



INTUITION & CREATIVITY WITH KATIE LOUISE

Episode Transcript

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 really happy to share with you a conversation with my friend and artist of my Oracle decks, with the last two Katie Louise. Katie is an intuitive spiritual artist and she's also the illustrator I collaborate with on my most recent Oracle Decks. And that is the Rose Oracle and the Healing Waters Oracle, which excitingly as I record this, is being released into the world this week. In our conversation, we are diving deep into the vibrant worlds of creativity and intuition, which are my two favorite topics.

I'm a really big believer that we are all creative and we're also all intuitive. I think that both creativity and intuition come from the same place, that we kind of need to do the work to open ourselves up to receive creativity and intuition. Some of us find it's second nature and others it's just a little bit of an unlearning process in order to receive our creativity and intuition, to learn how to listen to the whispers of the wisdom within, to receive our inspiration and our guidance. And then just as importantly, to really work on gathering the courage to actually act on both our creativity and our intuition. And I think this is why, for me, creativity and intuition and spirituality are really so intertwined. I see them being as like this endless invitation for us to trust the calls of our soul and to really show up to it with the regular rhythm as well. And to just encourage ourselves to really trust our intuition and our creative ideas when we receive them, and then to act on them as well. I have really always believed that there are countless creative ideas that are waiting to be birthed. I believe that there are so many ideas and creative muses that are wanting to work with us and to speak through us. But we have to act and keep saying yes and working on our craft in order to really share our creations with the world. So you're going to hear a really wonderful example of that today in my conversation with Katie. Really the power of saying yes and putting your soul calls into action in order to truly step into our highest calling and purpose. I love Katie, and I'm sure you will, too.

And at the end of this episode, as always, you'll find a guided soul inquiry for you to delve into your own creative ideas that are wanting to come through and the connection of your intuition and your

creativity. I know how precious your time is, so let's jump right in together by opening sacred space. In the center of your heart imagine a beautiful flower in the center of that flower. Imagine a light. This light is your wise, intuitive self. It's the wisdom within. Invite that flower open petal by petal now, as you take a deep breath in and out and invite your soul, the wisdom within to really step forward now and together take a moment to acknowledge the keepers and custodians of the land where you are and where I am known and unknown. Beautiful. Let's begin.

Rebecca: So our first project together was the Rose Oracle. And I don't know if I've shared this before, but I got the download of it needed to be Rose. I actually had two different decks that I was contracted for, and then COVID happened and I moved to Glastonbury and I mean, in the in the Rose Oracle guidebook, I tell the story about the Rose House and all of that, that's a whole nother story I won't go into that now. But the rose became so evident and I look back and it had been such a big part of my journey, like I wrote about it in my first book, going to Regent's Park and The Rose really was one of my first creative muses, I would say. But it wasn't until I got the real clear guidance of doing an oracle that I realized how steeped in mystery and symbolism the Rose was. And I remember putting out this deep, deep heart call for the right person, the right artist to come in. And just like any kind of relationship, you want it to happen now. And it was such a journey, too, for us to actually meet. And I don't even know if I've told you this, but around the same time, I'd be journaling every morning and trying to not let my Aries Moon take over and be like, let's just do it now. And I was like, No, I need to wait. I need to wait. And one morning I got this guidance to connect with someone who is a peer, a friend, but not someone who I'm super close with, but have a very deep connection with. And I look back at when I feel into her. She's definitely a sister of the Rose, for sure, and we both got on to Zoom. It was during COVID and straight after she shared your artwork and it was just on Instagram, like in a story. And I got this big like,woooo. That's who, I don't know if I've ever told you that. And I think I reached out for you to do a sample then. But yeah, that's kind of how it came. But it was about six months waiting for you to arrive. What's your memory of the rose? What was the call of the rose for you? And her showing up as a muse and you and I beginning to work together.

Katie: Yeah. So it was an interesting journey, really. And the rose really presented herself as a result of so much deep healing on my feminine energy. I've been on a real journey up until there was this moment where I realized that I had this real connection with the Rose, and she was such a powerful healer for me. And I actually took myself off to Hollins in the middle of nowhere. And I participated in a ceremony, a plant medicine ceremony. And in that ceremony in the room, there was a big statue of Mother Mary, and there were some roses by her. And I put my hand to one of the guides and I was like, Please, please, can I have Mary with me? Can you bring her over? And the rose, can I have that? And this lovely lady was like, Oh, of course she can. Of course. So I brought them over and then I clung onto this rose in the ceremony where I cried for hours. It must have been about 16 hours. And I got this rose and I really nurtured it and tended to it. And it was with me. And then I kept putting it into my water bottle. I was drinking it to make sure it would stay alive, I really had this connection. And at the time, I don't think I was really aware of what was

happening or what was going on, but I built this relationship with the Rose and with Mother Mary at the time. And from there, the rose just every time I was doing deep work on myself, the rose would be there. I started buying myself roses, and it was all roses, and it just became so important. It was when I was doing the deep healing on my feminine energy. I'd been on a real journey and my feminine energy was just in tatters. You know, I had a lot of work to do. And so I started doing this work that was in 2015. So there was a good five years of this kind of work before you dropped in. And then that was a place where I was well along my journey. I had grown a lot and at the start of that year we came into lockdown. I was a flight attendant, but I was also you know a closet spiritual witch on the side, being very shamanic at home and doing all my little things, but would still flying and I got grounded from flying and I was like I'm going to bring my visions into the world and I'm going to make an Oracle deck at some point. And I just put it out there into the universe, and it was just with so much pure intention and love. And there was a rose, there was a rose with me at that time, and I let it go into the universe. And then it was by the end of that year, you DM me. And it just was meant to be, it was the right time. And it was like when I'd done enough work, you know, at that point, that divine timing, so, yeah that was the point.

Rebecca: It's so interesting, isn't it? Because I remember finding this one piece of your artwork and because I was like, I really want to physicalize nature, but in a way where the codes of nature would be shown. So it's not just, you know, often the earthy stuff is quite...which I like this as well, but in the way I saw my vision like you'd show the light that's in the earth, you know? And so it's like as above so below kind of thing. And that's what I saw in your work. And I remember looking back and being like I think I scrolled back on your Instagram and I think when I first began you weren't really sharing on Instagram so I just thought that was really interesting because I think when we are being called to share our creations or whatever it is, following our intuition in a way, we can feel we need to wait until we've got it all sorted, we're ready. But the thing, particularly with the creative artist and when I say artist, I'm not just talking a painter or a digital artist. I'm talking about just like anyone who's sharing their creations in the world. The way to work on your craft is by doing and at first it's going to be a bit clunky and maybe not so great. My writing wasn't. But then the more you show up day after day after day after day, the more spirit works through us and with us. And this unique style begins to emerge. And it's been amazing seeing your journey and how devoted you are to honoring that call and honoring the alignment. It's been amazing.

Katie: I was just going to say when I first started, I was scared to share, I was scared to share anything. So I would always hold back and hold back. And then when you messaged me, I kind of had to step up, I had to step up. So it was good for me because then I was out of my head and I just had to trust and I had to allow it. So it was interesting

Rebecca: Mm hmm. Oh, my gosh, and it's interesting because I think one of the reasons I love working on Oracle decks is that you can dive into a subject area and working with a particular energy and you're kind of flexing and working out around it. So it's not like you're working for this

one final execution, it's like doing a whole mood board and just exploring, is like a deep dive, like a masters in a particular subject area. Do you agree?

Katie: Yeah, definitely. Definitely. Like, to begin with, you just think it's just this one thing and then it just expands out and it just gets bigger and bigger. And there's more. There's always more. I mean, I know that when we do that, there's just always more. And there has to be a point where I feel like, okay we need to stop now, otherwise we could just go on forever. But it opens up so much more and it's so much bigger than you initially think, it's massive.

Rebecca: It's so true. Like I when I reflect... Because do you remember we just finished with Rose and I was in Australia and I'd been working on the mystery school in Australia and water actually came in as one of the mysteries I was working on and I just knew it was an oracle and I knew how in congruence with alignment and connecting with the muse that you are. And so I remember reaching out to you, going, Hey, this is what I'm getting next. Would you be open to looking it feeling into if it's right for you? And you're like. Rebecca, the water has been here the whole time! And even I remember in the end of rose, there was just so much water that started emerging. And so it was like a loss and find with creative projects or even my books. I remember my first Book Light is the New Black. The very last thing I wrote, was this poem called Rise Sister Rise. It ended up going into that book. But I remember saying to editor, Hey, what about if the book is called Rise Sister Rise instead of what the first book was called? And she's like, No, no, no, no, no. That's your next book. That's not this Book. I was like, Oh, and that's been the case for you as well, where it's the energies kind of merge

Katie: Yeah, definitely. It starts coming in while you're doing the other thing and it starts coming in and then it's like, Oh, of course, of course that came in. But because it was already coming in and then something else will come in and they kind of weave together. And I think I think part of that is, everything is connected and it is all one. So of course there's going to be these overlaps, but it presents itself and it's like, Oh, I'm next and look at me next. Create work with me next. But the waters definitely started coming in with the Rose, definitely.

Rebecca: Oh, my gosh. Totally. And did you find you prefer, personally, not necessarily creatively, but personally. Did you prefer working with the rose or the water? They were pretty intense, weren't they?

Katie: It was so intense. They were so intense, but in very different ways. You know, the Rose it was so feminine there was a lot of softness and I was in a deep crisis. So with that feminine embodiment and even though it was difficult still I think it was easier because the rose is like a tangible object, like it is an object. So when we start at the water, I don't think that I could comprehend how massive water was and you couldn't contain it. It was flowing. It was so big that the process of working with the water as well, because when I create artwork, I really live and breathe every single card and I really go through each card and really fell into that. So the waters just came along and it was just like it just washed everything, you know, It was a tsunami. And it

was like what is going on? This is really difficult, but I'm really grateful for that because again, it's really made me embody further into my humanness. And that has been really beautiful with the water. Well, both of them, but the water was another level. The water was a lot.

Rebecca: It was so intense. Yeah, I totally agree. Well, I was pregnant for the bulk of us doing it. Well I was pregnant and I had miscarriage and then I was pregnant again. And so I kind of at that level I mean, when Sonny was born, he was born, as, you know, in his little water sack. And we've got that card en caul, which is like basically baby born in a water sack. And when I saw that, I was like, Oh my gosh, we really do come from water. And then, yeah, you go, Oh my gosh, we are water beings. This is a were I like. Maybe water is God or goddess or the Intelligence. It just blows your mind. And I think that in itself is because it's where there is water, there is life, where there is life, there is water. Without water, there is no life. So, yeah, I mean, even from a scientific point of view I'm like, whoa, what is water really? You know? And then from a metaphysical point of view, of course, then that just blows your mind. But what I think is so interesting about water as well is that it's obviously like in the condition that the planet's in right now, like we're finally waking up to like how urgently we need to recognize how sacred this element is. But then if we are able to see the fact that water is sacred because life is sacred and that life isn't here without water, then we will see absolutely everything as sacred, from the plants to trees to animals to to everything on this planet that is alive. And so I think that what blows my mind about when you are working with water is that in one way, when you're working with water, you're working with everything in life. And I think that's the hardest, the hardest bit and then it's an element that has so many different forms, too. So it's in flowing water, it's in stagnant water, it's in ice, it's in mist, it's in the air, it's in our bodies, it's in the food we eat.

Katie: Everything, everything. You know, it was interesting when I was working with the water and I went through a real process with the water. And at the end of the water, I had a whole new awakening. And on another level, which was that everything, a lot of like a lot of psychic gifts came online, but in a very new way. And it was through the process of working with the water. And because of that everything and that consciousness obviously tapped in so deeply. It literally blew me open so far and to the everything of everything. And it was really big. And that definitely came along with working with the waters. Definitely. My sister was pregnant while we were in the waters as well.

Rebecca: That's right.. Ahhh I saw a picture of your nephew or niece. I forget which one is so gorgeous,

Katie: Yeah, both of you at the same time. So it was interesting.

Rebecca: So Interesting?

Katie: The birth.

Rebecca: Yeah, having that all around you.

Katie: Yeah.

Rebecca: And I think, like, some of my favorite memories of us through our creative process was... There's two which I find the funniest, actually. First one was like all of these meetings that we'd have, like during Covid in particularly like on standby and you were in like, truck shops doing all the artwork. And I was like, This is the vision that I'm getting and you're like, just one sec. I just need to go to this like plastic table or to my car, there's a trucker who's wanting to come up.

Katie: Yeah, This is it, though, because the thing is like a lot of my downloads when I'm on the move, when I'm moving somewhere and I have a lot when I'm driving, like a lot of stuff comes through or when I'm going from A to B somewhere, things drop in at those times and I'm like, Oh I need to write these down. But that was really funny. That took a day when I was in a service station

Rebecca: So funny

Katie: And you were chanting and singing and everything, and I was like, Oh, I get it

Rebecca: Oh, was that the same day that you were at a truck station. That's hilarious. That's right. Because we couldn't get one of the cards. I can't remember which one it was. And I'm like, I just got out of my meditation and I got this chant or something. And so I just recorded it and then I sang it to you and you were like, Got it, got the codes, and then you did it. That was amazing.

Katie: I got it. And that actually came in a motorway service station, car park. That's where it came through. But you know, this is the thing. Like magic is everywhere and it's everywhere in our humanness that magic is there and it's when you tap in, you can access it in these places, you know? So yeah, the service stations.

Rebecca: Love it Yeah, I really resonate with that on the move thing. I've always done my best writing, like on my phone as I'm walking in nature. So as a kid I remember being on the bus. I had to ride the bus. This is like at school. And I'd like a little Walkman in my Sony Ericsson and listening to ABBA tapes, like Muriel's Wedding, that kind of thing. And I was thinking we used to do these performances that were. Called like Becky's Dance group, and It was kind of Sister Act meets Priscilla, Queen of the Desert, like rip off your uniform into costume change and we lip sync and stuff. But I took it very, very seriously. And I remember I was listening to these and I'm like, Yes, this song goes into this song, but I'd always get it sitting on the bus looking up at the window and even when I was a creative in advertising, I'd walk. This was. My first time consciously connecting with water. I didn't see it as intelligent at that point. I saw it more as inspiration, like from shape, colors and everything. But I'd walk along the beach each morning and that's when I'd received my ideas for work for the day. And then I'd go into work and just do my time at the cubicle. At the office just to be seen like I'm doing my work. But really, I did my work walking with the water every morning.

So, yeah, I think the motion for me really helps because you're not stagnant. You're almost dancing with life a bit.

Katie: Yes. Yeah, but is the movement

Rebecca: And so I know it's like such a journey to kind of claim the calling and just choosing a title and a title never is like the title. But for me, I was like, I need to write a book, because then at least I can call myself an author because I don't know what the heck to call myself. I remember that being a big big point in my journey, and I knew that one of the many hats you wear is intuitive artist. How was that to claim like, was that hard for you to say that you were or has that been something that's come easy?

Katie: Yeah, I think it has been difficult for me to claim, you know, it's been a real journey to become embodied and actually claim, really claim and be seen and it was uncomfortable at first. And, I have been hiding behind my art. And it's like all these pictures and hiding parts of myself, like my humanness and my humor. And it was uncomfortable for me. But now I'm a lot more comfortable with it because I am very intuitive. I've always been very intuitive. And honestly, truthfully, sometimes when I create some of them, I don't know how I know. I don't know how I know that thing or I don't know where it's coming from, but I know that it's coming from somewhere like wisdom that is within me that I've tapped into from. You know, somewhere else in the consciousness. And I was uncomfortable saying that for a long time. Now I'm a lot more. Yeah I'm very intuitive. I am very empathetic. I do get downloads, and it's safe for me to claim that because I know myself. Whereas at the start I didn't trust myself as much, you know?

Rebecca: It's interesting because I think there's like trains of thought where it's about I'm an artist or I'm a this meaning like this is my particular gift. But then you can also look at it and be like, Oh, whoa. what if actually we are all intuitive, we are all art

Katie: Yes we are

Rebecca: I actually believe that's true we've just forgotten. But then I do think that the more obviously each of us have a specific, unique strand of gift. Right. But I think also, the more we show up to what I would say, merge with the divine or the sacred and let it move through us, there are different ways it can express through us. And I think that it's a combination of soul experience as well as life experience, ancestral bloodline. All of that. But it's also just like the more we show up to our craft, the more refined the skills get. So it's kind of like a combo of it all. And I know for me, the more I've shown up. Because I was so scared to do it and claim the title and all of that is such a big thing. It's like you think it's weird but I think that the more we do something, the easier it gets, and then from my experience, it's not like the fear goes away completely, but it does become easier.

Katie: Yeah, it's almost like you get more comfortable. You get more comfortable with it because you're showing up more. Definitely. And I think sometimes it's hard to give yourself the title because there's also so many of the things, like this, so many other things. And I channel in other ways as well. So when I dance or when I play sound, that is also a channel where I'm getting information and I think as well, it's creativity and expression. It's in that format. There's access to that information of being a channel. But yeah, I've got more comfortable with it as I've dedicated more, more time. And it's, it's just become more of a natural thing.

Rebecca: Mhm So true. And yeah, you're so right. Like I really see the connection between sound and visual. Holding the frequency, you know. And that's one of the things I just love about your art in particular. You can feel the codes are in there. Was there one significant moment that sparked something on your journey? I know the awakening process never ends but was there one first one or one significant one or, or is that hard to pinpoint?

Katie: It's really hard to pinpoint, I was always very expressive and creative as a child. And then I had this boyfriend in my early twenties, and I used to write a lot, like I used to write poetry a lot. And I wrote him some kind of poem, this is in my early twenties and there was a painting and he was awful. He was an awful person, and one day he'd torn up this painting and I was devastated. And I stopped creating. And for four years, I stopped creating. And then I became so sad in life because I wasn't being creative at all. And life became very painful after this relationship. And I actually really wanted to leave life because I was so sensitive and it was so painful for me to be in this human experience. And that was definitely the moment where life had become so painful for me that I actually wanted to check out of life. And that was when things changed, that was when the healing came and the real work, because I had no other choice. There was no other choice for me, apart from doing whatever it takes to heal. So as I healed, the creativity came back and the creativity just gave me so much joy. It reminded me about play. And it reconnected me to nature. It reconnected me back to myself and back to life. And it's all about connection. And it was a really long journey. But that awakening moment was definitely where I got to a point where I wanted to leave life, and that was the awakening. And I think it is sad because I think sometimes the deeply traumatic things are the things that are the awakening, that I'm so grateful for. I'm so grateful for it, and it shaped me and made me who I am. And it's brought so much light into my life from going into my darkest dark, to rebirth me into my brightest life. And that was the awakening in the fragility of life. That, for me, was the awakening. And then things have just carried on, there's been more awakenings since then, some of them have been funny some of them have been really funny. And it's ever unfolding, and every time I think I've got it, there's something else. And I'm like, you know what? I'm just the student I'm always learning and I'm never going to know all the answers. There's so much mystery how can we know it all, you know? But yeah I think like that time in my life, it took me back on a journey to remember that curious child that I was growing up, the one that was interested in the magic and the mystery and the how's and the whys and knowing that there's something else out there, you know?

Rebecca: And so for someone... or You even just like talking to yourself back then, from now, like, what would you say?

Katie: Never stop being curious and never stop playing. And just stay curious, it's okay to be curious. It's okay to ask questions. It's okay to try things out and take a risk and just adventure, just have fun. I think a lot of it goes back to that sense of play. You know, play and create and just find things. Go on that adventure.

Rebecca: And I know that you've got a very special man in your life who is.

Katie: Oh he is here

Rebecca: Would you like to introduce him?

Katie: He's ready and waiting.

Rebecca: And so tell me about your main man, Philbert.

Katie: This is Philbert, and he is a chihuahua, he's accompanied me in all of the work that we've done on the Oracles. And he really has been my best friend. He's a source of absolute, unconditional love for me. And at times when I feel disconnected from myself, he brings me back, because I have him and he wants to go walk, I'm always in nature with him and it makes him happy, so I'll take him. And we just spend a lot of our time in nature. But yeah, the unconditional love from him, he's really happy to be on camera.

Rebecca: Hi Philbert, we should probably credit him in the deck. We should thank you, Philbert thank you. But yeah, I've been on many, many walks in nature in the forest with Philbert, haven't I.

Katie: Yeah. He's always there, he sits with me when I'm doing the artwork, he likes to be involved. He is always there.

Rebecca: Well my, my dog. Shakti used to sit on my lap or my desk when I write. And then my husband, Craig, started... Well, it was when I had my son, because all of a sudden I had to feed my son through the night, and so the baby, Shakti, my dog, kind of went down in pecking order, I had to feed the baby. And, and so when that happened, Shakti became Craig's baby and now literally is like a different task. So his calling is to be Craig's support, not mine, in his work.

Katie: It's so interesting how that's happened, you know?

Rebecca: Yeah, it's so true. And hearing you talk about Philbert and also the joy because I was thinking about Philbert when you were talking about the joy in playing and being curious, and going on adventures and stuff and is quite funny when Craig and I were in London, we we'd been working really hard and I think we'd be married a couple of years and we started doing the Wheel

of Life. You know, when you look at the different sections of your life. When you rate it out of ten, so work, an eight out of ten body, six out of whatever it is. And both of us, we'd go to have fun or play and we were like two. We were like oh my God, because we'd also went from kind of what we were doing for fun was like going to nice restaurants and drinking and, you know, all that kind of stuff. And then we didn't want to do that anymore, and work was such a passion. And I think when your work is your passion, it's hard to...I sometimes go like, what do I even do for fun? Because I love what I do so much that I have to think about having fun. And I think since I've had kids, that has become a lot easier because kids just play. But yeah, yeah for weeks we kept on getting real low scores for fun. And Craig said I know what we need to do. We need to get a puppy, and that's what we did actually. The next week we found Shakti, we went to Milton Keynes and picked her up and she's been with us ever since.

Katie: Yeah, you know what? Like there's been times where obviously we've been creating and it's got a little bit hard at times when we're doing the oracles, it's a lot of work and like Philbert just brings me joy, like he would tap, he would tap at me and he's like, it's okay, it's okay. Let's take a break for a walk or he brings a toy over, you know, And he reminds me to play and he reminds me, Come on let's get out in nature and do a little exploring. And you know, they do, they pull you back into that moment of fun and play and is so so important.

Rebecca: So true. And I know this because I've witnessed your process and my own as well. What I think is amazing is like, sometimes when you're like, oh, I'm really trying to get this cards or this chapter or whatever it is, and you kind of pushing for it and then, it always comes in an instant, but you might have to be sitting there for 20 hours and then it will come in like 30 seconds or something. Tell me about that.

Katie: It's really frustrating when you try. It's like anything is a metaphor in life, because when you try so hard with something it just doesn't come, It's like when you're waiting for a bus and there's no one. And then they all come together but it's really frustrating. And, at first I got so frustrated with it, I mean, the amount of tears that I've cried while I've been making art or got angry, I've screamed into the pillow every now and again or I have to have a word with myself. And I'm like, you know what? It's just not going to go. I need to let it go, and do something else and take a break from that, because it clearly doesn't want to come through in the way that I want it to. I think it's like, when you try to control it too much, what comes through? you really want that moment of inspiration, but it's not in that moment that you think it's going to be in. So, I've gotten a lot better. I'll take a break from this. But there have been times where I've sat for hours and I've just stared into nothingness, infinite into nothingness and waiting. And I'm just staring. And it's like, before I know it, it's a whole day. A whole day is gone. Sometimes it's been a whole week. A whole week where it's like nothing's comes and it's really frustrating, but then all of a sudden it will come and it will be quick and it's like, Oh here it is.

Rebecca: It's so like receiving intuition or guidance, like you want to get it now you want something to even manifest, you want it to happen now. Then like it really requires surrender and trust, doesn't it?

Katie: Yeah, massively.

Rebecca: But I think it's interesting because I think also at the same time creative it's always limitless. creative ideas exponential. We need containers to create inside too, and deadlines actually help us do that. But definitely when I worked as a creative in advertising, I keep referring to that because it's like at corporate or well it's a set finite container more than I've ever done. And I think it was such good training for me because I saw how it was so hard to trust the creative process because you knew there was this end cliff, But it forced me to learn how to act on creations when they came and went. No matter who the creative was, you'd always get your best ideas right at the beginning. The moment you got the creative brief... Like that. And then right at the end, like literally the last 5 seconds, right before you're about to present, everything in between was just like time.

Katie: Yeah that is so true. And I've had to learn a lot of trust. I've had to learn a lot of trust in this because you're right, a lot of that middle time definitely with the water. The water was like there was a lot of space, there was a lot of space. And then it was quick and it was like, whoa it was like a tsunami. It all came in, all the downloads came all in one go and all near to the end. But I've got a lot better at trusting and knowing that it's going to come, it's going to come. But I love having the deadline because otherwise it would just go on forever. It would be limitless.

Rebecca: And it's so interesting because I found this because I had I'd water is one of the mysteries in the mystery school, but you and I started working on it before I had started teaching the big groups. And so I'd only experience it directly, I hadn't observed other people working with it. And we do like all the work and things like that in the Mystery School, but it was so helpful, you and I, having worked with all that. So not just me, you and I, both of us doing water and then a couple of people in my team were working with that as well in that same way just to try and figure it out. And I just kept on being like, I don't understand. It's such a huge part of my practice.

Katie: Yeah, same

Rebecca: I find it really grounding to bring it into the physical. I know you're an amazing alter builder, but it was actually a conversation that you and I had. Like I was saying to you, I think I sent you the little chalice well vile pendant, so we both had that and then there was maybe a stone, a crystal. And so we had a couple of things, and you visited the chalice well, as well. And so we'd had a couple of physical experiences, but I was really struggling to have an altar devoted to water. And I remember you saying to me, I think it's because water just wants to flow. It doesn't want to be stagnant because I've got these little vases of my grandma's that I'd put in, but I'd have to like, change the water every day. And I just struggled with it. Whereas when I wore the pendant or I'd

walk to the well and walk with the waters in that way or observe the waters as moving, living things, I was able to connect so much more.

Katie: Yeah, same. It was a big realization, but also because I tried to build the altar as well. And I remember saying to you that because my altar just feels really stagnant.

Rebecca: It was like dead, we were like uhh.

Katie: And it was like with the Rose, it was always really beautiful because it was always really bright. It looked alive. But the water just felt stagnant. And I was like, Hey, Rebecca, you know, I think it just wants to flow. And I remember that conversation and it felt better as soon as we acknowledged, it's interesting.

Katie: So interesting. Whoo! All right. So okay I have two questions for you as we finish up. First one is what does the sacred mean to you or how would you define the sacred?

Katie: See, this has changed very recently after a new awakening, for me now. The sacred is this body, It is nature, life. Just like being here in this body and nature, how that is so sacred that you can't get anything more sacred. You know, that to me, is like, What a gift. What a beautiful, sacred gift to be here now. This breath, this body and all of nature. It's everything. It is everything and beyond this lifetime now and beyond.

Rebecca: Hmm. Beautiful and what returns you to the wisdom within?

Katie: So many things that, being in nature is huge for me being out in nature and music is very important to me. I create all of the artwork to music, sound and music is where I create and I think being creative. Being creative returns me, that is the big thing, being creative in this life. But the inspiration, nature is such a big inspiration. And it's like a combination of those things and I think the reason is because those things make me feel connection. Connection to life and connection to myself. And having that relationship with life, with nature, with music, sound, my creativity, that returns me to that infinite love, you know.

Rebecca: Love it. Well Katie and I have working playlists that we work with. I'll make sure we include the rose and the healing waters one, in the show nights so you can listen along. So many of those songs, I think like we've listened to... Like Mother of the Waters, I reckon. What do you reckon? Like 500 times?

Katie: So many. So many, some of these songs have been on repeat so many times. You know what I really like? The Stones playlist It's another level, I'm really feeling that one.

Rebecca: I know, everyone will have to wait for that one.

Katie: Yea

Rebecca: They're way more slow moving

Katie: Slow moving, but yea these songs that some of them have been on repeat hundreds of times, thousands some of them.

Rebecca: Mm hmm. So true. So what I thought we would do to wrap things up. Let's pull an Oracle card. I was going to grab the deck behind me, will pull one from the healing waters.

Katie: Okay, perfect.

Rebecca: Because today, the day that this episode is going to be released is actually the birthday. June 20, 23. So maybe you're listening from the future, or maybe you're listening in the present. Oh, and I'll include a link below as well where you can get the healing waters. If you want to get the deck and activate your deck and receive the attunement as well as the playlist and all of that, you can do that. I'm going to pull us a card now had a couple of jumpers. I'm going to do it again. The cell keycard. So this is come out of hiding, embrace who you really are.

Katie: Oh, there we go.

Rebecca: This is. Yeah, I think it's a very apt card for our conversation today. And then the other two that jumped out before the well maidens and planetary waves. For me, maidens really remind me of reverence to the waters compassion, respect and kindness. But to me it's the Avalon card, it's the sacred wells of this world, like the pure waters, and us as guardians of the waters as well. How about you, Katie?

Katie: Just the same. You know, that deep reverence that we are guardians of the water of nature, is up to us to honor, protect and bathe in deep reverence with this earth you know and all of her magic and gifts. But it's a very it feels very feminine card to me as well. You know that it's being in reverence with the lands and being in reverence with ourselves, our humanness and and the entirety of it all

Rebecca: Beautiful. A percentage of all of the profits of the Oracle also go to charity water we'll include with the show notes too, so yeah that'll have to happen automatically but it's a great charity if anyone feels call to support it and then the final card is Planetary wave. Which it's about the sole mission, trusting the inner core, being part of the soul team. Kind of like we all came here in waves, doing it all together.

Katie: Yeah, definitely. And just trust in your soul mission, if you hear that call and trust in it and going with it. I like that card is a big card, you know.

Rebecca: It is a big card. We did so many versions of this card. Do you remember? We were like, Wait, does it look like she's got a beard with all that water? We like, No. Let's change this face and let's do this. There's so many so many slightly different versions of every single card, right?

Katie: There's so many. There's never just one version. There's a lot. I mean, every time I send you something, there's always. There is always something.

Rebecca: Oh my God, you're even more a Virgo than me Katy, there'll be sometimes, like, 50 cards. And I'm like, Wait, what's the difference between all of these? And you're like there is a slight different glow on each of them.

Katie: That's so true. But you know what, Rebecca? I've actually got glasses now because my eyes were getting so strange looking at the screen, but I actually have these now. So when I look more, it will be more clearer. Now I'll be seeing myself.

Rebecca: So maybe. Maybe I need glasses, then.

Katie: I just got these and I think it was because sometimes I couldn't see my own differences because I'd stared at the cards for so long, I was like, Oh, I'm just going to send her all of these now. She can look.

Rebecca: Oh, my God, So funny. I love it. I love it. Awesome. Well, thank you so much for sharing about your journey about your process. I'm very grateful

Katie: I'm so grateful.

Katie: That we're creating together.

Katie: So grateful. Thank you.

Katie: Soul inquiry is a practice where we enter into a direct dialog with our inner self. I like to write my answers down in a general as I find that I receive them more deeply that way. But feel free to do what works for you today's soul inquiry prompt is, what creations are wanting to be birthed through you. What creations are wanting to be birthed through you. What creations are wanting to be birthed through you. And now it's time to commit to a grounded action. So writing down what is one baby steps you can take in that direction? What is one baby step you can take in that direction? Let's share a deep breath together as we close this sacred space we've stepped into together. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then hit subscribe. And you can find all of my Oracle decks, including the healing Waters Oracle that we share today in the show Notes over at [Rebecca Campbell.me](https://rebecca-campbell.me) forward slash podcast. And yeah, if you'd like to order the Healing waters Oracle, it's such a beautiful oracle. You can find out more. [Rebecca Campbell.me](https://rebecca-campbell.me) forward slash healing Waters. 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 month training for mystics, artists, intuitive and healers. Enrollment opens soon. So come over and check it out. [Rebecca Campbell. Me](https://rebecca-campbell.me) forward slash mystery school.

