



IS NO GUIDANCE, GUIDANCE?

Episode Transcript

Rebecca: 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.

This podcast is a podcast for anyone who is on a spiritual journey, anyone who has that inner call that perhaps they came here for a reason and anyone who is just dedicated to making the most of this one wild and precious life. But as I know for sure, we're definitely not meant to go through it alone. Learning on and learning from each other is really such an important part of the spiritual journey. And so in this episode, I'm handing the space over to you, to hear your questions, your longings, your struggles, your breakthroughs. And we're really going to hash it out together, see if we can follow the thread and perhaps learn a little or maybe even unlearn a little. As always, at the end of this episode, you'll find a soul inquiry prompt for you to explore what your inner wisdom has to say on the matter today.

Today we're really exploring such a great question, in a nutshell, this question is: is no guidance, guidance? I'm going to be sharing with you three of the reasons why perhaps you might not be receiving guidance if you're wanting it and not receiving it, and some practical things that you can try and do about it. Before we jump in, let's take a moment to really land and arrive together and step into sacred space. So sharing a breath here together and in the center of your heart, imagine a beautiful flower, invite this flower to open petal by petal, revealing a light in the middle, this light is your soul, your wise, intuitive self. The part of you that is always guiding you and available for you to return to it every moment of every day. Taking another deep breath in now together and really inviting this wise part of you to step forward now. And as always, let's take a brief moment now to acknowledge the keepers and custodians of the land where you are, where I am, known and unknown. Beautiful. Let's begin by listening to today's listener question.

Listener: Hi, Rebecca. I've been on my spiritual path for a while now and I really want to connect with practices that allow me to tune into my intuition and the whispers from my soul. But lately, I feel like I've lost my connection when I meditate or journal. I get really still and listen deeply but I'm not getting anything back. It just really makes me wonder if, is no guidance, guidance. What do

you do when you feel blocked or cut off from your intuition in this way? Is the silence itself a message or is that a sign that I've lost my connection? I'm just so confused and finding it all quite disheartening, and would love to hear your thoughts. Thank you.

Rebecca: Thanks so much, Virginia. Oh, gosh, this is such a common question that I get asked and it's definitely something I have experienced with myself. I know how frustrating it can be when we really want to receive guidance, but we're going in and it's not quite coming through. And so I'm really glad that you brought this question here. So thank you for that. Let's explore this question together now. In my experience, when it comes to intuition and trusting your intuition and living an intuitive life, one of the most frustrating things and testing things, testing to our faith, testing to see if we really trust our intuition really is when sometimes we don't receive guidance either according to our timeline, so we might not receive it immediately, but we want it immediately and very often we may not receive it in the way that we expected as well. So if you feel like you are not receiving guidance, it could be down to one of these three reasons.

Number one is disconnection to your inner self, number two is an inconvenient truth, and number three is, wait, it's not yet time. Obviously, there are circumstances that fit into, outside of these three reasons, but these are the three main ones that I've explored personally and seen over and over again with people who are struggling to trust their intuition as well, or just dedicated to living an intuitive life. And so we're going to unpack these three a little more together. And then, of course, the real work is if you are finding that, oh, I feel like I'm not really receiving guidance, the first step is to inquire into which one is it out of these three things. So first up, disconnection to your inner self. If you're receiving no guidance, sometimes it's because perhaps we're not prioritizing the relationship with our inner self. So that connection isn't super, super strong like any relationship. Tending to our inner wisdom is really tending to a garden or a relationship. It thrives and blossoms and reveals its richness and insight. When we show up and tend to it, the more we tend to it, the more of our attention and presence and intention we bring to it, the deeper that connection is likely to become. And yeah, life is life, and often it can get in the way. We can fall away from our practices that serve us and nourish us. Often this happens when we're super busy and stressed and perhaps need to rely on our intuition the most. Hence, calling in guidance when we haven't been tending to the garden might feel confusing or distant because the garden's overgrown and full of weeds, or maybe because the garden's parched and in need of attention, the inside of the garden might remain hidden. So you can say the garden is your intuition in this analogy. And so when we don't take the time to cut back the overgrowth, to sweep the fallen leaves from the path, that kind of thing, it becomes harder and harder to deepen that connection with our inner wisdom and differentiate between the intuitive voice, the intuitive mind and the mind in the voice of the head. So you can see where I'm going with this analogy. Tending to our inner relationship through some kind of daily practice is super powerful in deepening and strengthening your relationship with your inner self. You're the wisdom within which is the part of us that is always available to guide us. So if you're not receiving guidance, the first place to go to is just to check in. Is your mind too busy? Is too much happening to you? Just not have the bandwidth to truly drop inwards and have

you been prioritizing the relationship with your inner self? I'm dedicated to keeping it real, and I totally, totally get how full life can be, how full and hectic days can be. We've all got lives and jobs and families to juggle, but in my experience, it's often when we are at our busiest and most stretch, that showing up to some kind of achievable devotional practice will really serve us the most. So maybe you've got a song that you can meditate to every day maybe it's just like a three minute long song. Or maybe there's a chant that you can sing in the shower. Maybe you can find an extra 5 minutes before going to bed, just a journal, or perhaps just in the middle of the day. On your lunch break, you can find a patch of earth and lay back with the back of your heart on the earth and do an earth pulsing meditation. I've actually got a podcast episode on that, if you would like to do that. Meditation is a great one to do without people knowing that you're actually meditating. Yeah. Or you know, again, if mornings are better for you, maybe you get up just before the kids get up. Just one page of journaling each morning. If you're really, really busy, just find a bite size way to connect with your inner self if you're feeling that disconnection. So it really can be that short and that simple, which is why I'm such a big believer in achievable consistency. Say 5 minutes a day. Every day, in my opinion, is better than like one hour or 2 hours a month because when it comes to intuition and guidance, it's so often we can go into paralysis if we're waiting for this big answer rather than receiving little nuggets and then acting on them. So, yeah, giving your intuitive garden the opportunity to thrive by showing up to it for just a couple of minutes a day, if that's all that's achievable for you. And if you can do it longer, that's amazing. Do it, Do it, do it. There have been phases in my life where I've had the luxury of time and less responsibilities, and so I could definitely deepen into a longer practice, which I love doing. But as a busy mum running a business, those days are not here for me right now. But who knows? Maybe they will return.

Okay, so we're going to move on to the second reason now, which is, because of an Inconvenient Truth. Oh my gosh, this is like the biggest one has definitely been true for me. And it's one of those ones where you're like, Oh, I don't want to hear this one. And that's really what it is all about. So the inconvenient truth is about perhaps you're receiving no guidance because you don't actually want to know the answer. I've been in this situation many times. A big part of listening to our intuition is opening ourselves up to change. We know that we're ever changing beings in an ever changing world, and change is one of the most constant sure things about life, and it's also one of the most difficult. And so sometimes our intuition will be nudging us towards who we're becoming. So perhaps it'll be nudging us towards something that we're not quite ready to see or hear or acknowledge. And then, of course, we live in a world of free will. So we don't have to do anything we don't want to do when it comes to our intuition, so sometimes we do know, but we just wish that we didn't. I have been in this situation before, particularly to do with relationships. Yeah, this one seems to often be very connected to relationships. And so the question I ask myself when I'm in this situation or I think I might be in this situation, is what am I clinging to for fear of nothing coming to take its place? What am I clinging to for fear of nothing coming to take its place? other soul inquiries that are really powerful here are what's falling away? What's falling away? Another

one is What are you afraid to admit? So that's a big one. And then finally, third and I sense that Virginia, this is the one that perhaps might be most prevalent for you right now, just feeling into your question. And that is, wait, it's not yet time. So if you're receiving new guidance, sometimes it can mean wait, stop, take a breath, take some time out, slow down. The timing isn't quite right yet. And again, from experience, I know this one can be super frustrating. I remember a period a few years ago when I was really asking for guidance about where to live, and then I received the same vision over and over again. It was this vision of laying on the grass, and it was this grass that seemed to hug me back. It was like in spring or summer I was surrounded by roses. But yeah, the grass was just so healing and so nourishing. But I didn't have any more information than that, it was a very clear vision, but with no location details. I didn't know where it was. I didn't even know what country it was in, let alone what city it was. And so it was just so frustrating, I kept asking for more clarity. That's another good tip, when it comes to intuition, you can ask for more information, and in many cases you'll get more information, more details. But in this case, I kept asking for more clarity and to be told where it was in the world and whereabouts and what does the house look like and all of that. But honestly, for eighteen months, all I got was this one vision of me laying down in what I assumed was a garden. And I just got it over and over and over again. And it was so frustrating. I felt pressured, It was like I had this huge decision to make. And this decision, the outcome really impacted my whole life. And it wasn't just my life. It was obviously my life with my husband and family and many more people. And I was so dedicated to living an intuitive life and trusting my intuition that I was really being tested. At one point I remember even saying to my husband, I've got nothing here to offer you except for this vision so I'm totally fine if you just take the lead, because I am literally unable to guide us right now beyond this vision. And so then that resulted in the two of us spending hours and hours every week in the rabbit hole that is real estate apps trying to figure it out, which I'm all for action when we receive guidance. But in this case it really did feel like it was like you're getting a glimpse, but the scene isn't ready yet. And so it was really exhausting and all of that running around was really pointless. I kept on trying to hold the faith, but then I was struggling to not go into action because it was such a long period of time that I didn't receive the next step. So looking back now, I can...of course, as we can with hindsight, you can see the silver lining a lot more clearly when you look back and it's a lot easier to weave the threads together and it definitely didn't feel like this at the time.

But looking back now, I can really see that I was doing a really good job at staying curious, so constantly asking to be shown more because I think that's the thing with intuition you can keep asking. But in reality for me, in this situation, for a long time I didn't receive any more information on this particular question. It was just the repetition of the same vision. Personally, I knew I needed to live closer to nature that every time we thought we'd found the perfect place, it kept on falling through. And so it really did test my faith and my work and everything that I devoted my life to. But then the most amazing thing happened finally, literally after eighteen months of nothing but this same vision. One morning I literally woke up in the morning and I woke up knowing the location of my vision. It became crystal clear, I literally woke up with a knowing. And it was a deep inner knowing, it was a certainty, I believe we all receive our intuition in many different ways. One of the

ways I receive my intuition the most is through Clairaudience, so clear hearing that for me it's an inner voice. But on this morning, I received it the way I often receive some of my creative ideas. It was through an inner knowing. So this is called claircognizance, it was like a second before I didn't know anything. And all of a sudden it was just I knew this to be true. And so I ran downstairs immediately and told my husband and literally we were at our wit's end at that stage. And he was like, all right, let's do it, let's look. And we literally went online and I just still can't believe it because we've seen so many places and been looking in so many different locations and nothing was quite right. And once we got this guidance, within 48 hours, we had found a place and made an offer on that place, and then that offer was accepted. So yeah, that blew my mind because in hindsight I see how when it finally did become clear, when the guidance came in, when the timing was right, it actually dropped in fully formed. And then this is such a key part of living an intuitive life, once it did come in fully formed, we acted immediately. And this really is such a key point, it really does take courage to receive our guidance, not just receive it, but then to act on it when we receive it. At the time it felt like a huge wild act of faith, but we leapt in, two feet in. But again, both my husband and I, we just had this knowing that it felt right. Every cell in our body was like, Yes, and sure, there were things that our mind were like, Oh, do we? You know, the mind will often come when we're taking a leap and being courageous to follow our intuition. But deep down there was this inner knowing that we've received it now. And yeah, of course, looking back I can of course join the dots and see that actually the threads of my life were weaving themselves together that whole time. It was such a big decision for us. And soon after that we started a family, so it was like the place was really important and it ended up being where we were for the pandemic as well. So yeah, lots of threads being woven in the lead up to that and then after. It was really so many intricate and enormous parts really weaving themselves together to make it all possible, which were completely unseen to us. And so all that time where I kept on receiving the vision but nothing else but the vision, and I was like, I'm just getting nothing really. The energy was building and we were being prepared and we were changing and getting ready for the next step, getting ready for the move. It really tested both my faith and my husband's faith. It took patience and trust to really continue holding onto that vision, especially when the next step and the details weren't coming in. I want to share something that I learned in that process as well that I think is really important when we're not receiving guidance according to our own timeline. And that is I was actually very active in my waiting. So I wasn't just like I've received nothing, I'm just not going to show up to my practice or anything like that, I stayed devoted to my practice and I really was also devoted and this is also another podcast episode of Living into the Question, I know that can be really, really hard when indecision can so often feel paralyzing and can make us inactive. But, I was active in constantly living into the question. So yeah, the wait can be an active thing that you're doing rather than just kind of disconnecting and just kind of separating yourself from the intuitive process when we're getting no information. The invitation can be to trust that perhaps things are being woven on our behalf and be active in your waiting and be ready to act physically when the guidance does return. In my experience, the guidance does return, yes. So thank you so much, Virginia, for asking this question. And to anyone else out there who resonates and is also feeling a bit stuck, I hope these

three possible reasons can help unlock a way forward for you. If you are not receiving guidance and you really want to, as always everything that we're doing in the podcast is in aid of deepening the connection to our inner wisdom. So on that note, let's see what our inner wisdom has to say to us today with the soul inquiry practice.

Soul inquiry is a practice where we enter into a direct dialog with our inner self. I personally like to journal my answers as I find that I receive more deeply that way. But feel free to do what works for you. If you are going about your day, you might just want to speak them out loud or just hold it in your heart. So today's Soul Inquiry prompt is What would you like to receive guidance on? What would you like to receive guidance on? And then once you have that, the second soul inquiry is what is your inner guidance saying today? What is your inner guidance saying today? What is your inner guidance saying today? And as always, now it's time to commit to a grounded action. So I want you to write down one little baby step you can take today to really integrate this guidance into your life. What's one little baby step you can take today? It's been a really beautiful episode. Let's all take a moment to close this sacred space that we've stepped into together by sharing a breath. I'm so grateful for you being here. If you have a question you'd like me to talk through simply send us a voice note to podcasts Rebecca Campbell. Me. 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 sign up to receive any new episode that we've got coming up directly to your inbox, then just head over to Rebecca Campbell.me forward slash podcast. The best decision I ever made was showing up to a regular daily spiritual practice. If you're looking to commit to explore, expand or deepen your own spiritual practice, you might like to check out the Free Discover your Spiritual Practice program. When you sign up for Discover your Spiritual Practice, you'll receive seven days of free guided practice. So head over to Rebecca Campbell. me forward slash practice to get started.