

Awaken Your Inner Wisdom Podcast

with
Cissi Williams



—cissiwilliams.com—

How the Four Elements can Initiate You onto Your Path



with Lucy H. Pearce



HI AND WELCOME TO AWAKEN YOUR INNER WISDOM. I'm Cissi Williams and in this interview you'll meet Lucy Pearce, who's the author of multiple life changing nonfiction books, including, "Medicine Woman", "Burning Woman", and "Creatrix". Lucy shares how her books, "Burning Woman", "She of The Sea", and "Crow Moon" took her through various initiations. "Burning Woman" was an initiation of fire, "She of The Sea" was an initiation of water, and "Crow Moon" was an initiation of earth and air. She also explains how the witch represents the patriarchal fear of women's power, and how we are now reclaiming this ancient power, wisdom and magic within us. So let's head over to this interview now, with the amazing Lucy Pearce.

Cissi:



Hi Lucy, thank you so much for being here with us today. It's an honour to have you here. So, thank you so much for coming.

Lucy:

Thank you. I'm really delighted to be with you today.



Cissi:

Yeah, we're gonna dive into a really important topic. And we're gonna talk about three of your books that follow actually, the directions and the four elements, and I really liked that being a Shamanic Practitioner. I love that. But let's start with your first book the one about fire, "Burning Woman". What inspired you to write this book? And who is the burning woman and how can she help us?



Lucy:

01:36

So, each of my books is based on a direct encounter that I have had with an archetype that has emerged in my body and mind and in my life, at a certain point in my life. And so, the burning woman archetype came through in a blaze of flames, and terrified me. So she, the burning woman, is she who longs to share her passion, her burning passion with the world, she longs for the flames of her longing to come up through her and reach the world. That is one side of burning woman. But the other side of burning woman in our culture is very much that when we experience this as women, when we get this,



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this burning desire to, to express ourselves fully, to express our truths, often there is a response of burning towards us. So, we saw that most clearly in the witch burnings. But it still happens today in psychological ways. I mean, it still happens today, literally in terms of acid burnings of women, in terms of calling people a witch to shut them up to shut them down. The use of shame and violence to silence women is massive. So, this is part of the burning woman archetype, this desire to express the power and the truth of our own expression, and how that can be met in patriarchal society.



So, I had an experience, several experiences combined of this, which left me completely floundering, not knowing which way was up, not knowing what was happening, trying to find some way of understanding this. And the first time that these initiations of fire were happening, I just shut down in shock, in shame and terror. And then gradually, as I got my courage to share what had happened with other women, what I found was all of these stories coming back to me of similar experiences of being burned, especially by other women, when we step into our truths, when we step into our voices, when we step into our creative power and out into the world, these experiences of burning and how primal and terrifying they are. And so, I realized that this was a thing. It wasn't just a, this happened to me, it was a thing that an awful lot of women experienced, this initiation of fire. And I noticed that when women were talking both about things that they are passionate about, and the ways that they are attacked in this world, these metaphors of fire, these phrases that we use, are all around burning and flames and fire. And so, for me that is an indicator of an archetype that we are dealing with culturally. That we use metaphorical language usually, poetic language to speak about, deep, deep truths of ours that we don't have everyday language for.

And so for me, that's what the burning woman thing was, was to unpack what this big, big energy was that comes up through us and the big energy of resistance that meets us when it comes out into the world. To explore that dynamic, to give it language, because my belief, my understanding is that shame keeps us small and silent when we believe we're alone. When we don't have language for things, when we don't have images for things, we have no way of connecting with other people, expressing our truths to other people, finding support, finding sisterhood, finding... we can't tell a counselor anything, we can't tell our best friend or our partner anything because we have no words for it. All we have is the feelings, the emotions, the intensity inside, and we don't



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know what it is. So, my work is trying to find in our cultural artifacts, in our poetry, our history, our writing, our books, our films, what are these archetypes that we're not talking about in the feminine? What are these journeys of initiation that most of us experience throughout our lives? And how can we language that so that we can communicate about it, so that we don't get stuck in them, so we don't feel victims of them? So, we don't feel alone in it, that we know that this is a normal part of human experience, of human psychological development of being a human in this world in this culture. This is normal. There is language for it now, there are images for it. This is how we can share it, talk about it, move through it together.



Cissi:

06:34



Yeah, beautiful. As you're talking, it's an amazing, amazing story in the Norse Sagas, about Freya, when she shows up in different expressions, in the Norse Sagas. So she can sometimes show up as a Völva and sometimes she's a witch and sometimes she's different beings. When you dive deeper into them, not the way the patriarchy interpreted these stories, but when you dive deeper into them – and the Norse Scholar Maria Kvilhaug has decoded these myths in a beautiful, beautiful way – anyway, there is this story of initiation where Freya, she's now Gullveigr, and Gullveigr is coming to the court of the sky gods, which is Odin and Thor, so the masculine, the mind, and she's being accused of being a witch, and they spear her, and they burn her. And as they burn her down to the ground, she rises, and she rises with even more light. And then they spear her, and they burn her again, down to the ground. And as they do that she rises again. And a third time they burn her. And a third time she rises and this time she moves through her own rebirth, and she now becomes Heidr, which means the Bright One, the illuminated one. And this is actually when Freya becomes the first Völva, which is a staff carrier, it means the staff carrier which are the shamanic witch priestesses, that practice seidr. And she then goes off into the world, she has now been initiated, and she's sharing seidr with other women. And when we, when we dive into this, this myth, and I take my students and other people on this journey, you realize all the ways in which you've been stabbed and burned by patriarchy and other forces, not just patriarchy, but also from other women. You know, from all this insanity.

Lucy:

08:32

The women in patriarchy (are insane) are the biggest danger to other women, not physical danger, but emotional.



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Cissi:

08:40



Yeah, because it's underneath the surface, so. And that was such a liberation, when you realize you have that choice point that you can rise, you can be freed through your own, you can resurrect yourself. And that's the power of the feminine in the Norse Sagas, is the feminine that is the light of the soul. Whilst Odin is spirit and Thor is thought, it's the feminine that has that magical power. And obviously, this was lost, and we were suppressed, and it was pushed underground. And you write about this so beautifully in your book, *Burning Woman*, about you know, the witch. What patriarchy did because of fear of women's power. So, can you elaborate on that? Because your research on that was amazing.

Lucy:

09:34



Thank you so much. So yeah, so there's a section in the book called, "Witch", and in it, I start out, because if we're not feeling kind of into witchiness, and kind of what witchiness is, is in our culture, we cannot identify with the witch archetype. We can feel very kind of threatened by it because we've been taught to. And so I point out that in our earliest learnings, so when we are at school, we learn our alphabet, A is for apple, and W is for witch. But we don't have P is for paedophile, or R is for rapist. So, we have we have K is for King and we have Q is for Queen. But we have W for witch, we have the dark feminine right there. We have this thing that we have to be afraid of about the feminine, right there in our earliest mainstream learnings. Whereas we don't learn about the dark masculine in our mainstream learnings. And so, I just thought that was really interesting. This, this thing of demonizing the feminine, turns us all into, plus the education system as it is, turns us into good girls, we want to be good, we want to please, we want to embody the qualities of the patriarchy and what a woman is seen, a good woman is seen as being. And avoid what a bad woman is seen as being so that we don't get punished or shamed.

And so, this thing of understanding what the feminine really is, not the feminine that we've been sold as in the fluffy pink kind of, you know, shave your legs and primp yourself and you know, then you'll be acceptable, not the small f feminine of patriarchy, but the big F feminine of feminine energy, that power that courses through our veins when we are giving birth. That power that courses through us when we are protecting our children. That power that courses through us when one of our beloved ones, our friends, our partner, are attacked or slurred and we need to defend them and stand there. That power that courses through us when we are embodied and having

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sex and just completely allowing this force to come through our bodies. It is strong, beautiful, powerful, and we're not taught about how to be that in patriarchy. So anytime we feel that energy arising in us, we shove it down. Because with it comes fear of what if somebody sees it? What if it is witnessed that therefore makes me not a good girl. And so we have been enculturated to do this since our very youngest age. And so to me, it's a naming of that power and acknowledgement that it is real and true and there. But it's not what we have been taught we should be or what the feminine is, it's not that. It's something that all of us have experienced at some point, that rush of energy through us. And it's being able to embody that. And so that story that you told about Freya was beautiful, because at the end of "Burning Women" is all about the idea of rising like a phoenix. So, you know what the good girl rips up the patriarchal written rulebook, she rips that up and burns it and creates her own. The burning woman creates her own rules, her own boundaries, her own ways to contain and express this power, and then rises like a phoenix. The phoenix is an image that we have history throughout many, many different cultures, like it's not just a western cultural thing. This thing of the bird rising up through the flames is being reborn through flames, of being initiated through fire, that fire is both destructive and life giving. It's just such an important and powerful message for all of us. Because when we're in the burning part, when we're burned out, and we're ashen women, it's very hard to imagine that we could ever feel alive again, that this energy could ever come up through us again. And that's a really scary feeling. Because we can feel kind of dead and fear that that's it. And so, Burning Woman is really a celebration of that feminine, that deep feminine energy that comes back up through us. But often we need to have experienced the darkness, have experienced the burning in order to really allow... liberate that energy through our bodies and through our voices.



Cissi:

14:20



Yeah, absolutely. Because when you experience that darkness, it's like you are starting now the descent into the sacred darkness, into the womb space, into the Dark Mother domain, and that's where you now have an opportunity to release the shackles of the old because you're journeying deeper than the mind and it's such a beautiful process when we realize, it's beautiful. It's not beautiful when we're like in it, yeah. And now, even now when I, you know, of course we all journey into it regularly, but now when I journey into it, I know, I know the terrain. So although, you know, it's never pleasant, and you're going in, you recognize something beautiful and magical is taking place beyond my conscious awareness. And I trust the process just like I trusted my body

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when I gave birth. You know, I knew my body knew what to do, my head didn't, but my body knew it's that portal that we step through. Another thing that really helped me, because it's so interesting because Freya's a witch, you know, she is the queen of witches, so, we've been working with her energy for a long time, and yet all these old programmings come up to the word witch. And one of the ways that I kind of befriended it was to realize it means 'wise woman'. It's the wise women that were the witches and also wicked means wise. So that was really helpful. And also from the Norse Sagas, it's the ancient witches that are the grandmothers to our world. And again, it's like, aha, all right, they are the ancient divine mothers. And suddenly, it's a different relationship than that old word witch that meant death. Basically, it was a death sentence.

16:07

Lucy:

Absolutely. And it's just that it's so ingrained in us. And there's this need to please the Father, but reject the mother is so ingrained in us culturally, and we don't have like, we have the patriarchs to look up to, we have all the stories of the heroes, and we have all the statues of the old men who did all the wonderful things, but we don't have the statues or the stories of the wise women, of the strong mothers, because they are either turned into kind of prostitutes or they're witches and need to be burned, but they're not. We don't have a culture of, I was gonna say worshipping, but that, it feels too strong...



Cissi:

Honouring.



Lucy:

Honouring. Honouring the feminine, especially in her older forms. Like the only thing our culture can do with the feminine is to adore the Virgin, just sexualizing, just that little bit, just where she can be used for pleasure, is the only place that we can really adore the feminine. And so...



Cissi:

Or she's the virgin mother. It's either that or the whore, or just the maiden, and just on the cusp of becoming, you know, the virgin mother.



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17:21 **Lucy:** And the virgin mother is very much still sidelined, really. She's not the main attraction.



Cissi:
It's crazy!



Lucy: Yeah. And so we just, we have learned this through all of the culture that we have absorbed, all the way through our lives. This demonization of the strong woman, the outspoken woman, the powerful woman. The powerful woman is dangerous in our culture, she is not to be trusted. And we have learned this and we have internalized this. And then we know to attack other people, other women who are trying to be outspoken, it's like, oh, no, no, no, shhh. You're not doing it right. You're not doing it perfectly. Shut up, go down, you know, cancel, because it's not okay for us, in our culture to have strong, outspoken women. It's just not, we don't have it.



Cissi:
But now we are awakening.



Lucy:
Absolutely!



Cissi:
So more and more, more and more are starting. Yeah, I got two daughters and they're now 25 and 21, and it's been incredible actually to witness how much freer my daughters are, in how they are accepting of differences, you know, fluidity, and all of that, I think is amazing, that I certainly didn't even have an awareness of when I was growing up. So it is changing, it is changing, just needs to change a bit faster, I feel. Because obviously look around, it's still a lot of insanity going on from that patriarchal mindset.



Lucy:
Seriously, and I feel like the change has to come on two levels. It comes first of all, on an individual level for every single one of us. And then it also is happening on a collective level. But in order for it to happen



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collectively, although it's got its own impetus, it's doing its own thing. Like, there have to be enough of us that understand what's going on and kind of engage with that and steer it and speak for it. Because until each of us has gone through the process ourselves, we're still stuck in the old cultural norms.

Cissi:

19:22 Yeah, yeah, absolutely. And then in your book, "She of The Sea", you now dive into, you know, the initiation of water. So, can you share more about that place?



Lucy:

Ah, so "She of The Sea" is about the call of the sea and what that is to us. And I really discovered that the sea is just something indelible in me. It's a hunger in me. I have this need to be close to the sea, to be in the sea, there is something about it. I realized kind of looking at where I traveled in my couple of years traveling and working abroad after university, that we literally went from coastline to island, to island to coastline, for a couple of years. It was just there was never a thought of being in the middle of a country, that wasn't possible to me. And now where I live, I live back in my childhood village, which is, you know, a three-minute drive to the sea. To me, it is just non-negotiable. And so, when one of our Woman Craft authors said to me, that she lived six hours drive from the sea, I just, my mind boggled that anyone could do that. It's just so much part of my life force and I really wanted to understand why. Because that didn't seem logical to me, that didn't seem, you know, it's not like I'm needing to drink seawater or anything like that. So, what is it that is so important to me and many other women about the sea in particular? Not just rivers, or lakes, or water in general, but the sea, as well as water, but the sea in particular. And so "She of The Sea" is an exploration of every aspect I could think of, biological, evolutionary, spiritual, in terms of historical, cultural narrative, like, what is it that, why does the sea matter to us?



So, I can't even begin to share that with you in words, because there was so much research and so, so many avenues that I took. But the thing that really kind of came out of it for me was this, this understanding of the connection of the sea, and the feminine, that the sea and water has always been associated with the feminine. So right there again, we have this thing of this longing, cultural longing that we have for the feminine, this cultural longing to be immersed in her. And yet this fear of her, this real fear that she equals death, you know, she is threatening. And so, it was this

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kind of, again, this, this very similar push pull dynamic, in terms of elements that I found with “Burning Woman”, that I’m also finding here with “She of The Sea”. And it’s just very interesting that within patriarchy, still the sea, boats most of the, with the exception of Poseidon on most of the cultural elements that come out of the sea, so selkies, mermaids, sirens are all female, like, what is it about that that connect the feminine, the magical, the dangerous, and the sea?



And so, this idea of the oceanic was something that Freud expressed when he was writing about thinking about religion. And it was something that he said he really didn’t understand. And a friend wrote to him about his book on religion, where he just kind of poo poed it and said, it was just, you know, superstition and primitive. And the friend said, you don’t get it, you don’t get what, what it’s really about. And that is what you call the oceanic. It is this sense of our inner depths resonating with something beyond us, that is beyond words, beyond rationality that is felt and known and true. And not everybody experiences this. The people who have been very trained to be cut off from their feelings and their bodies, who have been taught to rationalize everything that only what is known logically can be true. They can struggle to experience it, it doesn’t mean that they can’t, it just means that they haven’t had the practice of doing it. But those of us that do, to us spirituality, religion, magic, is something real and felt, it’s not something that you’re making up, it’s not a dogma that you have to believe, it’s not somebody else’s rules that you have to follow. It is something real and known and true. And for me, that sense of spiritual connection to something greater beyond myself happens especially with water, especially with the sea.

That feeling of standing on the shoreline when your human life is in tatters, and you don’t even know how to function anymore. And your brain is spinning and whirling, your heart is aching, your body is tired and you stand on the shoreline and you experience all of that just ebbing away. And this feeling of getting smaller and smaller and smaller, in communion with the vastness of the ocean that goes on, you cannot even see the horizon, just the ocean going on and on and on. The night sky above you with these tiny pinpricks of light and the moon in its tiny, glowingness, and knowing how absolutely tiny and insignificant you are, and yet how deeply connected you are to all these things. There is something in that which, which is at the heart of my beingness, and is at the heart of most people’s beingness. If we allow ourselves to feel it, that feeling of being insignificant, and yet a key part of life, both and of being connected to all things, of being a journeyer here in this ancient landscape, in this

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ancient universe. Of being a spark of life in that. And that is the oceanic, it's that feeling of losing one's outer self, and becoming fluid becoming flow, shape shifting into something greater than our daily selves allows. So, for me that book was that, it was really an experiencing of healing trauma through water. How can we do that? How can it hold us as we heal? How can we learn to flow again? How can we learn to try again, when we feel dammed up and blocked and broken and, and cracked and dry? And how can we allow the wisdom of water to help heal us? And then, how can we allow the wisdom of the feminine within that water to help us to shape shift into our connected selves, into the selves that feel part, a drop of the ocean, a part of all that is, and to experience magic as real, spirituality and connection as real, the feminine as real? How can we experience that in our bodies, through our bodies? So, that's what it's about.



Cissi:

26:46



Yeah beautiful, beautiful. And then you are soon publishing “Crow Moon”, which is the earth and the air, and this really peaked my interest that you kind have gone all around the elements. So please, share more about that.

Lucy:

Absolutely. And just to say that it wasn't intentional, like these were initiations that happened to me in, you know, before “Burning Woman”, I had initiation of motherhood, which started me on my writing journey. I've had an initiation very much of health and health breakdown, between “Burning Woman” and “She of the Sea”. So, the elemental books are for me, the core books in my work, but they are not the only initiations. And totally unplanned I mean; wouldn't it be wonderful if one day you kind of had....., “Today is the initiation of air!” And you're like, great.



Cissi:

Never, never happens that way. Pure initiations are never planned. They just unfold, yeah.



Lucy:

So, “Crow Moon” started with an experience similar to what I just explained about “She of the Sea”. That feeling of being absolutely tiny, and yet totally connected to nature and something beyond nature, something really meaningful and deep and true that I couldn't put words



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to, but that felt more real and true than anything else in my life. So, I was going for a walk in the woods. I was coming back, and it was dusk. And the dog walkers around me were all kind of rushing off. And I suddenly heard above me, there's "squawk, squawk, squawk" all-around of what I thought were crows. And so there were dark trees all over my head. And just in the centre was this kind of darkening night sky, the moon rising, and groups of hundreds of black birds, crows, rooks coming in from all sides, dancing, swirling, leaving each other again, dancing swirling, there were thousands of them in groups of hundreds. And it felt like being underwater, looking up and seeing just things going on ahead of you. Or the other experience, it made me feel was like, watching the wildebeest when they are migrating and just that power of a group of animals moving as one together, doing something that they have done since the beginning. This behaviour is so embedded into them, which feels like a dance, it feels like something more than just, you know, birds coming in to go to sleep, it was deep and meaningful and powerful. And I was just, I was totally absorbed by it and shocked by the power of this. So first of all, I looked into what are these birds? Why are they doing it? All the practical kind of things as to what's happening here.



29:53 And then, about a year later, I was at a Samhain lantern procession. And we were going into the woods, it was dusk again, there were people drumming, there were these beautiful lanterns moving around. The woman who led the group was dressed in a black cloak with a bird type mask. And the drummers were in bird type crow masks and we were going in, the birds were coming into roost, and there was this feeling of magic, again, tangible feeling of, what we are doing is directly connecting and communing with the world beyond us. Not just the natural world, but the world beyond us, whatever that is. The ultimate. And just that feeling of total aliveness of connection with this. And that night, I couldn't go to sleep. And what came to me was this image of this woman in a bird mask in a cape, it wasn't the same woman who'd been leading us, but there was something about her that I could not get out of my mind. She was just, she was so powerful. And she was so just fully in her own body. But I didn't know who she was, what she was, why did she suddenly turn up. So I took this journey, this active imagination journey through images with this caped one, because that's the only time I saw her face. The rest of the time, she was just a cape, a black caped figure, who had appeared first in my drawings when I was a teenager and doing art at school. And she had scared me so much that I just put away that side of myself, I just I stopped doing this kind of drawing from, from intuition, just stopped



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doing it. Because I was just too freaked out by the sort of things that suddenly I would get knowing's about somebody's about to die, there's about to be a plane crash, and I just shut that side of myself down, it freaked me out, and I wanted to be normal, I wanted to be the good girl. So I tried really hard to be the good girl, and didn't, didn't really draw.



32:00 And so this caped figure took me on a journey into the dark woods of my own mind, the dark woods are used as a symbol for the unconscious in western fairytale and psychology. So, it was both a reconnection of the woodlands and the birds around me. And really, the feeling of presence that both of these bring to my day, everyday life. Like you know, I look out the window now I can see birds flying through the sky, and I can see the trees. And so, they're constant presences in our lives, birds and trees. And yet, we don't ever kind of think anything more about what they really mean, what they are, what they symbolize for us. And so it was a journey through reclaiming the symbols of bird, and tree, and moon and the caped woman and following her through this inner journey.

And each of the images, so there's 50 images in the book, and each of the images is a black square with a big white moon on it. And that moon acts as, kind of like a lens, so anything that comes outside of that lens is reversed. So it becomes white, and everything inside becomes black. So, this book was about the actual process of initiation, of what it feels like, of what it means. So if you haven't experienced one, or if you don't know if you've experienced one, or you don't know how to give words to it, that it creates that experience of initiation, through the combination of words and images, and words taking you on a journey beyond the rational in order to experience this oceanic, this letting go of, of the rational self and feeling like the small you in your body to feeling this strange, weird, wonderful connection with nature and what lies beyond it. And it's guided by this cloaked woman who took me on this journey. And it absolutely, like "Burning Woman" was horrific process of living and writing, it was truly terrifying. And I truly genuinely thought I was going to die at times in it, it was that big. This process was the same. It was so, so terrifying to me to explore these images, to follow this caped figure in to find the archetype of who she really was, and where she lived in me, was deeply threatening to me, really terrifying. I had two and a half years of migraines, you know, I would normally have had a migraine, you know, once a month, suddenly I was getting 10 to 15 days a month of migraines. So, half of my month, every month would be in a darkened room unable to engage with



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the outside world and these images just coming through and coming through. And even me saying yes to them, or saying no. And a lot of the time I said no, because they scared me too much. They were too weird, they were too strange. I didn't know where they were leading, I wasn't making a comfortable or safe book for me. And when I finished the book, the migraines dissipated. Suddenly, instead of having 15 days a month of migraines, I had six weeks of no migraine, and it was like, wow. And I started to get back into work, it started to build, and then they dissipated again. So, there was something really deep in me that I was resisting with all of my mental energy that this book has allowed me to put out into the world. And I don't I know, I'm not going to tell you who the archetype is, because I'm kind of wanting it to be a discovery for people.



Cissi:

I was just about to ask that, though.



Lucy:

No, I've made a decision not to, I want it to be a discovery.



Cissi:

No, I understand. And it's also important that we can make our own interpretation of who it is for us. So, I will ask you this, though, so from this journey, all these journeys, what has been your, your deepest medicine and magic that you have awakened and claimed within you?



Lucy:

36:18 Very, very simply, and very, very honestly, myself.



Cissi:

Beautiful.



Lucy:

I spent a whole lifetime trying not to be myself. Trying to be safe enough, trying to be small enough, trying to be acceptable enough. And each one has been a reclaiming of a part of myself, and an ability to embody that out in the world, to have that seen to have that heard. And, you know, for any of us that's big enough to do that in our ordinary



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lives, but I'm doing it as an author, so I reach an awful lot more people who... people scare me, and so to do it that publicly is, is some sort of commitment I have made to myself in this lifetime. To not only do it for myself, but to do it, and be seen in doing it, not to be invisible anymore, not to hide anymore, not to be scared anymore, but to be seen in doing it. And that gives a gift to those who read my books and feel seen, who feel heard, who feel like suddenly things make more sense to them. They've got language, they've got images for things that they've never been able to tell anybody. But also, it's given me back to myself, it's given me back to myself, to be fully me with my children, with my husband, with my mother and my father. And it's given them all language and ability to do the same and seeing my parents read my books and be able to tell me things that they've never been able to tell me before or tell anybody in the world before. To see things shifting in people I know and love, because I've had the courage to do this, that either in what has come through me has touched them, or simply the process of seeing somebody do that has given them the ability to take that courageous next step. And that, that's the biggest gift I can give.



Cissi:

38:23 Wow, amazing. Amazing. Thank you, for saying yes to all those calls. Because they really, it really is a call when they come.



Lucy:

And the call that during the process, I tried saying no to 100,000 times because it's too big, it's too scary, it's too strange. It's going to kill me or break everything in my life and nothing will be the same again. Like it's, that's why I call them initiations, not because I think I'm anybody special, but simply because it is a reckoning with a part of yourself a part of your self-identity, a part of our cultural institutions. And it is it is scary to face reckonings.



Cissi:

Absolutely. And at the same time, that's how we break free.



Lucy:

Absolutely.



Cissi:

Because the fear of it...

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with Lucy H. Pearce



Lucy:

39:14 Recognizes within our culture as what we need to do. So often when we're in it, we feel like we're going crazy or that we're really sick and we're going to die or you know, because these initiations do share themselves, express themselves in so many different ways that when you don't have a culture that gets it, that understands what's happening, it's trying to suppress it or trying to ignore it, it's kind of even extra scary because you just, you don't know what's happening and nobody around you is helping you either.



Cissi:

Yeah. Or you just get medicated. Yeah. So no, I and that's, that is why it's so important to have these conversations because it's one way that this deep feminine power and magic was suppressed. So that when we naturally go into these, which I believe we actually all do, just like we will go into, you know, getting our period and we will move through menopause and all of that, it's these natural processes of initiation that take place. And yeah, I'm not even gonna dive into the menopause thing, because that's the one that makes me really cross how we have not realized until very recently that it's actually our portal of initiation and it should be really honoured as such because it's amazing. Anyway, when we then have more and more of us moving into these portals of initiations, and then sharing it with others that helps to break that old spell in a way that we have to fear what we actually know instinctively how to do. Just like we know instinctively how to give birth.



Lucy:

40:53 Yeah, as women, we have been taught to fear the feminine energy within us and be ashamed of our own bodies.



Cissi:

Yeah, madness!

Lucy:

And taught not to trust our own mind. So basically, we have been taught that everything that we are is threatening, not okay, shameful. Like, that's a lot to overcome.



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Cissi:



Yeah, and mad and insane, and all of that. So, absolutely. But that's why it is so important that you do share, and that so many more are sharing. I think it's amazing. And I get to speak to so many of us that are doing this, it's wonderful! So, I really do see that it is a change coming. It is changing. Yeah.

Lucy:

41:37

It is absolutely. Thank you, it's such a blessing and an honour to be part of that bigger picture, to be a part of that change, a tiny drop in the ocean of that change, and to be alive here and now. You know, it is really scary, these what my friend Tracy calls the death throes of the patriarchy, it's scary, big threatening times. And it can feel very, very overwhelming when we see what's happening in the world beyond ourselves. And it can feel very, like we are powerless, and big things are happening. But if we can trust that big things are happening, and something is coming up behind it, that something bigger is arising within us, then I feel like we have a bit more courage to face the times ahead, which you know, are going to be big on every level.



Cissi:



Yeah, I feel that Seren Bertrand, she talks about this so beautifully in that we are awakening our root system. And as we are awakening our root system, we may look like a tiny little mushroom, but actually, we are connected with this whole root system that we disconnected from before. So now we are healing that, we're strengthening that and then that is rising through us, and a change is coming. So yes, of course, the death throes. You see this insanity. I see like an insane energy and it's it kind of knows that it's losing its power. And it's kind of putting up a huge fight. It's like in its, in its final stages. And we are rising, this new energy is rising within us. And it's beautiful. And isn't it beautiful also, how you then are sharing this in your books, and that you actually get to witness your parents reading them and then seeing that you're changing the weave, both backwards and forwards in real life, in your real time. That's awesome. So thank you.

Lucy:

43:30

I'm honoured and humbled by that.



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with Lucy H. Pearce



Cissi:

43:34

Yeah. It's been amazing connecting with you today. It really has thank you. Thank you. Thank you.



To find out more about Lucy and her work visit [Lucyhearce.com](https://lucyhearce.com)
and womancraftpublishing.com

