after being separated from them for so long and friends and all of that, we actually told quite a few people that we were pregnant, which, yeah, I know people feel differently about that. But for me, you know there's telling the world and then there's telling your immediate world. And for me that felt really important because we were spending time with people we hadn't been with for such a long time because of the COVID period. And so, yeah, we were so excited and sharing and making plans and all of that.

And so I think that it must have been around September or October we conceived and then December, we were having Christmas at my parents house where we were staying. And on Christmas morning I woke up and discovered that I was bleeding. It was quite light. And we also knew that doctors and everything were closed, so my husband and I just decided to keep it to ourselves. But I was understandably feeling worried and concerned, and deep down I kind of knew what was happening. I was trying to be positive and not overthink it. We had a toddler and so he's running around, it's Christmas morning, family arriving and all of that, just the normal Christmas Day family gathering, excitement slash stress. It was around Christmas lunch time. All morning I'd been going to the toilet and just checking on things and yeah it hadn't gotten heavy, but it was, it hadn't stopped. And so, you know I'm googling and doing all those things and trying not to think about it as well and trying to just... Because we weren't able to see a professional. And so Christmas lunch straight after it, I started having more crampy pains. And so I said to my husband, I think we need to go to the hospital. And so he and I just kind of slipped out. We told his mum we didn't tell anyone else. We didn't want to turn Christmas Day into something else for everyone. And so we just drove to the hospital and yeah, it was Christmas Day. It was so busy. We waited there for hours and they weren't able to do ultrasounds because it was a public holiday and everything was closed.

But they said it looks like you are losing the baby, but we can't be sure. And because of the time period that it was like nothing was going to be open for I think it was four days. So we ended up going back home. And I was really, really upset. And then we had to explain to our family where we were why we just kind of disappeared in the middle of Christmas Day. And the next few days were really, really agonizing because we couldn't get in to get the actual result. But I knew deep down what was happening. We eventually found a private hospital about an hour and a half away from where we were, and someone came in on their break to scan me. Because it was the COVID period, I had to go in on my own. It was an internal examination and internal ultrasound. And so she told me that we were losing the baby. And I remember that being really, really shocking and hard because I was on my own. My husband was outside the hospital sitting on the grass area, and so I left and went to find him and I had to give him the news. And I remember there being this little white feather on the ground when I was telling him. And we were just really sad and it was one of those moments. If I've got a handful of them in my life where time just kind of stops. And like I remember when my friend Blair died, this is one of my first, like, proper, proper losses in my life. I remember just being so confused at how the sun was still rising the next day and the garbage trucks were driving around and people were running and on their way to work and the street sweepers were sweeping the street. I was just like, How is life just going on when this has happened, when it feels like your whole world stops? And so that was that moment. And so we were told to basically go home and hopefully it will pass on its own. And if not, there were other procedures like the DNC that we would need to get if it didn't pass on its own. And so we went back home. I was again, staying at my parents house, everyone was really supportive, but I just wanted to be in a cave on my own, in my own house. And at the time we were in a really, really busy phase at work and we needed to recruit because there was someone who was due to come back to work, wasn't able to, and we needed to keep the show on the road. And so we actually had, like the worst timing ever. We had two days of back to back interviews. They were online, that we were meant to be doing. And so not knowing when it would all happen, even if it would happen like the passing of the baby, we went ahead with them, I just had my camera off. I remember at the time, especially the word miscarriage finding it so offensive because it was as if there was this part of me that was Oh gosh, did I do something wrong? Did I? And I think that word miscarriage, it's like miscarrying, it puts the full on the mother, which I just found that so offensive.

We were 11 and a half weeks pregnant, and the first time that I miscarried, I was much earlier. I think it would have been more like eight weeks. And then a couple of days passed and then this one day it was like around lunchtime I started experiencing really intense cramps. So I'd always had really bad period pain, and so it was like a very, very intense period pain. What I didn't experience in the first...well, actually, when I look back, I probably did because I remember thinking I had the worst pain in my life, so maybe I did experience it. I just don't really remember it in waves. And I hadn't experienced birth either, but with the second, what I really did experience was the sensation of it being similar to labor like waves of contractions. And some of the contractions, they weren't as painful as the most active part of my labor, but they were like the beginning of active labor type intensity. And they would come in waves. And I began passing the baby, at first it was lots of clots.

And then it was very physical and I ended up just continually going to the bathroom and yeah, that's where I passed most of it. But it went on for, I'd say about 12 hours from beginning to end of passing it. And then I bled for a couple of days after that. And what I wasn't ready for was how similar to actual labor it was. And my experience of it was that it was like giving birth.

My first experience wasn't like that. I mean, obviously there's the crowning part of labor when the baby comes out and it wasn't like that, but the contractions as I was passing it, were very similar to birth. And the thing that felt just so surreal and also I don't want to say amazing in the sense of like it's this amazing, positive thing but amazing in the sense of the mysteries of life. It just felt like such a huge thing that from one second to the other, I had within me life. And then the very next second it was death. And I must say that through all of my experiences, my life is devoted to the mysteries of life and the experience of the soul and all of that. And my experience of miscarriage was a huge initiation and it is a huge experience to have life within you and then death be so present. Within a breath. And so it was definitely a very powerful time that changed me. Afterwards, I really just wanted to be in a cave, like cocooned away. I found that, and I totally understand this but no one knew how to talk about it, what to say, For me experiencing it, I really needed people to acknowledge that it was a baby. Not that it was just oh it just didn't work this time, you can try again. I know all of those things are true, but acknowledging the loss was really, really, really important to me from having experienced it.

What I have come to realize is there's so many different layers of experiencing it. There's the physicality of it. And for me it was such a physical experience and dealing with the aftermath of it and just the physicality of it. I didn't expect it as it was passing to feel like contractions, but it definitely, it definitely was. The other thing that is very physical as well is the hormonal response to it. It was as if my whole body was like, Where's my baby? I just desperately wanted a baby. And from having experienced it the first time when I didn't have the emotional intention to be like, I want a baby, I wasn't looking to get pregnant, it happened without that intention. But that hormonal reaction of hormonally craving for the child that was there, was something that was very, very real. I think the uncertainty of will I be able to get pregnant again? That was definitely like such a huge, huge thing that consumed me for the next couple of months. And I think it only stopped because I did end up getting pregnant, I think it was four months later. But prior to that I couldn't see a silver lining. I was praying for the silver lining, but I couldn't see it at the time. And I think that's really common with any of us who experience any kind of grief, just generally searching for that silver lining. And you just can't rush it. And I've experienced other forms of grief. And this one was deeper in many different ways because of the physicality of it and the hormones and all of that.

It was, I think, the deepest grief I've ever experienced. What was also difficult was the lack of acknowledgment of what has actually happened, and people not knowing what to say. And so maybe not saying anything. And as a result managing people's reactions, I found that really, really difficult. But I think the biggest one was the uncertainty of like, will I get pregnant again?. So when it happened, my husband and we grieved in different ways, I think it did bring us together, but we

definitely also grieved in our own way. My husband actually shaved all his hair off, he'd grown his hair and he had shaved it all off. And now it's only close to being grown back now, but yeah, he did that.

I think the other thing that happened was actually as we conceived around the same time, I'd been called to create a mystery school for many years, but I hadn't been able to land it, couldn't quite work out what the outline was, and it was just not quite ready. And we worked out that the week we conceived the baby, we lost, we actually received or I received the outline of the mystery school. And so that was the big thing that we created that year. And, and so that was one thing I pondered. I'm like, gosh, was the soul of that baby. did it come in to help with that, because once we had the foundations, it was a similar timing of it leaving. And then upon reflection, I definitely am someone who I love my work and when I'm going through a difficult time or I'm stressed or whatever, I do find comfort in my work because I think when I'm doing my work, I'm kind of resting in to source, resting in to the great mother, to the divine. And so I think that upon reflection of that year, which is last year. I think that what happened was we had this creation energy within us and we were going to be devoting all of that to this baby growing in my belly and then being born into the world, that June. And in the end, I think that what my husband and I did was we used that energy, that life force that we had gathered after the baby left and put it into creating that. So I think that is something that did help me. It didn't take the grief away, but having a focus or a container to create into felt like it helped me focus on something else. Because I think when you go through anything, any kind of grief, any kind of big loss like that, it takes time. And in many cases, time is the only thing that does work. And that's the case for me, I mean, some things help, but ultimately time is the greatest healer. We all know that. And when we're in it, we just don't believe that will ever be the case, that time can heal it.

I can really see how we really gathered that energy that we had planned to devote towards that baby and put it into creating something. And then I did end up getting pregnant later that year. And I just successfully ended up getting pregnant again, which definitely did ease the grief. It definitely healed it a lot. And yeah, my daughter was born in December, so about six months later. But I remember in between the Christmas and, and conceiving her and knowing that we were past three months just feeling like will this ever happen? I was like, maybe this won't happen for us. And that was a really hard period too. I do wonder if the baby that we lost was the same soul as my daughter. I do sense that and I know that they call the baby that comes after a miscarriage, I think it's called a rainbow baby. And she definitely is that, she's full of joy and super peaceful and just really, really happy to be here. Her birth was really gentle and really long, which is very different from my son's birth. And so I wonder. I definitely needed patience for her to come in. One of the things that I've been asked quite a lot is around, when I believe the soul enters and if I've experienced the connection and with the soul while being pregnant and all of that and yeah I don't have a, a clear belief around like this kind of clear date that the soul enters again I can only talk from my experience and I feel for all the pregnancies, I definitely was in some way connected to the soul before I got pregnant and with my son, I definitely connected to him before I was pregnant,

and while I was pregnant, it wasn't like there wasn't a connection there that I didn't feel completely like in conversation with his soul until I think around five or six months. And I think that's kind of similar to my daughter as well, maybe a little bit earlier for her, the ability to have the soul conversations felt like it came in when they were properly physically here, I think maybe around that time is when they're organs and, you know, the body is formed.

And so I definitely noticed a shift in that. But when I had my second miscarriage, I felt a deeper connection with that soul. In the first three months, I remember saying it to my husband and a couple of my friends. I was able to connect really deeply with that baby. And I don't know if that was just because that's how long it was going to be here for, and that was our time together. That's my experience around the soul and the connection with the mother. And after I'd lost that baby, I definitely felt the connection with that soul as well. I didn't know the sex, but I knew it was, but it appeared to me as a girl and so maybe my daughter, Goldie, her soul was that baby. I'm not certain about that. I sense that, that she did return. But regardless, I definitely felt a deep connection with that soul of that baby for whatever reason, decided the timing wasn't right for it to come. Or perhaps that was just how long it was meant to be there for. As a teacher and someone who has devoted their life to understanding, and I don't think we can possibly understand it, but exploring the journey of the soul. It's been one of my greatest teachers, and I keep coming back to what I learned through giving birth to my son, was just how when you become a mum, how all the extremes of life like the ecstasy and the agony are right there next to each other and through experiencing the miscarriage, it was exactly the same. Having life within you and then death within you in a breath, just a breath apart is such a huge experience. It's literally the entire mysteries of life in a breath. And I feel like there is no words to even begin to explain that mystery and that initiation.

So if you're listening to this, maybe you're listening to it because you're going through it right now, or maybe it's happened to you many, many years ago and you're still processing it, I don't think we can't remain unchanged through an experience like that. And maybe you have a friend who's going through it and you're not sure what to say. I think the thing is nothing can fix it. So if you do have a friend or a loved one going through it, just being there for them and letting them speak and just silver lining it doesn't necessarily work because, there needs to be an acknowledgment of what has occurred. I think also what I found challenging was, I think it's like at 20 weeks, it's the child is acknowledged as a baby, so it's a losing a baby versus before that it's miscarriage. And don't quote me, as I said, I'm not a medical professional. I'm just talking from my experience. But I remember feeling in losing a child before it's fully, fully formed, it feeling just this deep acknowledgment of what has occurred. It felt like it was just something that didn't go to plan versus an actual thing to grieve over. And I know many women experience multiple miscarriages and everyone's journey with it is completely personal and different. So I just wanted to record this. It's about a year and three months since I lost my baby. And I've wanted to share a little bit on it. But as I said social media doesn't feel like the place for it.

So if you've gotten to the end here, I just want to say if you are experiencing it, that you're not alone in it. I know it feels like it, it did for me, but many, many women experience it and it's also just so highly personal. I think that time does ease things and that ache can always be there too. I'm sending you loads of love.

When we share our story in a safe container, it can help us feel less alone, less isolated. And so for today, soul inquiry, I'm inviting you to reflect on perhaps whether there's a difficult experience from your own life, challenge from your own life that is longing to be spoken or witnessed. This could be through writing or speaking with a friend. It could be through speaking with a therapist. If you have access to one or a family member, it could be offered up to nature or to the Goddess or God, whatever feels right for you. Soul inquiry is a practice where we enter into a direct dialog with our inner wise self. I personally like to journal my answers as I find I receive them more deeply that way, but feel free to do what works best for you. Today's soul Inquiry prompt is, is there a difficult experience within you that is ready to be spoken? And if there is, the next prompt is where, how and with whom are you being called to share your experience.

And as always really encouraging you to only share in containers that feel safe for you. So remembering that we can literally just journal them or speak them into nature if we don't quite feel ready. And now, as always, it's time to commit to a grounded action if that feels good. So I want you to write down a baby step you can take in the direction to integrate it into your life today. So one little baby step you can take.

And so let's all share a deep breath together as we close this sacred space you've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you'd like the show notes from today's episode or to receive each new episode directly to your inbox, then just head over to Rebecca Campbell. me forward slash podcast.