



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN
TO THE WISDOM WITHIN

Available on



THE PATH OF THE PRIESTESS

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 Julie Parker. Julie is a mentor, counselor, coach, supervisor and guide for sacred leaders and space holders. She is the founder of the Beautiful You Coaching Academy, she is co-founder of Priestess Temple School and has trained thousands of life coaches from all around the world to birth their soul businesses. Jules and I first crossed paths many moons ago and I've been so excited to bring her voice and heart to the podcast. Her story captures the path of the Priestess so beautifully, and together we explore themes such as spiritual leadership, the power and paradox of beauty, the importance of listening deeply to our elders. And also she talks about navigating perimenopause. So whether you are curious about what a priestess is, or if you're looking to deepen your own spiritual path, maybe you want to explore what is calling to you and through you. I'm really excited for you to receive this episode. And as always you'll find a guided Soul Inquiry at the end to explore what this episode is calling forth within you.

I know how precious your time is, so let's jump right into opening Sacred Space together. In the center of your heart, imagine a beautiful flower. And with your breath invite that flower to open petal by petal revealing a light in the middle. This light is your wise, intuitive, all-knowing self. And taking a moment now to acknowledge the keepers and custodians and spirits of the land where you are, where I am, known and unknown. Beautiful. Let's begin.

Rebecca: Hi Julie.

Julie: Hi Bec.

Rebecca: Oh, so nice to be chatting and thank you for staying up for me.

Julie: Oh my gosh. Such a pleasure.

Rebecca: Have you always been a morning person?

Julie: Always. Yes, always. I think, I don't know whether it's nature or nurture or a little bit of both. But growing up on a farm, early mornings, early rising is just a part of the life there. You know, you just, you have to, you know, the early bird catches the worm. You have to be up. And so it may have been drummed into me. But I think given all of these years later, and I haven't been living on a farm for a long time, I'm still an early bird. So I think it could be a bit of a combination of both.

Rebecca: And do you have, like, a regular spiritual practice you do like in the mornings or a set time during each day?

Julie: It's not something that is really set for me because I've actually learned over many years and different adventurings and explorations and trying that I don't thrive super well on dedicated or devoted times and routines. I actually thrive more on feeling into whatever it is that I need at any given time. And also seasonally, with the cycle of the moon varying different things and energies that may be happening at different times. And so most of the time it does seem to fall in the morning. But especially in warmer times, I have been known to play and spiritually explore more in the afternoons and the beautiful early evenings when it's daylight savings here in Australia. And so it's something that fluctuates for me throughout the cycles of the year and seasons and moon in life.

Rebecca: And do you have a, like, kind of, like, a practice, like whether it's meditation or something to do with nature or whatever, that is like your go to like when you're kind of like, yep I really want to tune in now? Or does that vary as well?

Julie: Look, it does vary too. You know, I'm not terribly a routine girl, even though I know that that's something that can be very powerful. But in saying that, I do have tried and tested things that I return to over and over again. And that includes breathwork, journaling and also Oracle Cards. Just that quiet space in time. Those are three things that I come back to a great deal. They always seem to weave their way into my life. At least every week, if not necessarily, it might not be all three every day. But they're my go-tos for sure.

Rebecca: And I know for you, the path of the priestess has been one that you've been called to walk, and you wrote a book about it. I'm curious, like, what does the, for someone who doesn't know what a priestess is and what the path of the priestess is. Can you talk a bit about that? And perhaps like how you were called to walk it? Like, did you receive, like, an inner call or was it something more gradual that you saw and resonated? How did you, how did that become a big part of your life?

Julie: Oh, thank you so much for asking me this question. It's always such a privilege for me to talk about this aspect of my life. Because, of course, you Bec, as a priestess yourself, know that once upon a time the women in our lineage, you know, were honored and revered for this. And then we weren't. And it all went hush hush and very underground. And it's just wonderful to see so many women reclaiming their spiritual leadership. And I think for me, that's what I think about when I think about a definition, so to speak, of a priestess. It is a woman-identifying spiritual leader. And in particular with that a spiritual leader and woman who is very drawn to helping other people open up their own gifts and insights and connection in a spiritual way. In other words, it's a leadership and a path of service. It's something that is in service to other people, and often it's other women as part of that service. But of course, if you were to ask a hundred different priestesses what their definition of a priestess was, they would probably give you a different idea. But that's just mine. To me, being a priestess is about sacred leadership. And, you know, my calling is something that when I look back over my life now, and particularly the lineage of women that I come from, I can see that it's always been a part of my life, but I just never actually knew that. And the way that I was awakened to it, because that's really the most accurate word to describe it, was actually during an interview, just like you and I are doing now. I was interviewing someone at the time and I asked her the question, she was a very successful businesswoman, and I asked her the question what learnings and education in her life had had the deepest impact on her ability to be able to hold space for people. She was a very successful coach. And she instantly, she responded with without question. She said, it has been my learnings and unlearning on the path of the priestess that has most assisted me with that. And as soon as she said that word Bec, I almost lost my place with her. There was something that pinged in my heart, and I never, I'd never heard the word before. It was not something that was in my conscious realm. And after then I began to explore it, educate myself with it, walk with it, and very quickly realized that I was one and I had always been one, but that it was time for me to open up to that path in an even deeper way.

Rebecca: Beautiful. Wow. And what has been your journey with that? Because, you know, I love that you're talking about the lineage of your ancestry. I obviously now live in Glastonbury, which is kind of more the land of, I assume, your ancestry from what I know about you. For me, a lot of it is in Europe and Celtic Islands is it the same with you?

Julie: Yes, it is very strong Scottish and English mostly. Sprinkling of Irish, little bit of Italian and Greek. But the Celtic ancestry. Very strong.

Rebecca: And so what, what was your journey in that? Because as most people will be able to tell from my accent or if they know me, I grew up in Australia and I moved over here roughly in my early twenties. And that kind of confused me, like, what am I doing over here? And now with me living in Glastonbury, I can see that there's been this deepening of the ancestral lineage and threads are kind of coming together now. I couldn't see them before. What has been your journey with that? Like being on land separate to your ancestry? I know you've done ancestral trips as well.

What's the relationship between the land you live on now? You connecting to your ancestral lineage? Like tell me a little bit about... I know that's such a huge, huge, huge, huge, huge topic. Learning, unlearning, you don't have to tell me everything. But like, can we talk a little bit about that because it's so complex but, like, so important?

Julie: Yeah, it is complex. There's no doubt about it, because unless you are a First Nations person here in Australia, we are all colonists and strangers and or immigrants to this land in some way or another through time and the history of our own families. And so it is a complex thing to walk with a variety of different touch points in my life, as it is for any of us that are interested in exploring this. Because in an immediate sense I live on Kurnai country, in what is known colloquially here in Australia as Warragul, in West Gippsland, Victoria. And so I am always searching in the immediate sense for ways to listen to and learn from the elders and current First Nations residents of this land in its traditional foundational sense. Which is of course tens and tens of thousands of years old, hundreds of thousands of years old in so many ways, in all ways. And then, of course, as somebody who is the daughter of an immigrant Scottish father and an immigrant English grandmother who came here. There is then that aspect of exploring the lineage and ancestry of where I come from, from a Celtic perspective. And that was really significantly ignited for me the more that I stepped into my path as a priestess. Because I particularly became passionate as well within this spiritual realms of not wanting to do anything that was spiritually co-opted, that was not, you know, anything that could be seen as other than appreciation for other cultures. I didn't want to appropriate them because you and I both know we've seen things like that happen before, but to actually become really invested in who I am and where I come from and to understand and you know this of course yourself Bec, that our lineage is so rich. It's so beautiful, it's so filled with ritual and mystery and sacred leadership and power in so many different ways that there's so many other wonderful cultures and spiritual lineages to appreciate. But I've always wanted to be really clear that that was mine to practice and embody.

Rebecca: Wow. Amazing. Amazing. And for you, like, what was that journey in? Like, how did you go out about learning about your lineage? Was it... Did anyone pass it on or was it something you had to, like, go out into the world to find? Read books, papers? So I know with your book, I remember you talking about you were working with a researcher to find out... Tell me about, like, the multi-layers of you, kind of like, reaching back to that wisdom which is known but also unknown, right?

Julie: Yeah, absolutely. And it certainly was multi-layered and it was all of the above. Everything that you've mentioned, you know, this is where I'm so grateful for whomever it is that I've inherited a love of books and reading and history and research, because that came in very, very handy during that time. So I did an enormous amount, and still do, about everything from Celtic goddesses to ritual facilitation to leadership in that realm. And also I went on, really what for me, was a pilgrimage to England, Scotland and Ireland while I was writing my book. Including visiting the beautiful

Glastonbury. It was an amazing experience. Such sacred land there in so many different ways. And yes, there has been oral history and also written history given to me through my own family. I was incredibly blessed to be somebody that had a living grandmother until she was almost 99 years old. And I actually was raised in a multigenerational family and so had the beautiful impact of both her and my grandfather in my life very extensively. They weren't somebody that I just saw on school holidays or at Christmas time. They were a very, very huge part of my life. And I was so fortunate over the years to get to read many letters with my Nana, to listen to stories from her, to hear her talk about, you know, everything from cooking recipes to different crafts that she would show me, to different things that she would teach me about her flowers and gardening and growing food and so many different things in that realm. And she has passed now. They both have. And honestly, I don't think there is barely a day that goes by that I'm not grateful in some way or another for the passing down of so many things that I know and photos that I have of great, great, great, great folks in my lineage and what they did. And he was a woodcutter and she was a nurse and she had ten babies. Cousin Esmé had ten babies, and I was like, wow, you know. And just to learn about all of those things that they all contribute to who I am today.

Rebecca: Yeah, I think it's, it's interesting when we find our spiritual path. Let's just say it's not been something that we were necessarily taught or whether it's society or family or whatever. And then, because I think what so often what happens is we have this awakening and it's like a whole new world opens up and then there can be kind of, like, the reaching for it and searching for it and I need to go find it. And often, particularly in the West, that's going elsewhere. And, you know, we've all got our unique path. I'm not trying to say what is right or wrong path wise, but I know for me what I've discovered was there is this, like, combination of like a severing of wisdom teachings, but also they're also right there. And so it's this complex thing of like there's this grief of it not being normal and, kind of like just, um, these are the teachings, if you know what I mean. Like it's a known expressed thing versus they're actually right there at the same time. Is that your experience?

Julie: Absolutely. And we don't necessarily know that or can feel into that unless we open ourselves up to it. And I think that one of the things that we know is happening in the world, in society today, but I certainly hope that it's something that changes, especially because we're all living to be so much, we're all living longer lives. Is that for a long time now we haven't necessarily spoken to and honored and connected with older people, whether they be in our families or even just in our communities in the way that we could. Not in a transactional way, but truly just to listen to their stories. To listen to them talk about what life was like when. To hear them speak to varying different things. Like I can remember having a conversation with my nan one day where I said to her, you know, nan, in your almost 100 years, what's the most significant invention or new thing that you've seen come forth that wasn't a part of life when you were born? And she answered me instantly and she said, ah without question, the telephone.

Rebecca: Wow.

Julie: And that then opened up this whole series of conversations that we had over months about communication and language and the difference between people of her generation and then my mom and then me is her granddaughter and then great granddaughters. And it was just beautiful. And when we ask older people questions like that, we can learn so much from them about ourselves and it helps us to get in touch inside with us. Because I remember leaving those conversations just remembering that nothing was more important than listening and being there for people and opening up our hearts to one another. To always know that someone is there for us to talk to. And there's lots, lots more. But really, I think any time for anybody that's listening that you have an opportunity to connect with older folk in your family or that live around you, please do that. Because not only does it light them up and ignite them in beautiful ways, but you can learn so much.

Rebecca: Oh, I wholeheartedly agree. I love that you said that. I had my grandma just passed just about a year ago and her and I were so close. And I think we always had a connection. But the connection didn't begin, like, consciously as in, like, I want to go hang with my grandma until I actually went to a medium when I was, like, 16. I, like, saved up, like, I always worked, like, I got jobs before I was legally allowed to work just so I could, you know, do what I'm here to do or whatever. But yeah, I remember getting like four buses and a train to the other side of Sydney or just outside of Sydney to go see this medium. And when I was there, my grandpa came through and it was all a message for my grandma. And when I got home it was raining, I was like water drained and just like sopping wet. And I called my grandma and for the first time we, like, literally spoke for like literally 5 hours straight. Like 5 hours straight. And, you know, every 20 minutes she'd be like, oh I better let you go. And she even, til', and that was one of the main things that she would always say, I better let you go. I better let you go, you know? Because it was this reaction of, like, we're too busy for it. But, and some of the best moments of my life, like, even just I went back just after... Well, I think we were the last ones to go through quarantine during COVID, but it was worth it, even though it was the hardest thing. One of the hardest things I've ever done with a toddler. Then she got to hold him. And that was so important to me, like her hands being on his. And I had these moments with her where she'd just like, look into my eyes. And it was like, it was like no one saw me like she did. And I think that so many of us are really, like, feeling alone in the world, whether we're conscious of it or not. Looking at like, where do we really belong? And it's like these layers of cellular support that we can rest into that are there that maybe we resist or we're searching for it to look a certain way. In that moment, I was like, oh my God, like that, that's what I've been longing for, actually. Those layers of, like, rings of support. And you see this in a lot of like ancient art of, like, I've actually got one picture up here. It's a Leonardo da Vinci one where it's like grandmother, mother, child. And so it's these, like, rings of, like, support around us, which to me is like the ancestors, but, which, or elders. So I love that you said that. So what advice would you give someone who, you know, maybe they don't have a particular deep relationship with the

elders in their family or their community. Like, is there a way that you recommend to kind of just open that door?

Julie: Yeah, this is a really great question, and I think it's going to be incredibly dependent upon where someone sits and feels within their family. Because, of course, we know that not everyone is as blessed as you and I are to have a beautiful or have had a beautiful relationship. No I'm going to say have because they're still here and around just in different ways.

Julie: And that's not present for every single person. And I'm, you know, I'm very aware of that. And so it really just does depend upon what your intuition and your guidance calls you to do. I think it's never too late if they are living, even if it is just one generation above you to ask your parents, your mother and father, not just about them, but tell me about your mom. Or do you remember your grandma? Do you, did you have a relationship with nana or pop like I did? You know, to talk to them about that. Or do you have things of theirs that belonged to them? Like this necklace that I'm wearing was my nana's. And I was just, I had no idea where this conversation was going to go today or that she would be here so strongly. And yet this was the one that when I was getting dressed for our time together today, that was the one that my heart called me to put on. And that's not a coincidence. You know, it's not a coincidence at all. And so asking moms and parents about those sorts of things is a really, really wonderful thing to do and to write things down. You know, one of the things that is a great connector with people in families too, is about food. Like if your parents or your grandma cooked a favorite recipe for you, where did that come from? Where did they get that recipe from? Is that written down somewhere? You're going to want to write it down. Or songs that they might have sung. Or traditions that they have around holidays or birthdays. Or service that they might have given during war time or particular periods of time. What skills did they know? My nanna was a beautiful knitter. It's not something that she passed to me, but she did to my mum. And so learning about these things. And if those, if that path is challenging for you just maybe look into ways where you might be able to become connected in your community to older folk, whether it's through a gardening club or visiting a nursing home or a retirement home, they are always looking for people to do things like read to people. Just visit and talk to people and have a cup of tea and you just might strike up the most beautiful friendship with an unexpected person that could change your life as a result of doing so.

Rebecca: I love that. And I love how the simple things, like some of the suggestions you had were, like, the recipes in your family or songs you sang or things you do because ultimately like ritual is just repetitive action, right? And I remember, you know, I've studied chanting and in various different traditions, and one of, the tradition I have trained in is Kirtan, which stems into the Bhakti movement. And I mean, it does work with Sanskrit, which is a sacred language and all of that. But one of the things about chants generally is that the power of the chant, as I was taught it, it gets more and more powerful, has more and more energy and devotion into it with the amount of people who sing it over and over and over again. And so it's, my teacher taught me that it's, like,

as if the chant exists in the field and like the sound field and you're tapping into that energy. And so I often think when it comes to ritual, like it doesn't have to necessarily be the way we see it in like spiritual terms, like this overly spiritual practice, to have this repetition and the strength and to connect in with the ancestry.

Julie: Completely 100%. You know, when I am cooking golden syrup dumplings, you know, that is a traditional recipe that has, you know, come through my Celtic lineage and family for so many years and that is a spiritual practice. It is a delicious, beautiful spiritual practice. The cooking, the preparation, the serving of food, the enjoyment of it together is, you know, a huge part of something like that. I think we've gotten caught up or, some of us in some ways, and I can, I've done this before too, in thinking that to be spiritual or for something to have deep spiritual meaning, it has to look a certain way. And how could that possibly be something like cooking or, when, of course, it absolutely can be. We have just not long passed the Winter Solstice period here in Australia. And, you know, my husband and I together cooked a very, very old recipe of a stew on that day. It was such a spiritually rich, beautiful thing to do together on that day. And, you know, we had to eat at some point in time during that day. And so why not make that a part of the ritual of the experience as well?

Rebecca: It's so true. I love that. I often find, actually, since becoming a mum, it's like opened my eyes so wide open to all of the ways that I'd, like, compartmentalize my spiritual life from my everyday. And I thought I was pretty good. Like, I would go and do my practice because practice always helps me when I'm, like, getting wobbly. Like, showing up to some kind of practice is, keeps me going. But being a mum, I just like I wasn't able to do it in the same ways. Definitely not for the same length. And I'd always tried to weave it into my everyday life, but it literally became impossible having young kids. Like on yesterday, I'm, like, trying to chant and Goldie is literally holding a self up on the harmonium, going back and forth and Sunny's like swinging in the seat. And so it's just like it's just part of it now, you know? And I didn't realize the extent that I had compartmentalized it. And it's made me really inquire into this compartmentalization of spiritual and physical that we have and that disconnection from the land as well. And I know that nature and the beauty way is like such a big part of your life. And so was there like a point for you where it was almost like returning to nature or returning to the garden, like where you saw it, or has it always been there? And you've been like, because I don't know, I assume you're someone who looks at a flower and is like, whoa, wow. Tell me about that.

And we will return with Julie's answer right after this short break.

Julie: Yeah, I absolutely am. And beauty is just a huge part of my life and it's one of my core values. It has been for years, both in the external world and in the internal sense as well. It is such a guiding light for me and such a pillar. Creating beauty, feeling beautiful, helping others to feel into their beauty. And I really, really, really strongly own that now. Where it's not something I used to

because I think I convinced myself, through lots of societal conditioning and my own internal world, that it was something that was frivolous and silly. And I don't think about it that way at all. I take beauty very seriously. I take my budding rose garden very seriously because it is a thing of joy and exquisite cycling and just so many other things. You know, it's hugely important to me and I just return to it over and over again. And for me Bec, I've realized that while I did have some resistance to it there for a while, it's always been with me. It's not something that I had an awakening to and returned to. I have always been fascinated by the power for myself of anything that made me feel beautiful or looked beautiful or felt beautiful or sounded beautiful because what it sparked and inspired in me was my best and most amazing self. If I felt beautiful, I was at and am at my most confident and best in service. If I am looking at something beautiful, I'm inspired into creation. If I am hearing something beautiful, I am calm and grounded and able to be in better service to myself and others. So yeah, it's a serious business for me, as I know it is for you too.

Rebecca: Yeah. And it's something that, yeah, it's so hear you. It's like for a lot of us, it is always, maybe not all of us, but yeah, for me it had always been there, but I hadn't seen... Because I see beauty now as, like, harmony. So like, I've always been someone who loves altars and creating sacred places. And, like, before I would set up a retreat or a workshop or an event or whatever. Like, I felt like I was being, like, really high maintenance, being, like, energy's not quite right, we've got to do this and move this here. And I literally just like potter around. Like, I always want to get into the room at least half an hour before. I don't want anyone else in there. I just want to be on there on my own. And I'm like, literally, like, move that there, no chairs need to be back a bit, got to have an altar this... Yep. And it's, like, I don't know if it's about external harmony or if it's actually just about doing something to the surroundings to kind of move the energy in me. Oh I don't know what it is.

Julie: It's part of your priestessing. It is part of your gift. And I have that same desire and that same gift. I, and I'm sitting here thinking only half an hour.

Rebecca: Like, oh, yeah, yeah. No, that's just if it's a multi-speaker line up.

Julie: Right okay. I'm like...

Rebecca: Normally, yeah tech and then probably about an hour. I used to be longer, but yeah, now I'm just like, okay, you can, you don't need that long. Yeah, I am.

Julie: Yeah I am luxurious when it comes to being in spaces, particularly if it is something like a sacred circle or I'm requiring people to open up their hearts in some significant way.

Julie: Oh, it's all about the flowers, the candles, the smell, the lighting, the essence of the room. All of those things are just incredibly important to me. And whenever I walk into a room or a space,

which could be anything, it could be a shop in a shopping center right through to a church or a women's sacred circle gathering. I know if there is a beautifier that has been in that space. I just know, I can feel it. It's just something that you feel, you sense, you see. And it's incredibly important. It's not frippery. It's not something that's just pretty or decorative. It is actually part of this spiritual embodied experience.

Rebecca: Oh, I love you said that. Because I've been exploring this difference between beauty and pretty. Because pretty is not what beauty is, right? It's like for me, beauty is potency and harmony. And, you know, I, because I'm writing at the moment, and I am writing a chapter on beauty and been trying to like, work out, like, what actually is beauty. And so, you know, I, one of the most beautiful moments of my life is birth. And it's also one of the most opposite moments of my life as well. It's like it's both at once. And I think that actually often those things that we see as beautiful verses pretty actually hold the opposites at the same time. And I wonder, like when we step into a place like that, it's like it's actually held so we can kind of, like, deepen into those opposites, you know? Like birth and death are exquisitely beautiful and harrowing at the same time.

Julie: Absolutely. As can be nature, the Great Mother. There are parts of her that are dark and cold and twisted and could feel very dangerous. You know, if we found ourselves there alone. And yet also, you know, we can feel ourselves in times like that, knowing and understanding that there's nothing there to get us or to hurt us, but rather, how can we look at the both/and at that time. You know, when we find ourselves, or if we are, you know, ever lost or lonely or disconnected in some way, how can we bring ourselves back to seeing both the rawness and the beauty, but also the, oh there's so many words that, you know, I'm struggling to think about what they could be. Actually. It just, you know, sometimes nature and the Great Mother can feel very harsh.

Julie: And yet there can be beauty in that as well. When we think about our own connection to what we might be thinking and feeling at that point in time. Whether we have found ourselves lost or we're hiking and it starts to rain and rain and rain and then it gets slippery. Or, the sun goes down quickly and it's a little bit dark. I think all of us have had moments like that where, you know, we might have felt disconnected or a bit fearful, but at the same time surrounded by beauty as well. So, yeah, the both/and of life is very powerfully teachable in so many ways on our spiritual paths.

Rebecca: Amazing. Okay, so I have a question I ask all our guests. And that is, can you tell me, like, what you were like as a little girl. Like little Julie that would help us understand you a bit more today?

Julie: Well, little Julie was incredibly studious. She was a reader and a little academic. And she loved school and took it very, very seriously. And while at times, you know, that I think somehow was not always understood by my family of farmers growing up on the land. When I look back at

that now and I think about where my life is at the moment and how the fact that I have written two books and that I am a teacher and guide to others, that history and research and ancient lineages have become so important to me. I know that that little girl is a huge part of who I am today.

Rebecca: Beautiful. And do you think you came in that way or you learned to be that way or a combination of the both?

Julie: I think for that aspect of my life, I came in that way. That's a really powerful question Bec, no one's ever asked me that before. But that was my instant answer there, because I just don't know where I got that drive from. The drive to read and read and just want to absorb knowledge and just passionately learn and just learn and learn and learn. Yeah, it, I think it is a drive. I think it's something that's always been inside me.

Rebecca: Amazing. And it's so interesting with you being, like, having such a leadership role in your school for coaches as well. Like, yeah, I remember before I met you, I was like, oh my gosh she's like a headmistress. Like, you have that kind of like, you reminded me of that, like, I'd be, like... I haven't trained with you in the coaching capacity. I was like, oh she'd be such a good teacher.

Julie: Thank you very much. I take that as an enormous compliment. And, you know, it's so wild to me that when I was growing up as a little girl and into being a teenager, all I ever wanted to do was be a teacher. And there were a, there was a combination of things where that didn't end up happening. And I instead trained to be a therapist and a social worker and then went on to do, you know, coaching now for so many years. But ultimately, in the end, it is not lost on me that what I actually have become as a primary role in my life is a teacher. You know, I'm a life coach trainer. What's another word for a trainer? Teacher. You know, I have become a teacher. It's just in a very different way to what I first thought it might look like.

Rebecca: Oh, I love it. And I want to know, like, how are you changing at the moment? I know we're always changing, but is there a way that you are recognizing that you are changing at the moment?

Julie: Oh my word, there certainly is. I turn 51 this year and I am in the depths of perimenopause at the moment. And so I am undergoing a enormous rite of passage physically. And there are lots of physical things that are changing within me, both hormonally, in my body, in my mind, my heart, spirit, everything. And it is a little bit like, or a lot like, what we were talking about before Bec. It is both beautiful and it is also grrr. It is the both/and at the moment of wow I'm feeling like I'm growing in power and my own markerhood and, you know, this stage before becoming a wise crone hopefully, you know, in my older years. And also, wow where is this anxiety coming from that I've never experienced in my life and sleeplessness at night and different physical symptoms? And so it's, I'm changing physically, emotionally, spiritually. A rite of passage. I'm right in it. And

honestly, it feels bigger to me than even the rite of passage of menarche when I was a young girl. I was one of those young girls that really moved through that fairly breezily, in all honesty. It was, it had its moments, but it was pretty good. This, however, it's big. It's really big. And so lots of changes right now. Yeah, lots.

Rebecca: And is there anything that has been helping you through that?

Julie: My spiritual practice, even though it's not, as we were talking about at the start, it's not necessarily that routine-like. That helps enormously to understand that I'm not sick and that there's nothing wrong with me. That, to not pathologize myself. Talking about it. Talking about it with other women who are also at this stage of life, talking about it openly and honestly. And lots and lots of rejuvenating time outdoors, taking care of myself in richer, deeper ways than ever before. One of the things I'm experiencing, which is a very common part of perimenopause, is disturbed sleep at night. And so that means that in afternoon times and throughout the day, I am finding that one of the best things I can do to help me with that is to have a little nap or to just really rest and lie down. And if I feel like reading, I might, or if not to just listen to a meditation or beautiful music. And that is then more soothing for me at night and helps me at night as well. So yeah, there's lots of twists and turns and ups and downs right now and just needing to be very gentle and compassionate. But there's some of the things that are helping.

Rebecca: Wonderful. And then final question is what returns you to the wisdom within?

Julie: Quietness, slowing down, solitude. Always. I find I am my most wise and connected within when I am alone with myself. When I don't have anyone else in my field so that I can be completely at one with me. And I tend to people a lot in my life as I know that you do too, as all priestesses do. So beautiful, quiet, soulful, reflective time with myself. Whether that is walking outdoors or whether it is deeply quiet at my altar, indoors and cozy with my candles and cards and journal. Those are the times when I'm most able to connect in with myself.

Rebecca: Thank you so much Julie. It's been so beautiful having this conversation with you. I'll include all of the details for Julie's work in the show notes. Thank you so much, Julie.

Julie: Thank you Bec. So beautiful to be here with you.

Rebecca: Soul Inquiry is a practice where we enter into a direct dialog with our inner self. I like to write my answers down, but feel free to do what works for you. Today's Soul Inquiry prompt is - are there any elders you are being called to spend time with in your life? And now it's time to commit to a grounded action to integrate it. 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 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 please hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps others find it too. You can find more information about Julie and all of the show notes over at today's episode page, which is rebeccacampbell.me/podcast. Thanks for returning.