

Awaken Your Inner Wisdom Podcast

with
Cissi Williams



—cissiwilliams.com—

The WISDOM found in the HEALING WATERS



with Rebecca Campbell



HI, AND WELCOME TO AWAKEN YOUR INNER WISDOM. I'm Cissi Williams and in this interview, you'll meet Rebecca Campbell, who is a writer, mystic and podcaster. Rebecca is such a beautiful conduit for supporting us in connecting with the wisdom within. She does that through all her books, oracle decks and podcast episodes. She shares about her Healing Waters Oracle, and how it can help us tune in to our inner wisdom. And she also does a reading for us. So let's head over to this interview now with the amazing Rebecca Campbell.

Cissi:



Hi, Rebecca, thank you so much for being here again. I love connecting with you. Just thank you for coming.

Rebecca:

Oh me too Cissi, I'm looking forward to our chat today.



Cissi:



Yeah, I mean, we've had quite a few chats now over the years. I can't remember the first time I contacted you like this, but it must have been probably about nine years ago.

Rebecca:

Yeah, it was. You know, I actually remember the first time we spoke and I remember where I was standing like in the house. So yeah, it was definitely like about nine years ago. Yeah, I was living in Highbury at the time.



Cissi:

01:08



Yeah. I remember we had just moved back to Britain from Sweden. I was interviewing you for the magazines. And yeah, my life was very different than and I'm sure your life was very different. Yeah. It's weird when you look back and you go, "oh my God, so much has happened!"

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01:23

Rebecca:

So much. And then especially in that time period with the world as well, it's like, Ahh!



Cissi:

Yeah and obviously you've been on such an incredible journey. It's actually been beautiful to witness you and witness you really coming into your power more and more. You're awakening that deep wisdom, ancestral wisdom within you. And it's beautiful to witness that. So thank you for saying yes to that deep inner calling, to go deeper and deeper and deeper, connecting with that.



Rebecca:

Thank you and definitely you too.

Cissi:

Yeah. Well, it is a journey, isn't it? Sometimes I think it's good we don't know how deep it will take us.



Rebecca:

I know. Do you have Scorpio in your chart?



Cissi:

Oh, yes.



Rebecca:

Where's your Scorpio?



Cissi:

My Scorpio is in my Venus.



Rebecca:

Me too!

Cissi:

Oh really?



Rebecca:

That makes sense.

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Cissi:

Yeah. My husband's Scorpio is in Venus too. And then my rising is in Pisces, and my moon is in Cancer. So I got a lot of water signs. But I am a Sagittarius. So what about you?



Rebecca:

02:34 I'm Virgo, Scorpio rising, Aries Moon. Yeah. Wow, my son is Venus in Scorpio and Cancer Moon. So very similar to you. And I remember anytime I got a couple of my friends bought readings for me when I just had him. And with those two, they said, he has been sent by the Goddess to explore the many faces of the mother. And so it's interesting that you have the same.



Cissi:

Yeah. And also he had a very unusual birth, didn't he?



Rebecca:

Yeah, yeah. He was born in his, they call it En Caul, in his little water sack. Yeah.



Cissi:

03:12 Because you're write that in your fabulous Oracle deck that we're going to dive into soon. But you write how that used to be seen as a sign of someone coming in being like a seer, a mystic, that sort of spiritual teacher.



Rebecca:

Yeah. I mean, I had no idea that it was even possible until I was like very, very, very heavily into labour. Just like being like, come on, this has got to be it. But my waters hadn't broken. And yeah, and then the midwives hadn't experienced it before. But then a few different people contacted me and a couple of like elders from different traditions as well. And so it's interesting seeing all the different indigenous traditions and the echoes with these ancient myths like that.



Cissi:

Yeah. Yeah. I love diving into the ancient myths and see how they correlate. And then your daughter, she's a Sagittarius, isn't she?

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Rebecca:

04:02 She is, yeah, yeah, she is. Goldie. She's, um, yeah, very, I mean, she's so young now, she's not even one but compared to I think everyone else in the family, she seems like quite an extrovert, which I think is quite Sagittarius.



Cissi:

Yes, it tends to be that. My daughter is Sagittarius as well, just before your daughter actually. So we have a lot of Sagittarius in our family. So I thought it was really sweet when you were telling me around her due date. I'm like, yeah, I know that. Love that fire.



So we are going to be talking about your Healing Waters Oracle. And it is again, an amazing fabulous Oracle deck. I love your oracle decks. They're very, very unique. Very, very unique. I've never come across anything like it. So you are, I mean the process, I'd like to know actually the process you went through in order to channel these Oracles. But before we talk about that, how did the calling arrive for you to dive deeper into the healing mysteries of the waters?

Rebecca:

05:11 Oh my gosh, well, like most of these answers to questions are so multi layered. I think there's really two answers to that. One is I had this really life changing mystical experience, I think it was 2017. I was in my Kirtan training, and I stepped into the centre of the circle and without trying, like I was just not trying to do anything but I could feel something shifting. And I mean, it's a much longer story than I'm going to tell right now, but in essence, I went into the center of the earth to the sacred waters there, which I get, I haven't had any experience of, and actually, I didn't know... people listening on audio, but behind me, I have one of the cards, which is my Starseed Oracle, which was the first time I tried to, like work with an artist to depict the experience, it's the "fall into my arms card". And yeah, I was taken into the sacred healing waters of the Earth. Which kind of seemed like, if I look back now, I hadn't given birth at that stage, but they kind of remind me now of like, the waters of the mother, like the primordial waters of the mother, original Mother of the Earth itself. And all around me were the ancient grandmothers of the Earth, which is a group of guides that I work with now. And again, it's been so many years, and I'm only just starting to be able to talk about it and like, find words for it.



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I think that's actually why I have been creating so many oracle decks, because I've been through such a huge, huge descent I will call it. And oracle cards have helped me. I think often I'm wanting to kind of bring into form, into visual, into the real world, these altered experiences that I've had, you know. In order to make sense of it, I'm definitely like creating to understand and deepen my connection.

And think also, in that time, I then became a mom and I had Sunny in his little water sack, so I properly saw, just, I mean, I knew that we gestated in the waters of the womb, I knew that intellectually, you know, you go for your scans and everything, but there was something about my waters not breaking and him coming out with his waters intact... and I had a water birth as well, so it was like water within water, and it just really opened my mind to it a lot more. And I really just started discovering, like, ancient folklore and much more around water consciousness. And obviously, like, it's so obvious when you look at it, but like, life cannot exist on this planet without water. And it's such a scarce resource that we take for granted, and yet, we need it so, so much.



So moving to Glastonbury as well, which I know is a place that you, it's like a home for you as well, I started really noticing by walking to the wells every day, particularly with my son, and it was during COVID, so there weren't many tourists. So it was just like people who were properly living here. And a lot of people were fetching water from the well to like, not just like for spiritual reasons, like just to literally get their water. And so the wells really started teaching me. And it felt like it was this combination of mystical and just literally every day, normal, practical, fetching the water.

And yeah, I think also, I'd always had these visions, particularly when I was younger, have like a water type world, of like really crystal clear water, so I've always been drawn to it in that sense. And I always wondered like, oh, wow, like even the Starseed Oracle, you can see there's water in that quite a lot. And I've always used water as an element. I dreamed into like, like, why is it that I feel so at home in that crystal clear water? So there were so many different layers and but it all definitely came together once I was here in Glastonbury.

Cissi:

Yeah, and also, as you say, when you were combining, it's like the weaving of the everyday practical, but the mystical, everyday day being the mother with a child that is kind of also this such an unlocking for you. Of giving birth, seeing him in his, he's



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still held in that womb, in that water sack. So it is that it's the weaving of the two worlds coming together. And I do feel that that's what your oracle cards are doing so beautifully, because you look at them, and they are beautiful and very ethereal and you can feel that spiritual energy. And then you use them and they become very practical, and very kind of giving you really clear, crystal clear advice. Again, it's the weaving of that, that spiritual realm with the practical and I do feel that's what you do so beautifully.

Rebecca:

Thank you.



Cissi:

Hence, as I shared with you at the beginning of our talk, that it's not just about channeling and bringing through all these messages and beautiful gifts and wisdom, it's also about how can we then weave that into our everyday world, so we share it with others.



Rebecca:

10:58 Yeah, that's it. I think, we're living in such, like, extraordinary times, and I wonder if you feel like this as well, like I, I feel like being a mystic or whatever title we put on, because it's just not normal enough yet, to like, say who we are.



Cissi:

It's getting there.



Rebecca:

Yeah, it's getting there.



Cissi:

But mystic is a lot more normal than saying that you're a witch, for example.



Rebecca:

That's true. That's true. Yeah, to me it's all the same.



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Cissi:

It's moving in the right direction. Of course, of course.



Rebecca:

And with mystic it's like, people are like, what do you actually mean, you know? But yeah, I feel like, you know, if we're talking from a soul perspective, right, I'm like, yeah, I've definitely had lifetimes where I've just fully just been the witch, just fully been the mystic, like in the cave, and just, like properly had the community support. And so I could just do that work. Whereas these times that we're in, like, it's just not the times that we're in, and so somehow I'm, and I'm constantly feeling this like, push pull of it, of like, I just want to commune. But then no, these really are these times of integration. And even with things like, being called to be a mother or a parent while all of this is happening and then I'm like, oh, but of course, that's the best teacher you could ever have. And also, you want to spend more time, you know, and so there is this, like, push pull. But yeah, I've been getting a lot lately, when I've been like connecting in and asking, like, you know, how can I be used? Like, how should I be sharing, spending my time and also just with everything happening with the world. And I think so many have really been hurtled into, like, deep ancestral healing as well. And so it's like, what is this? Like I know I remember hearing about 2012, I mean, like, that's when it's all you know, that's the awakening or whatever. But like, I think that was kind of the awakening period, and now it's the integration period. And integration, it's so much harder than awakening.



Cissi:

Or like different stages of labour.



Rebecca:

Yes, exactly. Oh my god!



Cissi:

It's like it's the opening 2012 and then 2020, we're really in it.



Rebecca:

And there's no going back.



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Cissi:

13:26



No, there's no going back. We're in that dark goddess birth canal. And I do feel so many of us are recognizing, we might have heard the call a while back. We've really, really hearing the call now to step in, to be part of all the midwives helping to birth this and to release what's been blocking us, gagging us, binding us in the past, so that we have the courage and the strength and the energy we need to continue to share this very deep, deep ancestral wisdom and magic and feminine power that is rising within us. And it is scary, because we do remember through our bodies, and it's not just through our bodies.

I read something that Maya Luna was sharing the other day actually, which I thought was so beautiful on Instagram. She was sharing that yes, we have these deep wounds in our collective and ancestral memories, but it's happening now. You know, it's happening now, the suppression of this very deep magic, feminine magic, suppression of women stepping into their power. So what you are doing is that you are creating a portal where you are being seen, and then sharing that wisdom coming through you to others, which is helping them. But the fact that you're being seen is helping others too, because that is a huge fear!

Rebecca:

Oh yeah, yeah, it's so huge. I don't know that many people who, like have that deep, the deep, deep call that don't have a bit of that.



Cissi:

15:12



Yeah, and I haven't met anyone who didn't have the fear of that. And I think that's one of the things we have to work our way through. So actually, that brings me to a question with that. So, how have you worked your way through it? So the way I work my way through it is very much through shamanic journeying. So I journey in and I really, really go into the medicine I later teach. And how do you do that for you?

Rebecca:

So at first how I did it, was by just basically moving through it. So, actually sharing my voice because I was so scared. But it was like, the longer I kept silent and kind of... yeah, held myself back, the more frozen I kind of got. So actually, through just like baby baby steps, but consistent, was definitely at the beginning. Because I tried so many other different things and it was just like, yeah, I just have to go do it now.



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I think that the two tools I use most now is I do a lot of like somatic work, like when I'm feeling so dysregulated in my nervous system. I find that really helps because I feel calm and like I can acknowledge that while I might feel afraid, I'm safe, all of that has definitely really, really helped me with my like just baseline fear. Because I felt like I always had a baseline of fear, whereas now I don't have a baseline of fear, when I'm being called to like maybe step forward in a bigger way than I have or share something that I'm that's a bit undefined, I might feel scared but my baseline isn't that, which it was.

And then I think, well, I know, the only way I've always done this, I literally write to the fear or through the fear. And same thing with any kind of big emotion, whether its anger or feeling stuck or whatever, I'm always like, write to that part of me. And the best writing I've ever written has always come from that place. And so now my brain understands that, so it doesn't take me so long to kind of finally get to that point.

Cissi:

17:31

That's actually beautifully put, because it's like probably in the past, you would have procrastinated a bit?



Rebecca:

Totally! And being confused. Yeah, exactly. And looking for answers outside of myself, you know.



Cissi:

Yeah, beautiful. That's such a beautiful sharing and also that you said, it's to show up anyway, it's to do it anyway. It's the only way to break through it, that you do share your voice and you do allow yourself to be seen and embrace the fears that come up. And because I think they do that for all of us every time as you say, when we are stepping up to the next level. Those old fears, it's like we're given a choice point, am I going to go back and hide and kind of allow myself to be again chained, bound, gagged by that old fear, suppressed? Or am I going to recognize okay, I'm not just doing it for me. You're doing it for our daughters and sons and brothers and sisters and the mothers. I'm doing it for everybody else, as well as me. And I find that that helps. For me, that's been one of the best things for being a mother actually is to recognize it's not about me. Yeah, it's all about, for me, passing something more healed through.



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Rebecca:

That's really beautiful.



Cissi:

And it kind of gives you that drive to keep on going, when you just feel like I can't take this anymore. So what has been your drive to keep going?



Rebecca:

Well, I think it's changing a bit now. But my drive, I'm not sure what it is now, to be honest. But my drive has always been, this isn't like a positive thing necessarily, but as long as I can remember, young girl kind of times, I just felt this like urgency to get to work so I could get the job done and get out of here.



Cissi:

Oh wow. Hence that you're such a great worker because I know we've spoke about it before.



Rebecca:

Yeah, I'm like get it done. Exactly. Exactly.



Cissi:

But that's changed!



Rebecca:

Well, I think what happened...



Cissi:

I read one of your cards yesterday and it spoke exactly about that.



Rebecca:

Did it? Which one?



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20:01



Cissi:

I can't remember because I was in such a deep trance but I pulled some of the cards and I'm like, oh my god, this is so good. This is so good. Because it was about that, it was about being aligned rather than productive, being in...

Rebecca:

Oh right, yeah, yeah. I think the thing that has changed, to be honest, and I think this is why I want to say like, I resisted being a mum, but I wasn't certain that I was going to be a mum, I thought I would you know, you just assume and all of that. But both my husband and I were like, our non-negotiable was open to it, but not hard set on it. Like as we met, just getting clear on that. And yeah it took a while until I heard the call. So I had Sonny when I was I think 38 when I had him and Goldie 41. And yeah, having them all of a sudden, oh my gosh, like you're all of a sudden, really, really, really physically attached to the world, like in a way that you're just not before. I wouldn't have been able to say that or verbalize that before. But yeah, and I know that that's a common feeling. Then there's this other, in context, of that soul kind of, let's get the job done, to, oh no, I don't want to leave. Not that I was looking for a way out or anything.



Cissi:

It anchors you.



Rebecca:

Yeah, I'm talking deep feelings. Yeah.



21:35



Cissi:

Yeah, I actually, we did Seidr a little while ago, and someone was actually doing Seidr on me. And I came to a place where I really did not want to receive the light, because the light at that point was going to help me be here. I don't want to go, they're insane. I don't want to go. It's like, I was at that place before coming down into this body, and then I saw my children. And I'm like, yeah, I'm going! I do it also for them. Yeah. So I do feel that that often can be the case. And it's been, I can sense that, I can feel that in you, that having had your beautiful children has really deepened your connection with that rooted, beautiful, powerful ancestral medicine that you're bringing through. That's amazing! Out of interest, which are your favourite cards in this deck?

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Rebecca:

22:35

Oh, you're the second person to ask me that this week. And it's my one deck that I don't have a favorite visually, I love the, "She who Flows" card, which is a hint towards Raya, just visually. It's just absolutely sublime. But as far as like, the card I love to receive, is well, I'd note "The Sacred Well" is definitely one of my favorites because obviously, it's a Glastonbury card. Then "The Well Maidens" as well. So I'd say the more Glastonbury cards are my soul favourite ones that I love receiving, "The Mist", which is like trust your inner compass. And there's a couple more that are like, "Thank you", which is just like, when I receive those messages, it's like they just come right in the right time. And they're more simple cards. But yeah, visually, I love like the water Oracle, which is really like, "The Seer", "The Priestess" card, which is on the cover as well. Yeah, but it's interesting this deck, I don't have favourites. All my other decks that could tell you the one card but yeah, its very water. It's a watery answer, though. And the process was so watery.



Oh my god. I've just started working on a deck, it's not out till next year, but the Ancient Stones Oracle. I worked with the same artist that I did rose, water and now stones, Katie. And the creative process of stones was amazing, because it was just so clear, subtle, but just once we were like in and like properly with the ancestors, we were just like sending files over and organizing. It was just so solid, whereas the water was just loose. So many different versions.

Cissi:

24:32

And of course, I mean, it makes sense but it's so amazing when you're then in it and you can really feel the different energies and qualities of that element. Amazing. Amazing. Yeah, I had a sneaky feeling that you would be doing a stone one because I saw on your the Mystic School that you run, I saw on the different modules and I thought, I wonder?



Rebecca:

It seems that way, we'll see.

Cissi:

So I thought, oh, this will be great. Yeah, beautiful. Thank you. Would you mind doing a reading for all of us?



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with Rebecca Campbell

READING...



Rebecca:

25:10 Yeah, for sure, for sure. So I think everyone just takes a moment and drop into your heart. And just if you've got a particular question or an area of your life, just connecting in with that, or whispering that now. And yeah, asking the cards to give us a collective reading.



This is beautiful, so it's the "Bounteous" card, it's about coming together, companionship, like the feminine way, being generous. And you can see, if you are able to see, but I will describe it if you're not. There's this beautiful pool of water, it's quite jungle like actually. And there were two women who were tending to the water, but also just like very open, very, well bounteous like everything is just in plenty... but it's in plenty because there is like this reciprocity. There's this, like, collaboration coming through, rather than like this separation of like me versus you. Of course, like when it comes to water, it's something that we take for granted, but not everyone on the planet actually has access to it. And so it really is an invitation for us all to appreciate those things that maybe we overlook, whether it's like people or just like our basic needs being met. I know, with everything that's happening in the world right now, it can feel really overwhelming to know, like, how can I help? And to me, this card is kind of like, appreciate what you've got. Really tend to your vessel, your energy. So that, you know, you're not adding more kind of like, difficult energy to situations that you know, you're just going to cause more complicatedness or complications. So, it's just like coming back to Grace coming back to appreciation. Yeah.

Cissi:

Beautiful, beautiful. Thank you. It's been as always, it has been amazing. Is there anything else you would like to add?



Rebecca:

I just want to say how beautiful your mother statues are there. The Dark Goddess, they're so gorgeous.



Cissi:

27:35 Well, they represent, I work very much with the Divine Mothers of Darkness and Light. And it's from my Artic roots. I have dived into that immensely, immensely.



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with Rebecca Campbell



Rebecca:

Yeah, so fascinating.

Cissi:

So that's for me, that's the light aspect of Freya. And then that's the Dark Mother Night, but it can be any of the dark mothers and the light mothers that they are for you. But yeeh, that's been a real homecoming for me. And yeah, thank you, thank you for seeing them. I also have a huge one, but it's too big. And you have beautiful ones, I've seen yours at times.



Rebecca:

28:17

I've got one behind me here. I've got quite a few actually.

Cissi:

Yeah, these are actually from Glastonbury.



Rebecca:

From from Rena's place?

Cissi:

Yeah. And she made that one especially for me, so she channeled Freya to bring in the real golden quality because she is a solar goddess.



Rebecca:

Oh, that's so beautiful! Yeah, I've got this one from her.

Cissi:

Yeah, I got that too. I've usually have them when I bring...



Rebecca:

I've got so many of them, they're everywhere.

Cissi:

But her shop is amazing. Amazing!



Rebecca:

It's so good.



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with Rebecca Campbell



28:50



Cissi:

So for those who are listening and wondering, where is this shop? It's up on the High street. (Halo) Yeah. Is that what it's called? I never actually knew the name.

Rebecca:

It's called Halo. I forgot for a bit, but Halo, top of the High Street. It's not open very often. Saturday, go Saturday around lunchtime.



Cissi:

Oh, great. That's good to know. Yeah.



Rebecca:

It's basically people walk past like, oh, it's a Christ shop. It's not. It's a Christ Consciousness shop and it's a Goddess shop. And yeah, beautiful, really the energy is pristine.



Cissi:

Yeah and her and her husband are just extraordinary.



Rebecca:

And sometimes they sell cashmere as well, which is lovely.



Cissi:

I didn't know that. I didn't know that.



Rebecca:

Yeah, they have these beautiful like prayer shawls.



Cissi:

Oh wow, gosh, I got to go in there next time I come to Glastonbury. I go down quite often, as you know. We bumped into each other at Chalice Well finally.



Rebecca:

Finally, I know.



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Cissi:



It's been lovely as always Rebecca. Amazing. Amazing. Thank you. Thank you. Thank you. Thank you. Thank you.

To find out more about Rebecca and her work is that rebeccacampbell.me

