



HOW TO NAVIGATE CHANGE

Episode 12 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 sit face to face with that inconvenient, inevitable reality of life. Change. I believe so much of the suffering in our life stems from our relationship with change. We tend to flux from one state to another, either wanting things to change or not wanting things to change. So we might resent how things are. We might want things to be different or want things to stay the same, which is when we begin to cling. But the harsh truth of life and the wisdom on offer, if we can learn to surrender to it, is that there is no constant. There is only change. So how do we learn to befriend it? This really is life's work, certainly for me, definitely for me. But I am devoted to living into my relationship with change and trusting that there really is a greater wisdom and intelligence that we can really lean into. That's what we are exploring together today and living into, together today. I'm going to be sharing with you some of my insights that have helped me to connect more deeply to the natural cycles and rhythms of life, which allow change to unfold with a little bit more ease and trust.

And my invitation as well is because our lives are always changing, I'm sure whether it's we don't want our lives to change and they're changing or the opposite. But I invite you If you can feel into it, feel into maybe something in your life that is changing. And so you can use that as something to really live into through this episode. And then at the very end of the episode, as always, you're going to find a guided soul inquiry prompt exercise for you to explore a little bit more deeply the themes of change and what is changing in your life right now.

I know how precious your time is right now. So let's jump right into the sacred space together. So sharing a deep breath here and in the center of your heart, imagining a beautiful flower, inviting that flower to open petal by petal now revealing a light in the middle. This is your wise, intuitive self, your soul, the part of you that is always guiding you, always available for you to return to it. Taking a deep breath in together. And as you breathe out, inviting this part of you to step forward now. And together, let's take a moment to acknowledge the keepers and custodians of the land where you are, where I am known and unknown. Beautiful. Let's begin.

The natural world around us is constantly moving through its own cycles, which have a huge impact on us. The moon moves through its eight phases. Each month. Plants grow, blossom, and then through their petals to the soil. Only to begin this process again. And of course, the seasons keep on turning. There are the cycles we move through within a day, a month or a year. And for those of us who menstruate, our monthly cycle and the biggest cycle we experience as we journey from our first period known as menarche and through the gateway of menopause, means that cyclic living is encoded into our DNA. I find it really, really fascinating how each of these natural cycles seems to mirror each other with the rhythm of a day, echoing the rhythm of the month, which echoes the cycle we move through each year. It's like it's wheels within, wheels within wheels without the disruptions caused by modern technology and the high expectations that we put on ourselves being a part of modern life. Our ancestors were much more in tune with these cycles than we are today. Before the introduction of Electric Light began to interfere with our natural circadian rhythms, we were used to rising and resting in tune with the sun. Before the modern conveniences of farming, fast travel and online shopping, we lived in accordance to the seasons. So gathering in the harvest and hibernating in the winter. Change really is the only constant in life, and nature shows us how not to discriminate between birth and death. Summer and winter. Spring and fall or autumn. All are necessary and all are natural. If we soften our grip to how we think things should be. What freedom can we possibly find? What space does this open up and what inside are we able to enter into? I believe that we are cyclic beings living in a cyclic world, constantly moving through inner and outer seasons. And thus we were never meant to be in full bloom all year round. We really are cyclic beings in a constant state of change. Evolution of growth and change is one of the only certainties of life. And when we resist our cyclic nature, it's as if we're in a way resisting life. And I think in many cases this is like how we get stuck because we're trying to keep things as a single, stagnant state. Many of us have learned to be who the world wants us to be, but there comes a time when it just gets harder to hold on to this facade than it is to embrace who we truly are, to really surrender to how we have changed and to be courageous enough to choose to align our life. To be in congruence with this changed person that we have become.

Our disconnection from the earth and the seasons leads us to believe that we should be in full bloom all year round, that we should be in a state of grow, grow, grow without leaving space to cut back. When we focus on the never ending bloom, we forget the importance of all of life's phases. Nature teaches us this every moment of every day. She is forever showing us how to embrace the ever changing seasons in an ever changing world. We are not meant to stay the same. Relationships are not meant to stay the same. Life isn't meant to stay the same. Nothing on this planet is meant to stay the same. The seasons teach us that, night and day teach us that, time and age teach us that birth and death teach us that. We may return to a place, a person, but things will never be exactly as they were for everything and everyone is forever changing. Nothing is static. The more we try to control things and keep them the same, the further away from the flow of life and ourselves we get. Change can be scary, for it means surrendering to the unknown of being in the in-between, to being not who you were and not quite who you'll soon become. It requires a

trust in the transformation in the death, in order for the rebirth to occur and a deep reverence for all the seasons of our life. The more we resist change, the further away we are from who we're becoming. When we embrace change, we embrace life and nature and are forever becoming. There comes a point where we can't go back. In a seemingly fleeting moment, the road that led us here is suddenly impossible to access. There can be a sinking knowing that things will never be the same. A death, a birth, a loss, a growth, an ending, a discovery. No matter how hard we try, things are different now. We are different now. The world is different now. What's been seen can't be unseen. There's no going back. Something new beckons us forth. Courage is always required for the rebirth to happen. Obsession is the shedding of various parts of an organism, such as a plant dropping a leaf, flower, fruit or seed. And the Rose hip knows and the Phoenix does too, that we need to surrender what was to the earth to one day be transformed anew. We can grasp the perils of the past as the changing winds blow, but eventually will discover that change is certainly coming. Change is certainly near. And eventually change will be here. And while what once was is no longer and what soon will be is not yet. It's time to release our petals to the wind with wild abandon for the chance to begin again. To offer what once was to the wind and to let it nourish the seeds within. Had the rose not released its petals, the rose hip would not have come to be. When we gather the courage to release what was, we're greeted by the fruits of the future.

Soul inquiry is a practice where we enter into a direct dialog with our inner wise self. I like to write my answers that I receive from the wisdom within. I like to write them down as I find that I receive more deeply and I can kind of trust the wisdom a little bit more if it's in front of me in black and white on the page. But feel free to do whatever works for you, so you might just speak them out loud or just hold them in your heart. So today's Soul inquiry prompt it's a hard hitting one this one, the soul inquiry for today is what are you clinging to for fear of nothing coming to take its place. What are you clinging to for fear of nothing coming to take its place? What are you clinging to for fear of nothing coming to take its place? Now it is time to commit to a grounded action, is something you can do in the next day. So I want you to write down now, a baby step you can take in that direction to integrate this wisdom into your life today. So something that you can do in the next 24 hours. Something really, really achievable. What's a baby step you can take today to act on this guidance?

So let's all share a deep breath together now as we close the sacred space that we have stepped into together. I'm so grateful for you being here with me. If you would like to keep returning to yourself and returning here with me, then please hit subscribe. If you'd like to share your notes from today's episode or to sign up to receive each new episode directly to your inbox, then just head over to RebeccaCampbell.me forward slash podcast. Do you hear the call of nature? Are you endlessly curious about life's big questions? Are you longing to deepen your relationship with the sacred pulse of life? If so, come and explore the Inner Temple Mystery School training. It's an accredited nine months training for mystics, artists, intuitive, and healers. Come over and check it out. RebeccaCampbell.me forward slash mystery school.