



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN
TO THE WISDOM WITHIN

Available on



THE END OF YEAR RITUAL I NEVER MISS

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. Thank you for returning.

Let me be straight up and say I'm not really a big believer in New Year's resolutions, but what I am passionate about is the deep and real transformations that can happen when we properly take the time to end the year that was really consciously and create a sacred container to dream into the year ahead. So it's kind of like the end is also the beginning, but you kind of need to end things properly in order to properly begin with that fresh new energy. But I don't think it's possible to race ahead without ending things properly.

Beyond the chaos of December, we will soon be arriving at that magical stretch of time in between Christmas and New Year, which I absolutely love. It's known as the time in between time or time out of time. Yeah, I love this time. I know it is a busy time, but it also tends to be, you know, we've got a little bit of time off work generally, and I think it does give us a chance to reflect on the year that's been. And also start dreaming into the year ahead. So if you need some encouragement on why or how to do this, then this episode is for you. Plus, I've also got a special gift for my Returners, so keep listening right to the end. And also at the end of the episode, I'll be sharing a Soul Inquiry for you to explore what this episode brings out for you.

I know how precious your time is, so let's jump right into Sacred Space together. In the center of your heart, imagine a beautiful flower. And with your breath invited to open petal by petal, revealing a light in the middle. This light is your inner wise, intuitive self. Invite it to step forward now. And together acknowledging the keepers and custodians of the land where I am and where you are known and unknown. Beautiful. Let's begin.

So about eight years ago now, during one of these precious pauses between Christmas and New Year's, I was with some friends and we started chatting about how, you know, we were all fed up with the whole New Year, new you narrative that bombards us at this time of year. And we just

didn't have it in us to do the same old New Year's resolutions and the goals of the year. But we also wanted to use the time, like, to step into a sacred container together. Like, to take a more soulful approach to ending the year that was before we raced ahead. And like, you know, wrote down all the things that we wanted to achieve in the coming year. And yeah, we worked out that, like, what was really missing for us was, like, this sacred pause, this sacred container to guide us through this process of reflecting on the year that was. While also, yeah, once we reflected it, then we could dream into the year that was calling us towards it rather than, like, racing ahead and just being, like, this is what it's going to, what we're going to do, this is all the things and, you know.

And it can feel like that at that time of year, especially if you practice following, like, the seasonal approach to living. If you're in the northern hemisphere, it's winter. It's not time to kind of, like, go into that overdrive achieving mode. It's more, it's the dreaming time. It's to go into the soil, into the fertile void, where the seeds are being planted. So it's more of a dreaming time. And if you're in the southern hemisphere, I know as well, it's, like, it's summer. You're, kind of like, it's, you're wanting to enjoy your life. You know, again, it's the polar opposite. But it is also, from my experience, it's a time where you do want to, like, dream and vision, but not, like, go into this is all the things I'm going to do.

So yeah, it's not to say that our plans and dreams can't be goals for huge success or accomplishments, but I believe that the first step is listening deeply. It's always listening deeply if we're wanting to align or realign our lives to our soul's deepest and highest callings. And then once we've done that, then we can put steps into place to put it into action. So I'm a big believer in taking the time and space to properly reflect on the year that's been. I think it is so imperative if we are wanting to get clear on what's calling us forth to properly take a pulse of where we are. So it's like before we step into what's next, it's essential to honor and embrace what has been, where we are. I believe that this is true for anything, whether it's a relationship, a new job, a new house or a new year. And with any completion, it's also so important to consciously and deliberately draw a line in the sand in order for a threshold to emerge and be crossed. Only then we can be clear on the blessing of what was, what is, and then what is becoming.

When we don't complete things clearly it can really make us feel stuck. It can also mean the energy gets stuck. Like, we're stuck in the past in a way. Like part of us is stuck there frozen. And that can prevent us from ever really moving on. That's why I say the end is also the beginning. If we end things, if we take the time, a little bit of extra time to complete things and reflect properly before we race ahead. Oh my gosh, we'll have so much more life force, which we can then use to create and plant those seeds and tend to the garden. And it's really why I'm so passionate about simple ceremony and ritual and why I love teaching and talking about bringing ritual and just honoring those little thresholds before we race ahead. So properly honoring the ending before beginning again.

I'm realizing that actually a lot of my podcast episodes touch on this topic in some way or another. There was, one of the most popular is When Friendships End. There's another one which is one of my favorite topics to teach on, which is called How to Navigate Change. I find so much energy in this theme of properly honoring endings. We've got a beautiful ritual in The Sanctuary actually called Honoring the Endings. And I've also created a visioning process, which is what I do at the end of every year. I'll tell you a bit more about that later. But yeah, there's a whole process of honoring endings of the year that was before racing ahead. Yeah, big fan of honoring endings. And yeah, I trust that it holds really important insight when we, and medicine, when we take the time to honor what is ending at this time of year.

In our fast paced lives, it's really easy to forget about and neglect the significance of closure and change. Nature itself, of course, teaches us the wisdom of endings, the falling of the leaves that pave the way for new growth, the petals that surrender themselves to the wind to make room for the fruit, and then the bud and the bloom of the second bloom. And yeah, just like the rose, we too need to allow ourselves to gather up the courage to release and let go of what no longer serves us. When we take this time to acknowledge our growth, our transformations, we become more attuned to the rhythm of life's pulse, which, of course, we're all part of this intelligent pulse of life. And so we've got this innate intelligence within us. And so don't underestimate the power of just taking a moment to reflect on the year that was. It's also amazing because we can just, like, forget the huge changes that we've been through in a year. And so it's just such a lovely way to acknowledge for yourself, but also acknowledge others in this. So yeah, it's such a great time of year to share with others in that way.

The world around us might be encouraging us to rush at this time of year to push forward, and we know that society is all about being in full bloom, bloom, bloom, bloom, grow, grow, grow. But as ever changing beings it's just not our natural state. When we try and grow, grow, grow, bloom, bloom, bloom, push on into the new year without ending things properly, it's just not sustainable. We'll get exhausted. And we don't have all our life force with us. And, yeah, in this space in between, in this pause in between, we are able to honor what has been, where we are and then tap into the intelligent pulse within us, tap into the potency of our soul in order to step into what we've really been called to step into. And I think we end up saving more time when we do that, when we close and end it properly, take a pulse and then begin again.

So I really encourage you to receive this episode as an invitation to reflect, to honor the journey you've been on this year. Maybe you want to light a candle, take out your journal. Just let your heart speak. Looking into, like, asking yourself, what have you learned this year? How have you changed? How has the world around you changed? What are you being called to let go of before you step into this new year? Ask yourself questions like that and I'll include these questions in the show notes as well, so you can just use them as journal prompts. And, yeah, just make sure you try not to get ahead of yourself or focus too much on what you're calling in. Take a moment first at

this point in time to really reflect on where you have been, the journey you've been on this year, where you are now before you race ahead.

And if you're gathered with family or friends at this time of year or even just, you know, your husband, your partner, just one of your friends, you might want to consider how you can bring this honoring of ending the year into your gatherings, into your conversation. So maybe you have a catch up, it might be on New Year's Eve or Boxing Day. It might be even on New Year's Eve. Maybe there's a question that you asked people, and it's just so nice asking questions like this because it's just giving people a container to share within is just so moving. It's such a great way to connect and everyone wants to share this kind of stuff. So maybe you might go around the table and ask people to share what they're most grateful for that happened this year. Maybe you'll ask them to share one way that they've changed most this year, or the biggest learning or biggest difficulty or, you know, what you're most proud of that you have achieved this year. It really is a simple but such a powerful way of cultivating genuine connection at a time of year that can, you know, often feel really big and loud and silly and draining. So yeah, likewise, reflecting together with close friends can be a really beautiful way to witness and honor the shifts that are happening in each of our lives. The positive and the painful and, you know, it is often at this time of year it can feel, like, a bit like you're having the same conversation over and over again. So disrupt that, kind of, you know, unconscious, just blah, blah, blah, oh how, you know, how are you? You know, it's, like, such a big question, how are you? When, you know, you haven't seen someone in a long time? And so you're just like, yeah, yeah, good thanks, you know. Like disrupt it with a genuine question on honoring the year that was. And as you sit with these reflections, you're also laying the foundations for all that you're calling in for the year ahead. So it's, like, planting the seeds for living a soul-led life.

And if you would like more support in closing off the year, honoring the year that was, or looking to get clear once you have honored the year that was on what you really want to step into in 2024. And if you'd like to go even more deeper in honoring the year that was and then also getting clear on what your heart's deepest prayer is for this coming year, then you might want to check out my Work Your Light Annual Visioning Process. It's been done by 10,000 people so far. And, yeah, I created it eight years ago, I can't believe it. I created eight years ago when I was with my friends and we were in that in-between time between Christmas and New Year's and we wanted to honor the year that was and reflect on that together while also visioning into the year ahead. So yeah, if you'd like that, it's a whole process. You get an amazing workbook and then there's a video class as well. Includes, like, rituals, alter work as well as a couple of meditations. And so you can pick and choose, like, you can do it with other people as well. I always do it with other people too. And you also get some free check-ins through the year. So, kind of like, live gatherings so you can stay focused and keep in alignment to what your heart's deepest prayer really is. And because we change as the year goes on as well. So it kind of helps you check in and be like, yeah, is this still the direction of being called in? Do I want to pivot or is it, do I want to, like, get really, really clear on

this thing that I'm committed to really embodying this year? So yeah, you might want to check out the Work Your Light Visioning Process. And as a special gift for my podcast listeners, you can receive a really special 20% off when you use the code RETURNING. So head to rebeccacampbell.me/visioning and, yeah, when you check out use the code RETURNING. So yeah, I'm wishing you a wonderful year ahead and a very, very lovely last few days of your year.

Today's Soul Inquiry prompt is - what are you being called to honor or release before we step into 2024? And what is one baby step you can take in that direction today?

Let's share a deep breath together as we close this Sacred Space we've stepped into. 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, thank you so much for leaving a review or a five-star rating. It really, really helps the podcast reach more people too. You can find all the show notes from today's episode, including the Soul Inquiry prompts to do in your gatherings of honoring the year that was over at rebeccacampbell.me/podcast. And don't forget, you can also receive that 20% off the Work Your Light Visioning Process by using the code RETURNING. Visit rebeccacampbell.me/visioning. Thank you for returning.