



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN
TO THE WISDOM WITHIN

Available on



MISSION, MUSIC & MOTHERHOOD

Episode 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'm returning with singer songwriter Rachel Platten. We've been connected now for a few years, and what I love most about Rachel is how much of a devoted artist she is. Her music really has a deeply special way to express what we feel deep inside our hearts. And yeah, just put to words these feelings that maybe we've never really quite been able to express before. Her track Fight Song has, of course, become an anthem of female empowerment all over the world. And her recent song Girls is just the most beautiful love letter to all the daughters from all of the Mothers. This conversation is really anchored in such a deep and heart connection. I'm sure you'll feel it as we get deeper into the episode. We really go into so many different areas from our birth experiences to the challenges of postpartum life. We talk a lot about how to, well, how to try and find balance between having a soul mission and also being a parent. Finding balance in our lives, if that's even possible. And also going deep into how to cultivate a connection to the God or sacred of our understanding. Exploring, you know, going direct to the sacred rather than relying on external spiritual tools, for example, to connect in with the wisdom within, which is, of course, what this podcast is all about, connecting to the wisdom within. Rachel's just such a gorgeous, gorgeous person. I loved our conversation and I think you will too. As always at the end of this episode, you'll find a guided Soul Inquiry for you to explore a little bit more deeply what the wisdom within you is wanting to share with you today.

I know how precious your time is, so let's jump right into opening Sacred Space together now in the center of your heart, imagine a beautiful flower. Invite it to open petal by petal, revealing a light in the middle. This is your inner wisdom, your connection to the sacred, inviting it to step forward now as we deeply connect in with it. And together taking a moment to acknowledge the spirits of the land, the keepers and custodians of the land where you are, and where I am too. Beautiful. Let's begin.

Rebecca: Oh my God Rachel. I've been, like, feeling really emotional. Like, just in the past 10 minutes, like, feeling our conversation. And so I don't know where it's going to go, but wow. Like, I listen to, I mean, I listen to Girls and Fight Song and You Belong and I was just, like, oh my God. Like, you really have this amazing gift to be able to, like, express things that I think we all feel in our heart but, like, it's hard to find the words around and, well, have you always had that?

Rachel: Thank you. Oh my gosh. First of all, I'm so excited to be talking to you. I'm also a fan and you got me through a really difficult period. Your book, Rise Sister Rise, it kind of really, like, lit up something in my heart and strengthened me in a way that no one had really, like, I didn't feel anything spoke to that part of me before. So thank you. Mutual. I think you're incredible too. But yeah, it, no. Not always. Like when I was younger, I mean, I didn't start writing songs until I was around 19/20. I think I did when I was very little. My mom remembers, but I for some reason stopped for most of my adolescence and early childhood. And it wasn't until it was kind of impossible to ignore it anymore that I started to dive back in. But I've always been a very deeply feeling person. And I have always experienced emotions in a very, very just visceral way. Like, I've always semanticized my emotions and can feel other people's emotions and never really understood what that was when I was younger. And music was always an outlet. But I don't think it was, until I was around 20 that I was able to kind of put those together, like, okay, I'm going to feel the world deeply and this is the way that I'm going to process those emotions. This is going to be my little lifesaver with this huge heart that is like yours too so open sometimes that it can really feel painful to exist.

Rebecca: Oh my God. Yeah, it's making me, kind of, reflect on, yeah, my teen years here I had those big emotions and, like, I just, I would write. But I didn't know what I was writing. I know I was, like, connecting in with something. I don't know if it was my soul or just, like, God or just, like, is anybody out there? You know? Am I really all alone?

Rachel: Yes. So much of art, I think, is the call outwards to something or someone that we don't know bigger than us. Please tell me there's something else. And at least for me, my art has always come from that place of, like, this can't be it. This can't be all there is. There has to be something... And I think it's, along the way, it's been me discovering what that is for me.

Rebecca: I mean that song, Girls, is just so beautiful. I'm like, oh I just want to play it to my daughter. She's only seven months, but...

Rachel: It's a hard age seven months, by the way. Props to you. Oh my god. We will get into mom stuff. But yeah, I always let mom stuff take over music stuff, so this is good for me to honor. I'm going to stay in the music track.

Rebecca: I was going to go to mom, but...

Rachel: Go to mom...

Rebecca: Okay, I'll go to mom.

Rachel: Girls was the perfect marriage for me of figuring out how I was going to integrate the music self and the mom self that has been pulling at me in two very separate ways and, like, and fighting with each other a little bit. And it, I think I've been discovering how to integrate them both. But like when I wrote the song Girls, I was like, this is really the marriage of how me as a mother can fuel and heighten and enrich my music. So, no it's not taking away from my artist self. I don't have to protect it. It's actually like completely, and yeah, just filling it up and making it even more beautiful and huge and powerful. So I'm proud of that one too. Thank you.

Rebecca: I so feel that integration and, like, did you always, like, know you wanted to be a mom and did you always know you had a mission?

Rachel: I always knew that there was something different about me. I remember being really young and feeling like. I just don't quite fit in here. I don't fit in here. I'm addressing the mission one first, not the mom one, obviously. Because motherhood truthfully didn't really come to me as like a yearning until I was married to my husband. A couple of years into marriage, I kind of saw it as something in the distance that I'd get to someday. But I didn't have children until I was 36... My first child until I was 36.

Rebecca: Same. Oh no, 37 when he came.

Rachel: Me too, 37. I was pregnant at 36, yeah. And my second child, I just had her at 40. So I, it wasn't something that was pressing. Like for other women I've heard them describe it as, I just can't wait to be a mother. I was born to be a mother. And for me, I very much felt like, yes, someday, but I have this strange desire in my heart to, like, heal the world. And it wasn't until I realized, like, it's really about healing myself. That's when you can heal other people anyway and, like, that whole... But anyway, yeah, since I was little, I had this feeling that, like, there's something different about me. I don't fit into my family, I don't fit into the city where I'm from, I don't fit into the things that they're telling us to do and care about and go after and what is that? And it, and when I found music, it took some bravery for me to follow that path because I had been on this, like, very serious academic path that my... I'm from Cambridge Boston area and it was, like, go to graduate school, become a lawyer or a doctor. Boston is not very like, go become an artist and feel your feelings. Like, no one's like that in Boston. They're like dude, what are you doing? Like, come on, go to graduate school. Sorry, that's my Boston accent. I bet people in England are like what the hell was that? You can edit that out Craig. But yeah, I found music and then it kind of started to

make sense. Like it started to make sense. Oh, I am different. Different from my friends. A good different and music is what I've been missing.

Rebecca: I so relate. Were you ever... And I'm saying this because I'm basically revealing myself. So I always felt so clear on the mission and I was, I assumed, like you, I assumed I'd be a mum. But then I was, like, I look back and I thought that I was afraid that it would, like, get in the way of my mission. So like, yeah, you felt that too?

Rachel: Yes. And I am I think that I held back on saying that when you ask that question because it was right under the surface, because I'm afraid of how that sounds. Like, I judge myself, but I didn't judge you when you said it. But I will judge the thought in my own head. Like, hearing it from you, I'm like, of course, that makes so much sense. Rebecca has a huge mission. It's very obvious. She helped me. She's helping millions. And, of course, she feels that tug. And for some reason, I don't give myself the same permission to have, to that be an actual feeling. But that was, I was, like, I had Fight Song out. I was, you know, kind of, like, already overwhelmed and completely filled in a way that, like, people were describing motherhood to me. And I was, like, yeah, sure, it's great, but have you experienced, like, playing 50,000 people with Taylor Swift? And, like have you experienced what that feels like? So naive. So naive because motherhood is so much different than that. But I also felt that fear that like, let's just like you said, will this get in the way of what I'm supposed to do in the world? How? I don't see many examples of women doing that. Who can I follow? Whose lead can I follow? Whose footsteps can I walk in? Now, since I've started, I've met a community, I don't know if you have. But I've met more community of women who are balancing them both. But it's not many, you know?

Rebecca: Yeah. And it's kind of, like, like what does that even mean? Balancing it both.

Rachel: Right. We're not really balancing it both. You're kind of just letting the scales go up and down, right? At least for me. Weight in motherhood land. And then I'm like, oh shit, my artist is craving some time. And then I go all the way up in music.

Rebecca: Yeah. It's so true. And what I found as well in my pregnancy, my first pregnancy and first postpartum that was, like, was, basically had Sunny, then it was COVID. And yeah, I mean, yeah, I mean woah. I didn't expect how hard it was going to be. Like I expected it physically and, yeah, and yeah, it was such an initiation and also I had no idea about re parenting. I had no idea that all of the pre-verbal feelings I had when I was born would come up every moment. What the hell?

Rachel: Wait, say more about that. I don't know if I've ever thought about it like that. Like, I understand what you're saying, but say it again.

Rebecca: So for me, what started erupting and... And let me just say, like, I had, I had what you would call a very positive birth, Like I didn't even have a traumatic pregnancy. But like, but just the initiation in itself, like I remember when I gave birth, seeing these, like, barricades of protection around every one of my cells and them just, like, blasting open like ten times and traveling like to the ends of the earth. Kind of like tapping into all of the women who've ever done it. And all the pain, the agony, the grief, the everything in my astral lines. Yes, but the pain more than anything. And I, and at the same time, like, the world was on fire. Literally fires everywhere, COVID, like all of that. And what ended up happening, I thought I was going absolutely insane, and because it was COVID, like, I didn't go...I think if it happened now and, you know, when you're in something, I didn't get medication. I'm so not anti-medication. But it, I didn't do that. I wish I did now. But when I went through that, what was happening was, as well as that, because you know, you've got your hormones, lack of sleep and then it's just this a vicious cycle. But at the same time, what was happening was, and this is my perception of what happened for me. I know everyone's completely different, but for me, it was almost like there was this like collective rage that was just erupting out of me. And then at the same time, seeing my son, who, you know, you have that moment where, like, I knew I was having a baby and I looked down and I just couldn't believe there was a baby there. Because it's a freakin miracle in front of your eyes. So you're blown.

Rachel: Oh, yeah.

Rebecca: And then what I started noticing, but it took me a while to actually notice what was happening. It was as if, like, it was so painful for me to see the amount of love he came in with. Because it's like, I was like, is it even humanly possible? For any one to receive that amount of love. And then it's, like, but we all come in with that. And then I think that that amount of love brings up anything that is not love. And then if you come in with this, like, mega ton truck of love, of course it can't be received. So that was my postpartum.

Rachel: Wow. Rebecca. That is so powerful. So much of what you said I relate to and understand. And I think we were on very similar timelines too. Like, I had Violet and she was six, seven months when the world shut down and, like, I was or maybe she had just turned one actually. So maybe it was a little ahead. But I also experienced a really, really, really difficult, insanely challenging, confronting postpartum period with both of my daughters. And I love how you described it, that was so much purity and so much love from little Violet. I almost couldn't, like, I'm trying to process it as I talk because I've never thought about it like this. But like, I think it was that. I think I couldn't receive it until a year or two, a year and a half later, when I had, you know, my system and calmed down, my hormones had calmed down, when I started to forgive myself. Like when, like, just, I don't know. You know, when I started doing work, deep work. It, like, sent me into therapy, which funny enough, I had been on this healing journey much like yours. Like very spiritual, very like, you know, like, I don't know, I didn't really have a grounding to it. I was kind of just reaching out for it. No, this is not like yours. I'm sorry, but in this as in my case, like, I just felt like I was pulling from

anywhere I could without grounding and missing, like, a kind of groundedness to my whole life. And when Violet came, it forced me, the pain and the mental health crisis I was going through forced me to confront, like, things and be, like, yeah, I can't just, like, pray this away or, like, Reiki this way or, like, you know, talk to Spirit Guides and like, be okay, this is... And in fact, it kind of made me realize that that world can be slightly dangerous when it comes to, like, a severe mental health crisis. I heard what you said about, like, I wish now that I'd been on medication. And first of all, I'm so proud of you for saying that, because good for you. And I didn't, on my, I didn't with Violet because of my deep feeling and belief system around like I can heal myself. And I did. But with my second daughter I could not. And it was terrifying for me. And this idea that medication was bad and, like, you know, whatever, Eastern medication is good was really dangerous for me because if I had not gone on medication, I don't know that I would, I don't know what would have happened. Like, thank God I went on antidepressants because my hormone balance was so severe that I wasn't sleeping. It was just dangerous. And so for me, it kind of made me, it shifted a lot for me of realizing, like, my belief system has to come back towards the middle a little bit and I have to integrate both. It cannot be one or the other. It can't be like, you know, this is good and this is bad. Anyway, I kind of went on a tangent, but just hearing you say that really made me feel respect and also, like, an understanding of, like, I don't know, what do you think about all that? Does that bring up anything for you?

Rebecca: Yeah, totally. Well, yeah, I think that when I was in it, I was praying the whole time. I'd done some, like, deep, deep, deep therapy work before but I hadn't done... So for example, I found out when my son was born, after my mom was just bottle feeding him... There's so much, like, so many mothers giving away babies in my family. Like, whether adoption or being taken away. Like, just so, like, so much. Then my mum just mentioned in passing one day how when I was born the hospital was really, really busy and so they had to put a, her and me in a room with a mother who had just lost her baby. And so the first three days it was the three of us. And so every time I cried, I'd, like, bring in her milk and she'd just be grieving.

Rachel: Oh my God.

Rebecca: And so I, you know, I do believe that... I think our souls choose how we come in. And I think that birth held all of that for me. And I think that that's actually where the grief that I came in with and the feeling. But I think that intensity of birth and death all at once actually is the thing that helped cultivate my gift. Like, I think these things happen in this way, you know? But interestingly, I now am reflecting like I then had my daughter, so I gave birth to Sunny like a frickin' warrior woman. But I, like I used all my warrioriness, but it was, which I was so proud of. But also it was, like, it was that grrrr not just the sweetness. Like, you know?

Rachel: Yes. No, it's like, it's the light and the dark. It's like. It's like harnessing. I know, okay, my gosh.

Rebecca: Did you do the same?

Rachel: Yes. We're so similar. I had Violet in the hospital and it was passive and I had an epidural and I had, like, pitocin and, you know, whatever. And it was such a, it wasn't traumatic, but there was like trauma around it, you know, So it wasn't fully like but there was stuff around it that was not, didn't feel good in my heart. And with Sophie, I wanted to have her at home in the tub in my house. Did you have Sunny at home?

Rebecca: Yeah, both of them. Yeah.

Rachel: Oh, God. It's the most incredible experience, by the way. Like, I wish we talked about it more and could let women know, like, the unbelievable power you feel from being able to do it by yourself. But, the same, with Sophie, it was like this fierce warrior came out and she was just connected to the lineage of women before me and after me. And, like, everyone who had ever felt the pain of childbirth and every pain in the world and every person who ever had to rise up out of pain. And it was this awakening. And I thought, Rebecca, after that birth, I thought I did it. I closed the chapter of this. I am now there. Because I had been struggling with my mental health and then had Sophie and was like, that's it. I have closed the loop. I did it. So funny. Little did I know that that was literally the beginning of me walking in to meet my demons for real.

Rebecca: Woah.

Rachel: I had just begun the hardest work that I've ever done. And it was the most beautiful, rewarding work. And it was me becoming truly the mother, not the maiden anymore. It was like the completion of that. I also turned 40 that year. So it's that time for women anyway. But it was, my goodness. It's funny because I remember finishing the birth and being like, I did it. All my lessons are done. How many times have we done that? Like, all right, I made it through. And then God's like, oh that is so funny.

Rebecca: Yeah, it's so true. It's so true. Oh my God. I'm only almost eight months postpartum with Goldie, and, yeah, that birth was really... My wish was that her nervous system would be calm and mine would be calm and it did happen. I just felt so, like, I want to say proud. But it's not even that. I just felt so, like, grateful.

Rachel: I am so proud of you.

Rebecca: And also, like, so sad for us all, you know? But in a good way. And, you know, acknowledging the other as well, like said, like I had so.

Rachel: Like sad, say more, sorry sad for us all? Sad for like the world, the universe, the fact of the fall from Eden, just sad for humanity?

Rebecca: Yes, sad for humanity. Sad for women. Like, sad for men too. Like, sad for, like, you know, like, if you look at our society, like, how we treat birth and death, that's just, like, what? And, you know, and even, like, postpartum period, like, I did everything that I could to get the support around. And, you know, and so privileged compared to blah, you know, all of that. And still, like, we just don't have the cellular layers of, you know? I ended up actually, I had, I didn't know this could happen, but I picked up Sunny about, must have been, like, six or eight weeks postpartum and I, like, felt this drop of, like, my pelvic floor. And I'm like, oh my God. So I had prolapse.

Rachel: My sister had that.

Rebecca: Far out. I mean I had read about it. Oh my God. And so that's where I've been called this time, interestingly, I mean, you know, who knows when... Post-partum forever and all that. So I don't want to speak too soon about one or the other. But so far, the path for me since having Goldie, which is interesting because the birth was so physical, it was way longer actually. Sunny's was fast and intense. Goldie's was a lot sweeter. I mean, it hurt like hell still, but like, it was like the beloved within her and I together. Yeah, yeah. I wasn't, I realized, like, how I gave birth to Sonny was how I basically lived my life, which was just kind of like, right, let's just do it. Let's do it, let's get the job done and then I'm out of here, you know? Whereas Goldie, it was like, you can slow down. Like, you don't have to, like, get the job done before you relax. Like it's okay to relax and enjoy the whole thing. So that was like a big bit. And then, yeah, in the end that happened and I so I had to like work with all of these, like, pelvic specialists. Oh my God. And do these like, pelvic exercises for an hour a day, which, you know, sounds, like, very simple, but it was, like, intense and I mean, I'm still doing it. But, and then at the same time, she had a hip dysplasia, so it was her pelvis and hips too. So she was in this harness for three months. And so, like, 24 hours a day. And, but I looked at her in this, I've not told many people this, but when I, I was, like, you know, you're just so tired that you're not, kind of, like meditating on what the message is. You're just like... And then one of my friends was like, this is really obvious for you, but like, have you asked to receive a message? I'm like oh, no, I literally haven't ever done that. And all I got, it came, like, and I did try and journal on it and then it was just the guidance I got was like, you're too tired, don't even bother, you got the visual. Which is all about motherhood. And, but I kept on seeing, like, her legs. And it reminded me of this, there's this, like, particular goddess, like, glory, like, feminine Goddess from Europe called Sheela Na Gig. And she's just there, like with her legs spread basically with, like, a portal, like birth being a portal as in, like, this is where the power is. And I think, like, that's basically where I've been called since. And I haven't, it's interesting because I, so far, and again, let's see what happens. But so far I feel polar different to how I did with Sunny. I feel deep joy in my heart, but I've had anxiety for sure. So it's been different, very different. It's felt easier in a mental health sense, but I don't want to say it's been easy this second time. No frickin' way, never. But

yeah, it's tricky where it's kind of like, you know, often the antidote for all these things is sleep. And then that's the thing that, you know. And then you don't want to like...

Rachel: Oh my God Rebecca, it's so true. When I was lacking sleep, even to this day, when I'm lacking sleep, I cannot trust the person that morning. I cannot trust the thoughts. I can't trust my feelings about the world or my business. I just can't trust her. That little girl is someone that is not, she's not the mama. She's not the mother Rachel, the Divine Mother that knows all. She is like a raging little teenager who was like, urgh. So, yeah, sleep... And then you wake up the next morning and you're like, oh my God, what was I so stressed about? Sleep is so integral. I don't know if you're struggling in this with your older, Goldie.

Rebecca: Goldie's my younger. Sunny's the oldest.

Rachel: Sorry it was Sunny. But Violet is four now, and I guess it's a common time for her to start having these big, like, it's kind of, like, she's coming off... I'm sure you actually have a more beautiful, spiritual way to talk about this, but it's like she's coming online and like, she's understanding a conscience and she's like understanding right and wrong, and she's understanding death and life and, like, she's asking really big questions about body parts and death and change and, like, struggling. And so she's up at night. She's like, no wonder. She was an amazing sleeper since she was a baby. I mean, she was a tour bus baby. We lived on a tour bus for a while, so she had to be. But amazing sleeper until about three months ago. And she's been up pretty much three times a night, every single night since. And my husband and I are exhausted and depleted and yeah, I don't really know what my point was, just like, it sucks. We're not getting solid sleep and it sucks. And like, I was just... I have empathy for all the moms out there. Anyone out there, any parent out there. I want to talk to you, I know it's your podcast and you tell me what you want to talk about, but I am so curious...

Rebecca: We'll return with Rachel's question after this short break.

Rachel: I am so curious because I've had this, kind of touched on it earlier. I've had this big awakening of, like, that I can go direct to God. And I used to go through a lot of other things and it felt, after a while, like I needed those things and those tools. And since Sophie and my mental health complete, you know, crisis, when I fell on my knees and surrendered and couldn't take anymore. What came after that was this renewed broken faith. And it was so small. But the more I nurtured it and listened to it, the more I realized that when I go direct and, like, don't go through anything else I can hear so clearly. And I was curious for you, as someone I know that has guides and talks to guides and talks, and like, and because I subscribe to all of that so much too. And since I've realized that when I, I don't know, I go direct to God. And I was curious, like, how, where is God for you? And in the line of the beautiful other tools that you have and that we talked about as, like, you know, seeking people. Does that make sense?

Rebecca: Totally. What you what you're talking about is being a mystic. Which is basically going into the heart to connect in with the heart of God. And that's all I've ever done. It's why I'm like, I haven't... People have always asked me to do, like, a guardian angel meditation. And I can do that. And, you know, and Spirit Guides, like, I have worked with Spirit Guides myself. Spirit Guides of nature more so because they're in the physical, but they're all just doorways to connect in with... And then you go, what is God? We can't possibly know. I've never... I was raised Catholic, not hardcore, so I had, you know, visual of what God is. I prayed since I was little. Very, very little, like, and I think I must have learned to do that. But like, no one told me to do that. Like I'd do a running race, I was very sporty growing up and I'd be, like, sign of the cross, like, here without people knowing. I'd like pretend that I'm, like, scratching myself. Like I have always been, like, in love with God more than anything. And yeah, and so, I mean, my relationship with the name God has changed a lot over the years. And like, to me it's a word that resonates. And I know it's fueled for other people because it's, like, masculine or whatever. And so sometimes I mix it up with Goddess, Great Mother. Yeah, to be honest, it's like great mystery, like, for me, also, it's like that intelligent pulse that's woven through all of life. Like a part of us that tells us how to grow. Like, the part of us that when we look at a flower and we enter into this state of, like, I call it awe and the wonder where I think we're connecting in with that. Anyone can access that. All you need to do is in your heart. And then, but I think that sometimes, like, I was talking to my friend Kyle about angels, because I often get asked to talk at, like, these big angel events. And I'm always in this kind of, like, hmm, like, should I do an angel show for them? Because that's what they want from me. And sometimes I might use the words as well as other words, because I know that who I'm talking to that label or that door is a door they use. But for me, it's direct. I'm, I've always been a mystic. And then I actually spoke to Kyle about this actually, because, yeah, with angels, because I kept on being invited, I was, like, I'm curious. Like, clearly I'm meant to be there. It was always a yes, but I'm, like, I don't see angels the way that everyone else sees them. Like, I've never seen them as, like, people or, like, you know, manifestations, like, you know. Like maybe I'm, like, every, I've had a couple of experiences where I've seen, like, Beings of Light. But what is that anyway? Like, that's just, is that just God?

Rachel: Manifestations of God. That's just God. We don't know. We don't fucking know. So yeah.

Rebecca: But then are we just God? We don't fucking know. But I think these, so I think that having... So okay so I teach in the Inner Temple Mystery School right. And so this is like my core teaching and we work with nature. Nature Guides. Now, that doesn't mean that ,like, it's a finite thing. So we will basically connect with... The intention is to see the sacred that's already here. Sacred in the plants, the trees, the flowers, the water, other people, ourselves. Above us, below us, around us, within us. It's everywhere. It's not just there. Like, we're told. And it's not just there. It's everywhere. And so we might work with a tree or a flower. But all we're doing really, in doing that, is nature is changing all the time and it doesn't have a mind so it's not in the past or the future. And

so I think because it is so pure, it invites us to reconnect in with that which exists within us. Like our true nature. That sacred pulse that tells the whole planet to spin, babies how to grow. Like you've seen your beautiful babies. Like, how the hell do they know how to do all the things? Like, I remember going, like, how am I going to teach them how to read and how am I going to teach them, like, how to do this and this? It's like, no, they just they, kind of, know themselves. Like you just have to, like point them in the right way, right?

Rachel: Yes. I mean, wow. Thank you so much for answering that so honestly and with so much beautiful detail, that really helps me a lot. And it really lands for me. Because I just, I think that, it's exactly what I believe too. Like, I also, if it's being called a mystic, then yeah, that's what I am too. I just love God. And I grew up Jewish, so I don't have the relationship with God that's as visual and complicated as I think some Christian Catholic people do. Because in Judaism we're taught to just question everything and ask and that there's no answers. It's more just a questioning who is, like, who is God for me? And so it's kind of in my lineage to be questioning and hungry for it. And since I've found that direct connection, my music has completely taken this unbelievable turn toward ease. Like everything else in my life was turmoil. But my songwriting, you can look at my piano right behind me, that's where I wrote this record that I'm going to be putting out in the spring. The songwriting came so directly that I didn't have to interfere at all. And it was with such ease and such flow and such, like, purity, because I wasn't getting in the way because I literally didn't even have the mental capacity to get in the way. It was like a lifesaver to go to my piano. And sometimes when we're broken down so much to our core, to, like, to on our knees, you know, really on my forehead. Like really forehead to earth, like, what the... Help me. I feel like then we're the most clear open channel for the divine to come through..

Rebecca: Totally.

Rachel: Because our ego's just like shattered. There's, like, we can't even, like, get in the way.

Rebecca: Also, we're not, like, trying to figure it out or convince anyone of anything like, we're literally going... Like my whole secret with writing is to write to myself.

Rachel: Yes. Exactly.

Rebecca: Or to me at a different age. Like, I'm just constantly doing that literally.

Rachel: Me too Rebecca. All I do with my music is what do I need? Yes.

Rebecca: Yeah, exactly. But that's why you can feel it in your heart. Because when someone writes from that place or creates from that place, you're not trying to convince or manipulate or, you know, be an expert or be anything. You're literally, you're speaking directly to someone's heart,

your own. And because we're interconnected, we're not different. And well, we are all very different. But there is frequencies within all of us. I remember someone once saying to me that actually the more specific your story, the more universal.

Rachel: 100%.

Rebecca: And I think that's what happens. And I can feel it. I can feel it in your music.

Rachel: I can feel it in your writing.

Rebecca: That's what I can feel you doing. Do you know what you are in the Enneagram?

Rachel: No, I've taken the test. I've taken the test because people have asked me. And I'm like, and I get different answers, but I like, I think, I'm a three. I think I'm a three wing two, maybe a three wing two. Does that makes sense? I'm not really, I don't really know much about it.

Rebecca: Yeah, yeah. I'm a four three wing. I thought you might be a four, but I could see you as a three two as well. Yeah. I mean, we got them all in us but yeah, I'm curious. I think, yeah, three is the achiever, two is the helper for memory, four is the artist.

Rachel: I know I had two somewhere. I know, like, I was, like, yeah, it was like, I know because that part of me that wants to heal and help and like. And nurture and mother the world and, like, is a part of me that's just innate. Like, I just, I can't, it's always there. Like when I, but I, the artist would make more sense, wouldn't it?

Rebecca: Both would make sense. Having a bit of three helps, like, actually, like, get out of the room and into the world.

Rachel: I mean, I have a lot of that. I'm a fighter at heart. I mean, I wrote Fight Song. And I wrote it because that's me. I was writing it to myself, like, and I am at my heart, you cannot knock me down for long. You cannot make me give up on myself. You can try, but after a minute I will dust myself off and rise again. Again and again. I feel like you have a bit of that in you too. At least I remember from your...

Rebecca: Yeah, I do.

Rachel: I feel you're like the UK version of me. You're like, we kind of look alike. We have, like, parallel lives kind of happening at the same time.

Rebecca: Are we really sisters?

Rachel: What is happening?

Rebecca: We forgot to come into the same family this time.

Rachel: Rebecca I do, kind of, feel like.. Like, I remember listening to Rise Sister Rise and I was like, is she talking to me directly? What the hell is going on? I literally feel so similar to this person. I forgot until we started talking more and I was like looking at your eyes and I was like, am I looking at me are you? But I do feel a closeness to you and I do, like, really resonate with everything you're saying. And the reason I asked, can I be, like, so honest for a second?

Rebecca: Totally. Please. Please.

Rachel: The reason I asked about where you stand with your with, like, accessing tools to get to source is because you're one of your card decks. I used it probably daily for like three years and it got me through a very hard time. I just, they were so worn out. So beautifully loved and worn out. Until one day I realized this is a crutch. Like, I can get my answers directly. And these cards are making me think that I need to, like, do a physical thing to open a door when it's just right there if I get quiet and silent. If I breathe and calm my system down and basically tune my antenna like bodily because it's I think it's physical too. Then the voice comes in and these cards are a crutch. And like a lot of it, like, these crystals are a crutch. These, like, even sageing felt like a crutch to me. It all was, like, a block for me to get to God or not a block. But it was just like, Rachel, honey, you don't need this. You don't need an altar. You carry the divine with you in everything. And like you said, in nature and, like, in your daughter, in the piano. And so that's why I was asking about it, because it was interesting for me. I had, like, used you specifically and your words specifically to hear until the point where I kind of graduated and felt like I can hear on my own now. And I wonder if it was kind of like a little school I went, that taught me how to hear.

Rebecca: 100%, 100%. Like, I think that all the tools are just, like, it's just like going to the gym, you know? You don't need to do weights at a gym to move your body, you know? And not that it's like you have to work hard at anything, but, you know, they are all again just different doorways. Yeah. And, but to realize that the temples within always has been. Always has been, always will be.

Rachel: Some of your cards say that though, that very thing. Like, a lot of them I feel like were teaching me that very message. Like trust yourself. A lot of the cards that I get over and over, I started getting over and over because I did that so many times when I was extremely depressed and scared, were saying trust yourself, listen within. Like you have the answer until the point where I was like, well, I'm going to listen to this or not? Like, this is what you are, what you were channeled or saying to me here was exactly true. Rachel listen within. You have the answers within you. Trust yourself. Trust your gut, like, follow your intuition. All the things that I kept reading over

and over. And when I got that point and could really trust it. My God, what a beautiful thing to, like, realize that you always have had the answers inside. And I don't...

Rebecca: It's so true. And then we, like, forget a little bit... Like, I had something even just today, like I got some news that was like, oh my God. Like, I didn't expect. And, you know, dysregulated. So I had to go away regulate myself and all of that. No, it's actually really good, Like I journaled and then within 30 seconds, like, I'm, like, no this is really good. But like you forget to go straight away. For me writing...

Rachel: Because we're human.

Rebecca: Yeah. I find that I, while I can put my hand on my heart and check in and all of that, if I have a story attached to something or if there's fear involved, writing every time for me. I mean, it might be like 50 pages of writing to get to God.

Rachel: Rebecca. Oh, yeah, P.S. Everyone listening. Same. I didn't mean to be, like, I can just immediately hear. Sometimes I can. But when it's a story and a loop and it's, like, and a lot of fear is there, I have to sort through all the mess and writing for me. Same. I have journals and journals. Last night I wrote for I think an hour to get to finally the place of peace. It takes me a while too. I'm with you. Like, yeah, in no way can I, like, just... Sometimes I can, but when it's a lot of fear and a lot of anger attached, I have to wade through the waters first. I also started doing internal family systems work, like the parts work and.

Rebecca: Oh, yeah, I've done that. I've done it for about six years. It's so good.

Rachel: I started. It's so good. You should have them on by the way. Richard.

Rebecca: That's a good idea.

Rachel: I would like that episode. As a fan, I would like it.

Rebecca: Alright, well, I could talk to you forever, but I want to ask you two final questions that I ask everyone. First one is what were you like as a little girl that would help us understand you a little bit more today?

Rachel: That's such a beautiful question. Wow. Hmm. Well, since diving deep into therapy and all the work that we're talking about, I have a deeper understanding. I think I would have answered differently three years ago and said I was just a happy, you know, very active, loving little girl. But I think the truth is that I was a deeply sensitive, deeply feeling little girl who had a lot of dysregulation around her and was doing her best to try to figure out where the next threat could come from. And

my way of navigating that was perfection and people pleasing and charm and achievement. And if I can be perfect enough, then maybe the scary stuff won't happen. And so I think that the achiever in me might not be the most natural thing. I think I'm a fighter at heart, but I think the drive to just do everything so fucking perfectly and exhaust myself and run myself into the ground came from being a little girl, just trying to figure out what was going to get me love and keep me safe. So the charmer might not be, like... It's natural. I am like naturally a sunny, charming person, but I think if left to my true, true truth, I think, and where I'm going and where I'm headed since turning 40, I think I'm becoming someone that actually cares a little bit less about what someone else might think and a little bit more about what I think and what I need.

Rebecca: Thank you. Okay, then final question is what returns you to the wisdom within?

Rachel: Can I actually make one addition to that? To that other one. I just realized there's one other thing that I think I want people to understand more about me. And I'm so glad you asked. Because we just did an exercise with my team as I start to honor this music and see what it needs and when I'm going to, what the release plan is going to be, we did this branding exercise of what am I that people close to me know I am that the world doesn't know? What does the world assume about me that actually might not be totally true? And I think that it's a good chance to try to practice to answer it. But I think one thing, I'm, I don't know that the world yet sees me as the artist that I truly am. I think people don't even know that I sing Fight Song. Sometimes people are like you sang... Are you sure Taylor Swift didn't sing it? And I'm like, yeah I'm pretty sure it was me. Thanks. But, you know, people don't totally know that I sang it, but also that I wrote it by myself. And that I write music and that I'm a true artist. And that, you know, it's, when a major label gets a hold of your art, they can kind of homogenize it all so that it's like, you know, and make you just like everyone else. And the feeling that it'll all go away because for 13 years I had been trying to get there and finally had it and I was terrified to lose it. I kind of made some sacrifices and didn't totally honor like the actual artist that I am. And this next chapter, I think is going to introduce the world to like, A. My talent, but also like my true artistry and like my pain and my depth and my dark and my light. Because I'm not just this sunny, happy person all the time and this strong person all the time. I also am brought to my knees and struggled and with depression and have learned to navigate both the dark and the light. So I think that that little girl would be begging me to say, like, please tell them that I'm also deep, and that I'm also real, and that I'm also an artist, and that no one let me be all those things. And so I'm just now awakening to all of the spectrum of the rainbow that I am.

Rebecca: And what do you want to say to that little girl now?

Rachel: Oh. I mean, so much. I don't know how deep to go. Rachel, I know that it took us some time for me to really honor you and your voice and undo a lot of the patterns that you learned about how to keep yourself safe. But in this chapter, I promise to you going forward, you're really going to be able to shine just as you are, for who you are, not for who you think people need you

to be. And even if it's scary, I'm going to hold your hand and I'm going to love you and I'm going to protect you, and we're going to do this.

Rebecca: Thank you. Oh. Well, I received that for me as well by the way. Yeah, well, Rachel, just so you know, like, I so see all of that in you. And I feel like I've always seen it right from the beginning. Your depth, what your voice opens up in other people. Like I began, like, your voice, it's not just your voice. Like your voice is amazing, clearly. But like you, your presence activates something in so many. And yeah, I think that it gives permission, gives us permission to feel a little bit more and own a little bit more, you know?

Rachel: Thank you so much.

Rebecca: And there's phases where it's all about Fight Song and there's phases where, you know, the other parts of us, you know, need to be heard too.

Rachel: You can't always be fighting. Sometimes you need to be surrendering and softening. Yeah, that's true.

Rebecca: Amazing. Well, okay, so your amazing album is coming out. Can you share, I know it's, like, where everyone gets it, but tell me a little bit about it.

Rachel: The first song from the album will be coming out in October, and it is something that I think will surprise people. And really allow a lot of deep, deep feeling and also healing and also exaltation and also tears. And I am so incredibly proud of this body of work, Rebecca. I've never made something that is so honest and so me and I'm just excited to, I'm just excited to start the journey of it. Like, I felt, I feel like I've been getting ready for this part of my life, my whole life. And I'm, we'll talk, the next time we talk, I can't wait to see where I am and where you are and what's happened, because I can feel this explosion coming from all of that shadow work, all of the depth, all the pain. Like, I know something huge was being born and I can feel it. And it's like this rumbling train in the distance and it's getting closer and closer and like the stronger and more surrendered I get, at the same time, like, the softer and the stronger I get, the more ready I am and I can feel it. So I don't I don't know what shape it's going to take. I can just feel something really big coming. So I don't know. I'm excited.

Rebecca: This is 40.

Rachel: Yeah. Whoa. 40. My God, what an age. Totally.

Rebecca: So good.

Rachel: Yeah. I love you. You're so great.

Rebecca: Soul Inquiry is a practice where we connect in with the wisdom within. Today's Soul Inquiry prompt is - how can you trust your inner connection to God or The Sacred a little bit more? How can you trust your own inner connection to God or The Sacred a little bit more? And what's one baby step you can take in that direction today? Let's share a deep breath together as we close this Sacred Space. 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 love this podcast, leaving a review or a five-star rating really helps others to find it too. And you can find the show notes and all of Rachel's information and music over at rebeccacampbell.me/podcast. Thanks for returning.