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RETURNING
with Rebecca Campbell

**A PODCAST TO RETURN
TO THE WISDOM WITHIN**

Available on



WHY A TRIANGLE TATTOO?

Episode Transcript

Hey, it's Rebecca. Welcome to Returning podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

I can't tell you how many times I get asked what is the story behind your tattoo? Why do you have a triangle tattoo? So today I'm sharing the story of how and why I got my triangle tattoo, but also why the triangle features so strongly throughout my work. My bestie, Amy Firth is back for this episode as we reminisce about the moment ten years ago when I actually got the tattoo in a tiny studio in East London. And she's even dug out some of the pictures of the day, which we'll add to the show notes, which is pretty hilarious. And, as always, at the end of this episode, you'll find a guided Soul Inquiry.

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: There is this question that oddly I get asked, like, I reckon we get like, yeah, like once a week, maybe. In the inbox and then just like randomly on social media slash in-person on the street.

Amy: And the question is, why do you have a triangle tattoo?

Rebecca: Well, to start with, I really love and admire people who have tattoos, but I never, I always said I would never get a tattoo because I just was, like, I would just regret it. Whatever I choose. Like, I'm changing all the time. I just can't imagine ever getting a tattoo. And then there was that morning that I texted you. When was it, like, 2012 maybe? 2013.

Amy: 13 it was. August 2013. So, like, literally ten years ago, almost to the day.

Rebecca: Wow. Wow. So this is the ten year anniversary of the tattoo. Yeah, but I woke up that morning. I mean, it was a period of great change for me. I was definitely, I was in the, I don't want to say the end, but the end of the intensity of this Kundalini awakening I was in. I'd had so much change in my life. So many rock bottoms, as you know. So much grief. And I was on the up actually it was, I was feeling really, really, really good. And I'd done so much, it was the end of Saturn Returns, wasn't it? And I'd had so many, like, epiphanies of all of the things and the ways I was living that were just, like, not me. So it was, like, lots of, like shackles being released off. And anyway, this symbol of the triangle since I was little, I, like, at being at primary school even I remember. I used to always draw the triangle. I always, and spirals and other symbols as well, which you know, then you travel around the world to ancient sites and you realize, oh they're all symbols, but everyone's been drawing since the beginning of time. So maybe we've got them within ourselves. And yeah, the triangle was that for me. I think I loved it as a symbol because it was just so easy to draw to start with, and you could make the precise sizes. And it had always been the equilateral triangle for me by the way.

Amy: Interesting.

Rebecca: Never any other triangles. I don't even know what they're called. The other shapes, the other sizes of triangles. Do you?

Amy: Equilateral. Very important detail. I'm going to say something like a isosceles. Isn't there a triangle? There's the equilateral and there's the, something like, isosceles.

Rebecca: I kind of like isosceles, but that is also why I do not, like, to the isosceles triangle. It's the name. It's in the name. No, it's not. So anyway, so there was this shape I used to always draw it. I had actually pondered on why I liked it so much, and I thought it was also because I was obsessed with the number three. Again, I had no reason why, but I just loved the number three. The only number I liked more than three was nine because it was three times three. Anyway, around this time I'd met this amazing psychotherapist called Susie, who I met at a workshop, and we became really good friends. And she came, I had, I just, I was really healing from the full end of a long term relationship, which, of course, you saw me all the way through Amy. And Susie gave me this bit of information. There were these two bits that I found out about the triangle that, like, changed everything for me. And so the first one was she told me about, there is this, I think it's called the triangle of drama from memory.

Amy: Drama triangle. Yeah.

Rebecca: The drama triangle, that's right. I think it was a guy called Stephen Karpman. And it's basically, it tells the dynamic of relationship between victim, rescuer and persecutor. And so yeah, if you are interested in that, Google it, the drama triangle. But that really changed so much for me. I didn't realize, like, the dynamic of relationship that I had been in and discovering that was like, oh my God, it was all about like, you know, being responsible in relationship, doing my part of the work, but also consciously building healthier relationships moving forward. So that had happened. And then around the same time, I also learned about why the equilateral triangle is so amazing. And that is, so equilateral triangle is basically where each of the sides are the same length as each other. So the three sides. And no matter how much pressure you put on any one of its sides or points or whatever, you cannot break it. It's like the strongest shape ever. And so the reason for this is because it draws its strength from within. And I frickin loved that. And so that, again, like, felt like it was related to the drama triangle findings that I'd discovered. But even more than that, it felt like it represented, like, trusting your intuition over external people or, you know, devices as your news feed, but also just, like, drawing your inner power, your inner strength. And so it was really those two things that were, like, oh my God, it's all about the triangle. And I remember waking up that day going, I need to get a triangle tattoo.

Amy: I need to put this on my body.

Rebecca: You know me, I've got an Aries moon, and I'm, like, when I know something for sure, I'm, like, now. And so I remember calling you and was, like, I think I'm going to do it. Should I do it? Do you remember?

Amy: Yes Bec, I do remember. And this is why I'm possibly your best and worst friend all at once. Because I will always support you, even when it means finding a tattoo studio in East London. It was quite early in the morning. Like it was first thing in the morning. Like, I don't think tattoo parlors usually open in the morning.

Rebecca: No, they were not open when I called you.

Amy: Yes. And cut to, I think by about half nine, ten AM.

Rebecca: I ordered, I booked online.

Amy: Did you?

Rebecca: I booked my slot. There was one slot. I'm, like, there's a slot. They opened in 44 minutes.

Amy: It's meant to be.

Rebecca: There's a slot then. Can we make it? Oh, shit. Are we really going to? Oh my God. Should I do it? Do I need to sleep on it? Like I'm a Virgo, I really should have thought, like, at least just draw it on your body for 24 hours or something. I didn't even think about that. Because remember we arrived and the guy's like, cool. Like, what type of triangle? Isosceles please.

Amy: Can we paint a picture for the listeners on the tattoo artist?

Rebecca: Oh I don't even remember him.

Amy: Are you kidding? He's, like, exactly what you'd picture when you bring to mind a tattoo artist. Very, very muscly, wearing quite a slinky little singlet type vest covered in tattoos and very, very kind of like cool, grungy tattoo artist type tattoos.

Rebecca: Yeah he was very cool.

Amy: I mean, very cool. Covered in tats, as hardcore as they come. We waltz in - good morning good sir. And we were like - a triangle tattoo about yay big, on my inner wrist please. And bless him, I remember his energy being very gentle and, like, no judgment. But then he had to, like, create the stencil to then put on your wrist. So you had, like, that little pretend imprint. And you kept saying no, like, it's pointing the wrong direction. It's pointing at me. It can't be pointing at me. And I'm like, babe, it's got three points on it, like, it's got a point somewhere. And you're like, no, no, no but it's pointing at me and it can't be. It's going to be pointing, like, down my arm. So then he kept like, like, wiping it off and then putting the imprint on again and you're, like, no, no, it's still pointing at me. And I'm, like, It's always going to be pointing at you a little bit, darling, because it's got three little pointy bits.

Rebecca: But it's not pointing at me at all.

Amy: Well, he obviously got it right then didn't he.

Rebecca: The solid base is not pointing at me. So I definitely got that right.

Amy: And then out comes the little buzzz.

Rebecca: Oh yeah.

Amy: Buzzing needle.

Rebecca: And because you were there I just kept on laughing. And trying really hard not to move but I think I was moving quite a bit and then I'm like oh god what am I doing?

Amy: Like you really can't move otherwise you will end up with an isosceles triangle.

Rebecca: Exactly. Oh it's so interesting. Yeah, I totally forgot about, like, yeah, it was really important to me the direction it was. Because, yeah, the triangle also represents, I mean, it represents so, so many different things. Another reason I like it is that it's, you know, masculine, feminine and the balance. And for me, because of the direction of it, it could be either way I can move my arm like that. I mean, this is, I got the tattoo way before I.... Oh, that's right. No, I found out about the tattoo parlor, and I think this is the reason why I just went for it, because my Head of Design at the time, because I was working in advertising still as a Creative Director and my Head of Design, Lauren Edwards is her name.

Amy: Hey Lauren.

Rebecca: She was from East London. And so, and she told me about this tattoo parlor. I don't know, maybe she just shared on social media or maybe she told me about it. I don't know. But she is so precise and, like, she just curates to just such a high standard that, like, I think she was, like, my source of trust. So I'm like, if Lauren is happy with this tattoo parlor... I don't even know if she has a tattoo. I trust them.

Amy: It's got the quality control tick of approval.

Rebecca: It's got the quality control exactly. And then interestingly, Lauren, also, at the time, was working on my visual brand. Like, I was creating my website, I just had social media at that stage. And so I didn't brief in the triangle to her, but she knew that I'd got a triangle tattoo and so she incorporated the triangle into the, my logo.

Amy: The brand. Oh I love that.

Rebecca: And then that's kind of been across everything since. And then I discovered how much of a mystical symbol it was. And how it can represent like the Holy Trinity in many different ways and the power of three and many, many different traditions. And so it's almost like the triangle has, like, revealed itself to me. At first it was just, kind of like, a reminder to trust myself and draw my strength from within. But then it was like, whoa, this is really an ancient, mystical symbol.

Amy: I'm glad you made that point, though, because I did, I was wondering about that. Like, what came first, the tattoo or the brand?

Rebecca: Well, the tattoo came first and then, yeah, Lauren. Lauren put it into my design, and I was, like, yes, I love that.

Amy: I've actually got some photos I can see in front of me right now. Can we put them on the show notes page? Because they're excellent. There's one of you wincing in pain, and you can see the excellent, heavily tattooed neck of the man who was doing your tattoo.

Rebecca: It's like such a small tattoo.

Amy: Do you think you'll ever get another tattoo?

Rebecca: I don't know. I have toyed about getting one on the side of my right wrist or on this side of my right finger. And I think it would definitely be, like, a mystical symbol again. And there's a couple that I'm, kind of, toying with. So, for example, like the symbol that I resonate with, but then I think people misunderstand quite a lot is, like, the cross. Horizontal and vertical. And so for me, it's not just, like, you know, Christianity. It's heaven and earth coming together at that center point. So it's a similar meaning to me than the triangle. Triangle is a little bit more like inner strength, and there's lots of mystical connotations to it around the three. But yeah, but personal meaning I do like, yeah, things that have, like, the horizontal and vertical. And so it's all about that center point. So yeah. So I've considered that. I've also considered like, I don't know, some kind of symbol to represent my kids, but yeah. Or like birth and yeah. But I'm, I haven't gotten the clear go ahead yet. But it would only be a little one for me. Not that I'm against big tattoos just yeah, I've just never been called that way. But like my friend Kyle, for example, he's just like covered. And he keeps on getting his tattoos made into different things. It's amazing.

Amy: Yeah, I have, I can think of quite a few friends who also use their body as a canvas in really incredible ways. And even my friend Biffy, who's got these, she's got these incredible number of tattoos. And she had one on her back recently and had to have, like, a skin cancer removed from her shoulder. So they had to actually cut through one of her beautiful tattoos. And so now we're coming up with all these different ways of how we can have that, like, bit of skin repurposed and actually integrate the scar and the healing, like, into a new artwork. So, yeah,.

Rebecca: That's so cool.

Amy: It's so incredible the ways people can, yeah, use it as an expression of their own evolution. I feel the same. I've never really trusted myself enough to commit that to my body. Which I think is surprising because I, everything else about me might indicate that I'm a bit of a tattoo person, you know?

Rebecca: Yeah, that's so true.

Amy: Like I probably should have tattoos.

Rebecca: Yeah, you definitely should. Like, I would think that you would have love works somewhere on your body.

Amy: Yes exactly. I think something like that. A bit of a mantra. Well yeah, I think if there ever was sort of a mantra, it's very much connected to, yeah, my lineage and my ancestry and my own sense of purpose. And that's very connected to my nan and, yeah, I think something like that. But I also still think becoming a mum is the most permanent change there is. And I think, yeah, having something, you know, for my daughter or something to do with her. Like, that's, like, the most unchanging thing I think that I could force or put on my body knowing with my full heart that that would never shift or change away from my identity you know? So is there also a hidden meaning with your tattoo that is connected to Mount Sinai? When are you going to tell the people what happened on Mount Sinai?

Rebecca: Oh, my God.

Amy: How about, I've got an idea. I've got an idea.

Rebecca: Okay.

Amy: Why don't we do at the end of this episode, like a hidden track? You know, like on Jagged Little Pill how Alanis had, like, the hidden track that came on at the end? At the end of this episode let's leave a bit of dead space.

Rebecca: Oh that song she sang.

Amy: Yes,.

Both: I went to your house...

Amy: That's it. So our version of that on this episode can be a very short, condensed version of the time we rode camels up Mt. Sinai.

Rebecca: Okay.

Amy: So for anyone who wants to hear the full behind the scenes scoop of what happened to Rebecca Campbell of Mt. Sinai, stick around to the end of the episode.

Rebecca: Soul inquiry is a practice where we enter into a direct dialog with our inner wise self. Today's Soul Inquiry prompt is - if you were to get a tattoo, what would you get? Or if you already do have a tattoo or several what does yours mean or symbolize most to you? Let's share a deep breath together as we close this Sacred Space that we've stepped into. I'm so grateful for you being here. If you'd like to explore symbolism and myth some more, check out the Inner Temple Mystery School training at rebeccacampbell.me/mysteryschool. 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 for more information about the podcasts or to see the pictures from today's episode of me getting my tattoo ten years ago, head over to rebeccacampbell.me/podcast. Thanks for returning.

Amy: Okay, so welcome to our hidden track. Thank you for sticking around.

Rebecca: I worked up the stairs.

Amy: Yes, Yes, exactly. Okay, so let me set the scene. It's 2010, Rebecca and our friend Jackie and I decided we should do a trip from Istanbul to Cairo through Syria and Jordan. Why not? We were probably some of the last ever tourists to travel through Syria. That's a very staggering, sobering truth. But when we had arrived in Egypt, we traveled to Mount Sinai with the intention of getting to the very top with all of its strange, mystical, biblical experiences that happened in that very place. The only way up the mountain was on camel. And so up we climbed. Or, was it because I'd, were people walking?

Rebecca: No, you could have walked, but you had gashed your foot in the Red Sea. Like, yep, there was like, so much blood you couldn't walk. So we needed to, that was the only way, well, for you, it was the only way up. And then I was like, okay, well, I'm not going to just make you do it on your own.

Amy: Oh, thanks Bec. So, that's right, I had lost half of the bottom of my foot to some coral in the Red Sea was heavily bandaged. And so up we climb on to these camels. Jackie was on her camel, which in a past life must have been a racehorse or something because she just galloped her away up the mountain by herself on her camel. And then there was my camel, which was quite normal sized but I remember did have quite a serious goiter hanging off its neck, but worked fine. Off we go. And then there was your camel, who was probably on the more petite side. But the thing we didn't know about camels was, you don't actually sort of get stirrups for your feet like you would if you're riding a horse. You just kind of like plonked onto the saddle between the humps, but with no real way to kind of hold yourself up. And we also didn't know that we wouldn't really be guided up the mountain. We're just sort of trusting that the camels know the way up the mountain. And they do.

Rebecca: And there's like only one track, but it's, like, very windy. And then you're like, you kind of go up and then there's a sheer drop.

Amy: Sheer drop, sheer drop.

Rebecca: And then you have to turn 180 degrees back up the hill.

Amy: Correct. Correct. But it's all very loose gravel, rocky rocky, sheer drops winding, winding, winding path up, up, up Mount Sinai. So Jackie has galloped away on her camel. Can see like, I have, like, a memory of seeing, like the silhouette of her, like arriving at the peak of the mountain while you and I were, like, definitely starting.

Rebecca: And she was, like, isn't this amazing?

Amy: Like yeah woohoo. And then your camel was ahead of me. My goiter camel was very slow. But I remember coming around a bend and your camel had just sat down. Just decided to have a little sit down. Now, if anyone's not familiar with how camels do sit down and stand up, I mean, it's quite clunky. And as someone on a camel, it's also quite dangerous because you're kind of really being swung about.

Rebecca: It felt like there was some kind of, like, soul karma or, like, soul pattern or something to do with the journey of our soul. It was like we were repenting or just, like, I don't know. Jackie was just like woohoo, life is great and we were like oh my god.

Amy: So true. But the thing was, my, I saw as I turned this corner that your camel has sat down, but my camel is sort of still slowly walking past you. I don't know how to make my camel stop. I don't know how to make my camel sit down to help you. So I'm just sort of calling out to you as I'm, like, slowly waddling past you being, like, what are you doing? And you're like, it just sat down. And then we were both trying to.

Rebecca: I also had the kid. I had the kid seat too. So, like, and I've got wide hips and I, like, so I didn't even fit on it. And then so my camels like sitting down every, what, like 30 meters. And so I'm just, like, you know, thinking I'm going to fall off the side of the mountain. And then on top of that, and I don't, I still don't really get how this happened in this way. I'm just like, oh my God what was happening to my body and my soul at that moment? But like, and maybe it was just because of the saddle, but my hips, like my glutes went into proper cramp the whole time. And so I'm trying to, like, pull my leg up to try and stretch it out.

Amy: You were in agony.

Rebecca: And it was going so slow.

Amy: And you could not get off. Yeah, but not only that, there was no one around to sort of help or, like, we were then trying to yell in the Arabic that we'd been taught about how to tell the camel to get up and how to go. And obviously he didn't understand our accent, perhaps, but there was, but then my camel, like, then disappears around the corner and you're just gone to me. I don't know how to get back to you, I don't know...

Rebecca: And I'm there going, and all these camels are overtaking and no one's helping me.

Amy: But we did somehow make it to the top.

Rebecca: And this is... Yeah, but it took like four hours.

Amy: I feel like it took hours. Terrifying.

Rebecca: I genuinely don't know how long it actually took but it felt like a day.

Amy: Yeah, it does. It's one of those memories where, like, there's such a time warp around that whole experience. I guess all we do know then, is once we did get to the top, you and I were like, there was no way in hell..

Rebecca: Well, there was the final bit that we really wanted to do, which is go right to the peak.

Amy: Up to the very peak, Yes.

Rebecca: And it wasn't that far, but we would just like.

Amy: We couldn't.

Rebecca: Get out of here.

Amy: Yeah. Well you had your cramping bum cheeks and I had my coral gouged foot and we were like we are in no way to climb that final peak to the summit. But there is also no way I'm getting back on a camel down this mountain. So let's get the hell off this mountain by ourselves. So you and I set off...

Rebecca: Oh my God.

Amy: ...Into the darkening twilight down Mount Sinai on our own.

Rebecca: But we didn't realize it was darkening twilight I don't think at that time.

Amy: I did get dark very quickly, to be honest.

Rebecca: Yeah. Yeah. Like, I thought we were like, because it, we were going so slow on the camels we'll just, like, and it's true, it would be quicker walking. And so we went to walk and it was just, like, following the trail so it thought and, I mean...

Amy: Then it turned into some kind of cosmic maze.

Rebecca: It was very irresponsible of us.

Amy: It was, it was.

Rebecca: I don't know how that happened, though, because it seemed so straightforward on the way up.

Amy: But this, and the thing, and this is why I do think it was some kind of soul contract, cosmic fuckery where the universe was playing with us somehow because it turned into a maze that we couldn't get out of. Remember, we kept trying to, like, follow the camel poo. Because then we were like, this is a sign that they've been up. But then there must be, like, all these different paths and ways to get down Mount Sinai. And it was one of those things in the far, far distance, we could sort of see the lights of the base camp. But then no matter which way we took, we couldn't get any closer and it was getting dark. We had this tiny, tiny little penlight torch that was flickering.

Rebecca: I think it was our phone torch.

Amy: We wouldn't even have had a phone.

Rebecca: No, it was not a torch. No, it was just our phone. Like a Nokia or something. With the green glow.

Amy: So we could stop and play snake occasionally. But we didn't have an actual torchlight.

Rebecca: But I remember it was running out of battery too. And then, but then we, and then we were like, maybe it did run out of battery or something and then we were just like, increasingly, and then you were getting increasingly, like, you were bleeding from your foot.

Amy: Correct. Every time I was slipping on all this...

Rebecca: I'm, like, helping you down the mountain, like. It started, like, we're trying to, like, maybe you got worried first or I don't know, but, like, so we were just like, it's going to be okay. We'll get there. And increasingly we started getting more and more scared.

Amy: Yeah.

Rebecca: And then remember all of a sudden when we were, like, definitely very, very concerned for our well-being. And whether we'd actually get off the mountain at all. Because it was pitch black by that stage. Then there were those German tourists had, like, a full massive, like, flashlight and so we just followed them. Then we, and so we followed them all the way down. We weren't actually far from the base of the mountain at that stage. But then when we followed them and we landed, like, I don't know how, but, like, the rest of the group who had gone on up for an extra hour, like, were basically getting down the mountain at the very same time. We're like oh my god.

Amy: That's what I mean, like, the whole thing must have just been a total time warp trip. You know, there was some other kind of kairos time happening in that experience. But then we did somehow all aligned and then just carried on our merry way off to Cairo.

Rebecca: Yeah, and we were just, like, I remember Jackie just being, like, hi guys. How great was that?

Amy: Wasn't it so beautiful?

Rebecca: And we were like you have no idea what we've been through.

Amy: Yes so true.

Rebecca: And you have, like, this blood trail behind you.

Amy: Yes my shoe was soaked. Because every time I kept slipping on the stones, it was just like bursting my, I mean, revolting.

Rebecca: Oh my God. Horrific.

Amy: Wild.

Rebecca: And you remember when you hurt your foot? We're in, I can't remember the town, but it was on the Red Sea. And you were in so much pain. And so, and there was a nurse on, was it Helen who was a nurse? No.

Amy: No. It was another Kiwi lady.

Rebecca: Oh, yeah. The Kiwi woman was a nurse, and she was, she went to, like, give you stitches or something?

Amy: No, she was trying to pluck the bits of coral razors out of my foot and then was trying to sterilize it with whiskey and then was trying to...

Rebecca: And I was giving you shots of whiskey because you were in so much pain. At 9am in the morning.

Amy: Exactly. It was a war zone, let's be honest.

Amy: That whole trip was there was a time.

Rebecca: Life changing.

Amy: It was a time.

Rebecca: Yeah we all went through something.

Amy: Yes, it's true.

Rebecca: Jackie fell down the amphitheater in Turkey. That began the trip.

Amy: I mean, we could do a whole podcast.

Amy: And I got really sick in Cappadocia, which is one of the most incredible places I've ever visited. Like, I remember arriving on the bus that morning and opening my eyes after being asleep and being like, wow. Like seeing those stones, I was, like, oh I know this place. And I hadn't seen pictures of it in advance. Like, I didn't have it on my list, but I was, like, oh my goodness. I remember even, like, meeting that healer woman in her cave. I went there for, like, yeah, I spent, yeah, that was, yeah, that was definitely a soul contract place that. And I've since found out incredible things about it, which is a whole...

Amy: Other podcast episode.

Rebecca: Yeah.

Amy: Sadly, one of my key memories in Cappadocia was when we went quad biking through the pumpkin fields, and they didn't have a helmet big enough to fit in my head. Story of my life. So we came away from that trip with inner scars and outer scars. Didn't we?

Rebecca: And again Jackie was just on a quad bike ahead just going woohoo.

Amy: Well actually, to be fair, you and Jackie did look like something straight out of Charlie's Angels in your, like, gorgeous, normal sized head helmets on your quad bikes through the Cappadocia rock formations. And then here comes big old me and my big honking reticle.

Rebecca: At least it was red.

Amy: Yeah, it's true. Well, look, maybe I can, I do still have a massive scar on the bottom of my foot, which is very unusual because that skin regenerates so quickly. So I can think of that as my tattoo from the Red Sea.

Rebecca: Your Red Sea tattoo.

Amy: My Red Sea tattoo. Yeah.

Rebecca: So that's our secret story.

Amy: Okay, love you bye.