



**EP41:**

# Witches, Womb Wisdom & Self-Sourcery

With Lisa Lister

Colette:

Hi there and welcome to INSIDE THE WOONIVERSE, a podcast brought to you from the corner of Fringe & Main. I'm your host, Colette Baron-Reid, and joining us today is the defender of female awesomeness, Lisa Lister. She is an artist, psychotherapeutic coach, somatic movement practitioner, and author of six really interesting books, including Love Your Lady Landscape, which was one of my favorite books, and her latest book, Self Source-ery. Lisa is also a well-woman and womb yoga therapist, womb and rhythmic massage practitioner, and offers support, guidance, tools, and counsel to women who are exploring, navigating, and wanting to heal their relationship with their body, power, sex, creativity, spirituality, pleasure and passion. Welcome to the Wooniverse, Lisa.

Lisa:

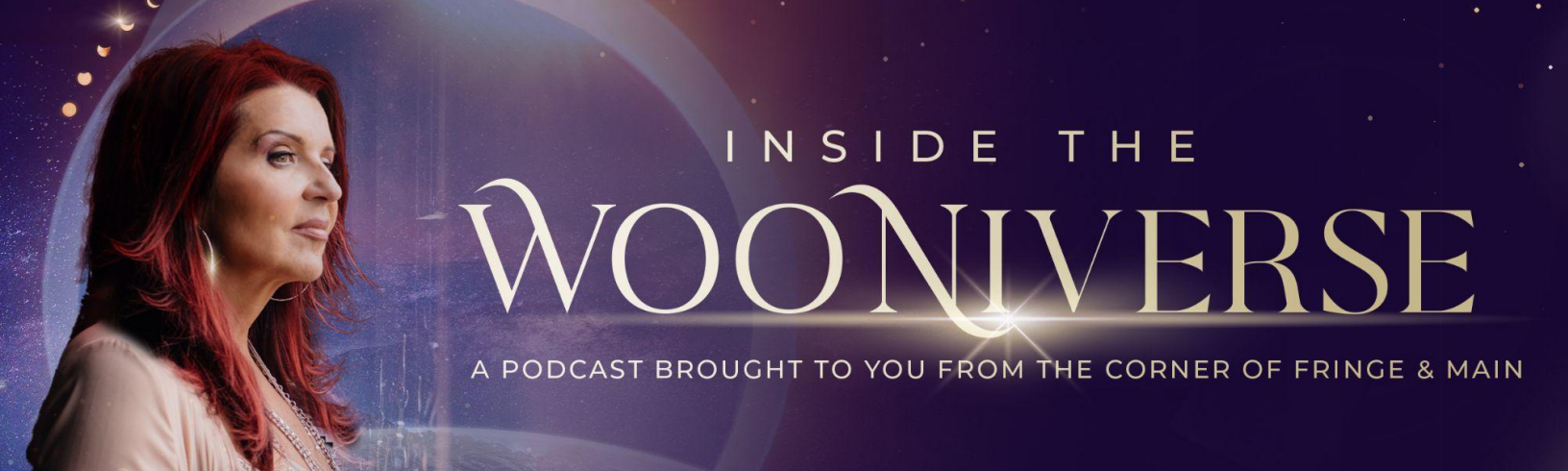
Thank you so much. What a gorgeous introduction. Hello.

Colette:

Woo! You are one of the most interesting people ever. When I read your book Witch, I just fell in love with you and I was like, "I really, really, really want to talk to this woman," so I'm very excited that you said yes to come on the podcast. But I'd really love to start at the beginning of your story. When did you first start to sense magic and subtle energies?

Lisa:

Oh, um... it's so interesting. My nan was... She's from a traveler background, so she already had a touch of the magic about her. And I think spending time with her meant that I was really able to sit at her apron strings really and kind of witness her in action. Like, she'd give me herbs



to smell. She'd say, "What do you think that does? What do you think that does?" and just really encourage me to trust my own intuition, really. And so as... My mom, however, not so keen on it. She also had a lot of potential gifts that she definitely... because she really wanted to fit in with society...she didn't want any of that stuff. It was almost like my nan would be like, "Don't tell your mama, but we are doing this, but we are going to..." And it was an exploration and I feel like, yeah, it started there. It really started just in the exploration, really, my nan encouraging me to be curious about all the things, whether it's herbs, whether it was about what I could see, what I could feel.

Colette:

Have you dove in at all to your traveler lineage at all since then? I mean, it's kind of interesting. I really identify with what you said because my father taught me how to read Turkish coffee cups when I was little. I also had a nanny, not a nan. This was a Scottish nanny who looked after me who was psychic, who read cards and whatever and saw that I had the gift, and my dad had it through his lineage. So it was interesting. Did you actually track it? Now that you do this full time, did you track how the lineage, the traveler lineage has impacted you? Because I get it. My mom also was like your mom, "I don't want anything to do with that." It's like "We want to fit in. Go away."

Lisa:

For sure. I think for me, my nan's, my mom's kind of lineage is Irish traveler and my dad was Romani traveler, so I mean, you've just got to look at the coloring to know in this one how and why that works. Yeah. It was definitely in both of them and I think I'm the first one in my family not to have ever lived in a caravan, I think, to ever stay static.

Colette:

Interesting.

Lisa:

It's not my most happy place to stay static either, but yeah. I feel like it was from there, witnessing in both of them that this, like, was energetics that were in me. For most part of my... I spent a lot of time at my nan's, so I'm very blessed that I've got all that medicine, but then I



became a teenager and then I got really interested and far more interested kissing boys. Kissing boys was way more interesting than magic.

Colette:

That was magic alone. That awoke eroticism.

Lisa:

A different magic.

Colette:

That's a different type of magic. That's right. So from what I hear, there's a resistance between the two paths. You come from two distinct traveler backgrounds, one Irish, the other Romani, right? Romani. And so we know that that is very specific to a way of life, a viewpoint of how the world works, but then at the same time, being impacted by somebody who really wanted to belong in a very different world. So, how did you experience that? Did it impact your sense of being safe in that world or where you belonged? Or did you have a feeling that you didn't know where you belonged?

Lisa:

Yeah, the latter, I think. I feel like only now, even in the last probably eight years, I've started to be like, "Right, okay. This is who I am and I can accept that." And it was part of... It was definitely part of claiming back my own power, really, my own understanding of who I was, was in that kind of recognition that I've never fitted anywhere. I went to a normal school. I was a proper geek. I got really geeky, which was just not heard of in traveler families. When you're 13, you've kind of got to get on and do the other things. I went to university, which was totally unheard of because I tried.

I really wanted to fit in. I did. And like I said, I didn't turn my back on what my nana had taught me, but I was just like... I'm way more interested in boys, like I say, or literally just studying and trying to be normal, whatever normal was. And that's when everything kind of started. I was going to university and I thought I had to do it this way, everything had to look a certain way, we had to do a certain thing. And I desperately wanted to try and fit in. A traveler community here in





the UK is not something like that you'd be proud of. I mean, you should be. You absolutely should be, but people aren't.

Colette:

But I understand. It's marginalized. You come from a marginalized community.

Lisa:

Absolutely.

Colette:

Yeah.

Lisa:

Absolutely.

Colette:

What did you study in university, out of curiosity?

Lisa:

Media and culture.

Colette:

Isn't that interesting. It's just like, "Well how do we fit in? How does this work? How do we bridge all these different pieces?" I went to law school, god forbid, but whatever.

Lisa:

Oh, did you?

Colette:

Same. Oh my god, you try to put me a square peg in a round hole. I will tell you, I totally understand that. Where the heck do I fit in? Oh, you want me to be this? Okay. Nothing worked. I want to reference one of your books. In your book... Let's segue over because we have so much to talk about. Love Your Lady Landscape.



Lisa:  
Yes.

Colette:  
You speak about "living life from the neck up, disconnecting from your female body, living life like a dude," this is what you're quoting, I'm quoting you from the book, "because it was an easier option versus living life as a woman who was never seen nor heard."

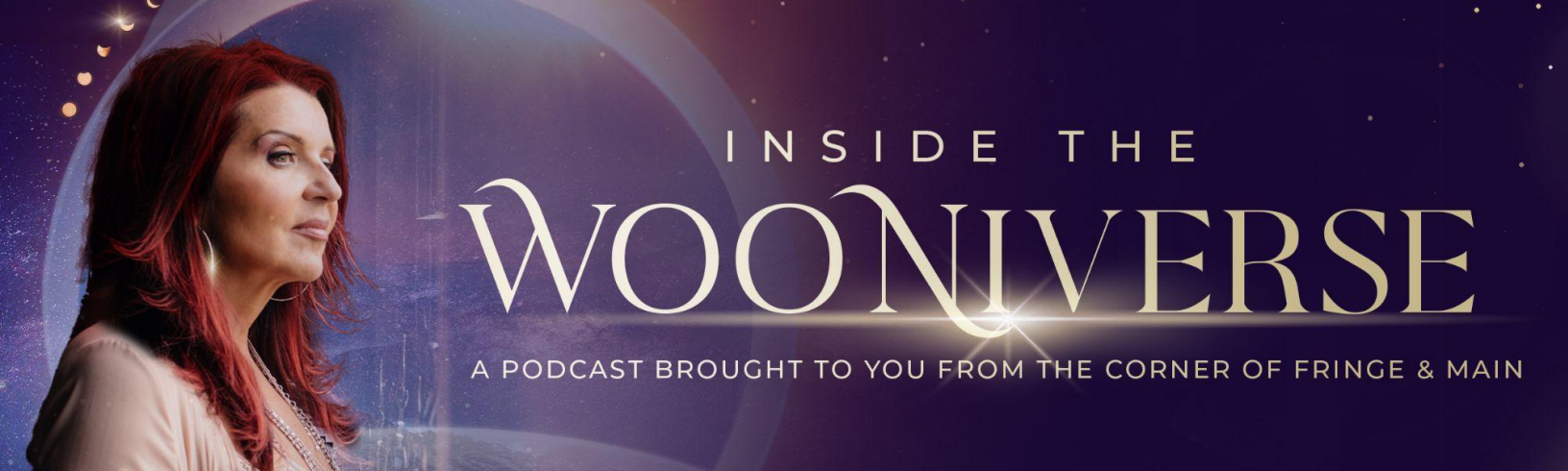
Lisa:  
Yeah.

Colette:  
Can you speak about this time in your life?

Lisa:  
Yeah. There was a time when I was a little bit younger where I was mute, completely mute. I didn't speak. I didn't think that what I had to say was useful. So then it manifested physically so that I literally couldn't speak. And so a lot of people experience that when they've experienced trauma, and whilst I imagine, now looking back, it's quite a traumatizing act to be a human that doesn't fit into societal kind of programming and boxes and that may have been enough to do that, but yeah, that kind of... And it was a period and it stretched between two and a bit years where I just didn't speak and then there was a time when I physically couldn't speak.

Colette:  
Right.

Lisa:  
And so that kind of led to me trying to figure out what can I do? I just have to do this life like everyone else is doing it. Nothing made sense. The things I could see and feel and hear and witness made no sense because now no one was guiding that path, and so literally I just went straight up into my head, disconnected from the body completely.



Colette:

This is so interesting because I know so many of us can relate to this. I completely disconnected as well. I had something violent happen to me when I was 19, which I'm not going to go into right now, but it was much easier to be more aggressive or predatory or like "I'm not going to care. I'm not going to let myself be vulnerable."

Lisa:

Right.

Colette:

So there's this kind of thing, this power that if a woman can't speak or can't be heard or what you say doesn't count, then there is a level of, well, I need to find a different way to protect myself. I think that's what I got from your book.

Lisa:

Beautiful. Yeah. Agreed.

Colette:

It's not safe, even. So the idea of living like a quote unquote "dude" is... I really was very, very touched by this particular book because I think a lot of people, a lot of women or people who identify as female...

Lisa:

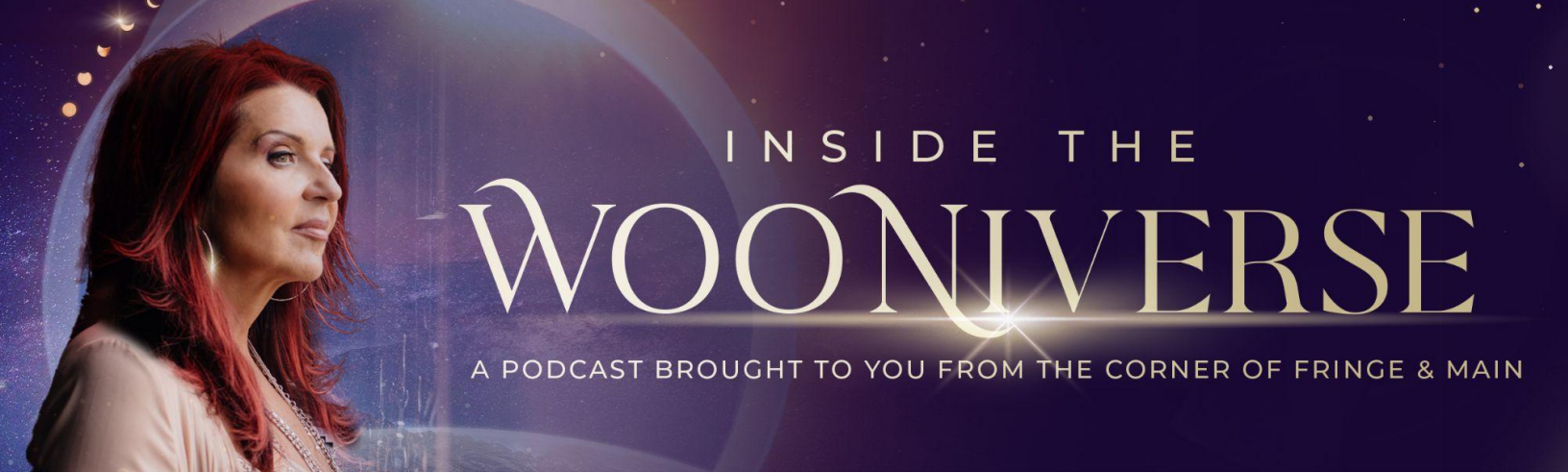
Yeah, absolutely.

Colette:

I mean, look what's happening right now in Iran. I mean, all these places everywhere. Finding a manner in which we can safely as women. We are of the most powerful. We are the ones that give birth, so we should be able to have a voice and to share.

Lisa:

I don't know if it is safe. I'll be honest. And I said in Witch, I said in a lot of books, and it's the wish. It's the hope that we feel safe enough to express ourselves. That feels like such an



important part of the work for me to do. But is it safe? Well, clearly not. We just have to look at the news. We just have to look around the globe to witness that. And we have to support each other to try. We have to try and find ways in which we can find pockets of safety with each other, with other humans in which... Like here, me and you sitting together, being able to have these conversations. A blessing and, hopefully, somebody hears something that we share today and something drops in because we've been able to express what we're thinking and feeling. And I'm not saying it's always comfortable. It's definitely not for me. I still recognize that.

Colette:  
Not.

Lisa:  
That one that was a mute. I still recognize, "Wow, this is so tricky for me to speak out loud." And it is. I've done training, I've done all sorts, but unless... But what's helped me come into the body, come into the body and trust.

Colette:  
Yeah.

Lisa:  
That's the only place I can speak from.

Colette:  
As you're talking, I'm even feeling that sense of constraint in my throat of how often it's ways in which we've learned how to manipulate our words in order to find a way to be safe and still say what we need to. It's still not... It's not a time where we can just be 100% that. And I love that you brought up hope, that hope without certainty. I think that we have to hope without the attachment to the end game. And like you said, have these conversations where there's compassion and care and we listen and we share about these things because they still hurt.

Lisa:  
Yeah. Right.





Colette:

It's still hard for me too.

Lisa:

You have this gorgeous podcast. You have this space. People think because I hold ceremony, hold ritual, but that's because I've worked out that I have to be in my body. And that was the point, that I wasn't in my body. And so when we recognize that our throat also is like as above, so below, mirrors our vaginal wall, mirrors our cervix, when we have constriction in our throat, we have constriction in our vagina wall. We have constriction in our throat, and so recognizing that there is this beautiful mirror space and that we have to practice, we have to try. Like I said, that is the hope. That's my only ask is that we try and we share, even if it's shaky. I'm not claiming to be someone that speaks in memes or beautiful sound bites, but I do know that it comes from my belly. It comes from the pythoness that sits in my belly, the truth that I speak, and that's all I can trust.

Colette:

That's exactly. And so when we bring ourselves back into the womb space... So oh my goodness, this is such an interesting conversation. I want to go back to Love Your Lady Landscape and we're going to speak more about this vulnerability, this space of vulnerability, which I thought was fascinating. You recounted a story about a Mayan priestess shaman named Rosa sharing that the pelvis is known as the second skull. I really want you to share a little bit about that because you've already referenced now when we come from our belly, we come from our womb, and the relationship between our throats and our vagina. Tell me a little bit about this.

Lisa:

And our skull, the same, for this beautiful pelvic bowl. So if we're up in our skull and our skull holds this beautiful brain and all of this good stuff, but if we stay in the skull and not in our pelvis... And for so many of us as women as well, the pelvis is tilted. It's been shaped. It's been held a certain way and we hold it a certain way when we hold our belly in. We're then tilting our pelvis. We're holding yoga, like tuck your tailbone under. Don't tuck your tailbone under. Don't do that.





And it is actually recognizing that we have this beautiful mirror. We are as above, so below. The inside of our mouths are exactly the same as the inside of our lips and our vagina wall. So everything is mirrored, and so if our hips are not aligned, then our neck... We're on our phones all day and we're looking at our phones. We're pulling our neck out of shape. Our skull gets heavy with the head and then our pelvis completely moves from its natural alignment. And so all we're ever looking for is not to reshape natural alignment. Can we recognize where our pelvis is?

Colette:  
Natural.

Lisa:  
And yeah. And can we then recognize how our head feels on our beautiful shoulders? And then can we create some holistic kind of natural space where we're not holding our bellies in, where we're not tilting our pelvises so our tailbones are tucked under, where we're not pulling our shoulders back so hard, where we're not looking down at our phones. It's like, oh, can we find some natural alignment where everything is where it can be beautifully and feel yummy?

Colette:  
You know what's really interesting? I had to unlearn... Again, this is just my experience. I'm not telling anybody not to do yoga or whatever.

Lisa:  
No.

Colette:  
But I had to unlearn a lot of the pelvic tilting and all of the contortions because it was actually creating a lot of stress in my hip area, and so as the whole nine yards. And oh yeah, I got completely out of alignment. Also, it related back to when the first trauma happened there, right?

Lisa:  
Right.



Colette:

So when I finally found somebody to work with me, they were like, "All those things that you are doing..." And I would always suck my stomach in and hold it in. And I even wore a corset when I had my band, so it would suck me in to be acceptable. It was such an interesting thing and I grieved so deeply because I thought that that's what would make me attractive and whatever and do all these... The way I was holding myself. It was very, very interesting, and I was so scared to let my belly out. So terrified. It was just like...

Lisa:

As women, we are like "What will happen if I allow this to be soft?"

Colette:

If I allow this to be soft. Right.

Lisa:

It's armor for so many people. Let it be soft. But it's a practice, like you say.

Colette:

I feel like crying.

Lisa:

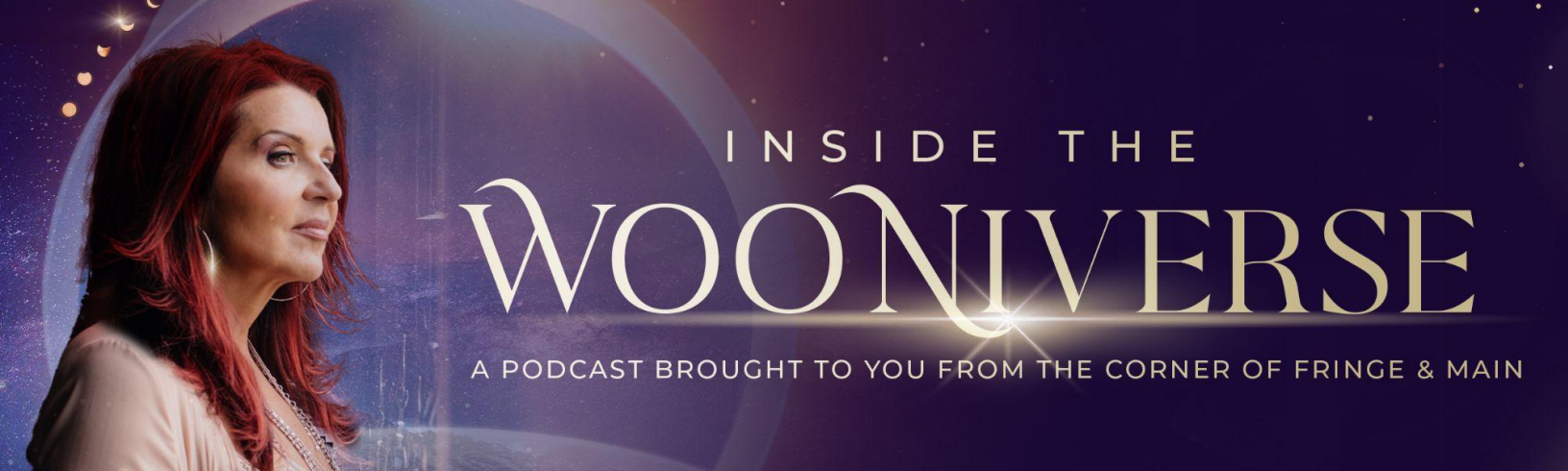
Yeah, because we're not told to, Colette. We're not told to.

Colette:

Yeah, I know. And this is what you teach, which I found to be quite terrifying at first. So the first time I did it, I'll admit I had... I even feel the feelings right now that I might cry. But I bawled my eyes out when I was like, "Oh my god, I have to let this go" because all I ever did was hold it in and tuck it in and do whatever. That was my way of almost like a warrior stance.

Lisa:

And it is. That's exactly it.



Colette:

I know in your workshops, a lot of tears happen.

Lisa:

They do. They do. They really do. And good. If they're not crying, Colette, it's not working. No. I don't mean it like that. But it genuinely is because we've spent so many years holding, holding, holding it all. And of course as women, we can hold it all, but should we? No, absolutely not. We're not here to hold it all.

Colette:

No. Should we? No. That's right.

Lisa:

We can. Of course we can. Check us out. Like you said at the beginning. We can.

Colette:

Yeah.

Lisa:

Should we? Absolutely not. Absolutely not.

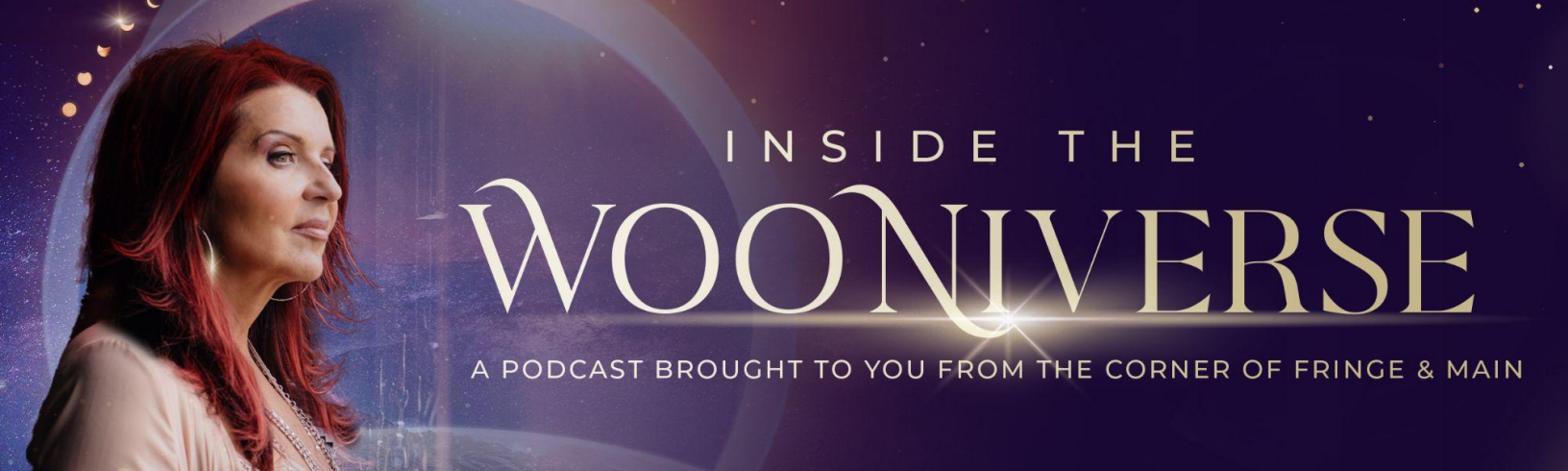
Colette:

Let's talk a little bit about the womb space as a medicine bowl and having chemical potential.

Lisa:

So I look at the... When I talk about the pelvic bowl. The pelvic bowl is like this gorgeous cauldron. Some would say it's even like the holy grail that everyone's searching for. To witness that we have this beautiful pelvic bowl cauldron, medicine bowl space in which we can feel. So yes, you've already mentioned that we can hold trauma in that space. Of course we can. And it has the potential to alchemize. That space is available to us to create, whether that's life, whether that's an idea, whether that's a business. It all comes from there. Like I said, we get so up in our heads, but actually, if we can come in and come down and down into this bowl, it's like





we have access to... And in the new book... And I'm going to jump. I'm really sorry, Colette. I jump around as well.

Colette:

Yeah, yeah, yeah, please.

Lisa:

In the new book, I talk about the pythoness, and the pythoness is this beautiful coiled potential voice, our voice which mirrors the voice of the primordial serpent that moves under the earth. And we have access to that. When we connect to that as source, we have access to this deeper voice, this deeper knowing that lies underneath all of the things like you just said that we have to unlearn. We get underneath all of that programming, all of that belief and behaviors we've been taught and sold and told are how we should be, and actually can get underneath it and down into that pelvic bowl. Then what's possible there, that womb is... It holds the imprint of the cosmic womb. So where there's no-thing, anything is possible. So we've got this whole potentiality, and if we do hold the trauma there, we can use certain movements like that softening, that deepening to really alchemize some of that.

It's not about going, "Oh, you've just got to cut a cord, which is totally cool, by the way, or you've just got to release the thing," which can really work for a lot of people, but for some, specifically women who have held trauma specifically in their pelvic bowl, who experience... You're talking about the pain in the pelvis, pain in the thighs and the hips, all of that because of... And when I'm talking about trauma, yeah, so many women hold big trauma, but also riding a bike. The trauma from riding a bike can still be held in our body specifically in that kind of pelvic bowl and the muscles that support and hold it. So it's about really recognizing all the ways in which we've held on and then working out ways to slowly, slowly, slowly unwind versus "Right, we're just going to change it up. We're not going to do that anymore." It's like slowly, slowly, unpack, unfold, unwind, reveal.

Colette:

I love that you talk about that because I do think that the expectation of quick fixes is something I have... You can have spontaneous remissions. I believe that and I know that yes, you're right. When you are really ready to stop repeating something and you know that you could make a



choice, you could make a quantum leap, this is true too. But in my experience, my experience working in the field, the intuitive field, for 35 years is that it often takes time and you have to allow yourself that space for the story to morph and change. It's not so quick as we like to think that it can be and it's not cut and dry. And I also believe, too, that what I love about your work is that you talk about that everybody has it. You speak very inclusively about cycles and female energy, but you also... I'd love to also, for our listeners who identify as women but don't experience a cycle and may not have a womb specifically, how can they still access womb wisdom energy as well?

Lisa:

For sure.

Colette:

Have what we consider a medical womb or physiological womb.

Lisa:

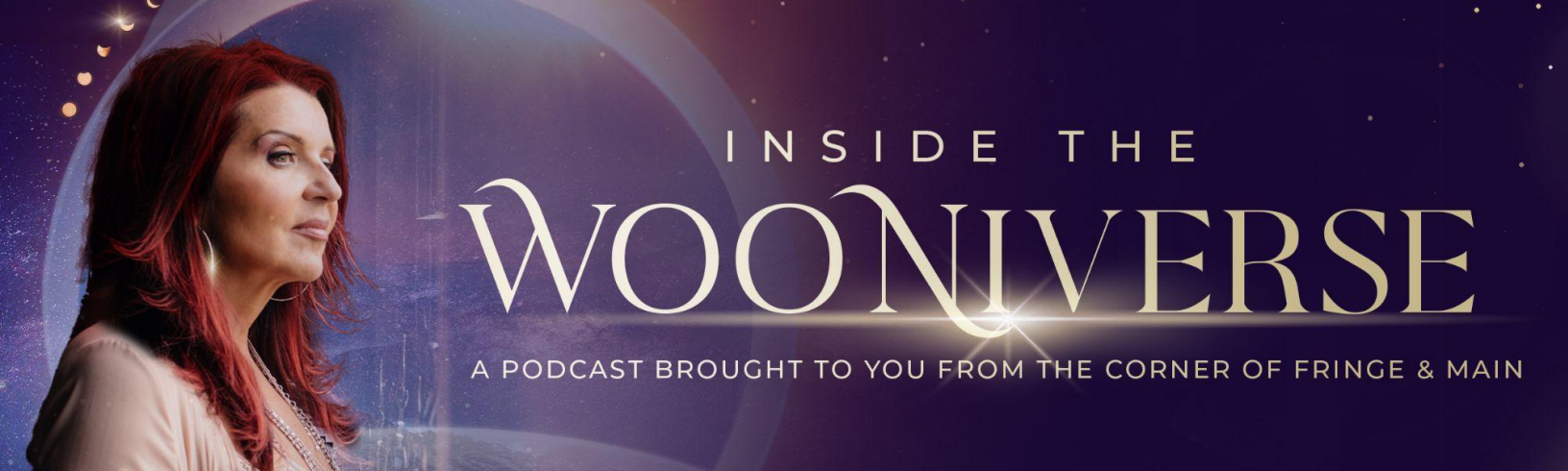
But like I say, there's the pelvic bowl. If we look at it more as a pelvic bowl that contains the potentiality for magic. If you hold a womb in that space, awesome.

Colette:

Both have it.

Lisa:

Right. Yeah, absolutely. We all have that. We all have this beautiful pelvic bowl and the potentiality to hold space. If you are in a female body, you may have held a womb in that space. Some people don't and that's cool too, but there's always going to be an energetic imprint in that space, so we can still use the energetics of this. In some religions, that's called a hara in men. So in some spiritual parts, that's called a hara. There's energetics as well as the physicality. We're not just imagining we've got a womb. We're just saying that there is an energetic imprint that you can call on and call up.



Colette:

Because it just manifests differently in people who aren't constructed to have an actual womb. But some people still identify as women, but don't actually have the construct of the womb, and some men who identify as men also can really benefit from your work. I just really wanted to make sure people understood that this is for all of us.

Lisa:

Yeah.

Colette:

I do want to talk more about your new book because I think it's really pertinent to where we are now, but I do want to ask this one question because my favorite book of yours is called Witch. That's actually the first book I bought of yours.

Lisa:

Thank you.

Colette:

And so I want... What is a witch according to you?

Lisa:

So according to me, and this is very personal, it means a woman in her power. And when I say woman, I also mean anybody that identifies in that way. It just means a human in their power. In that potentiality of me writing that book, it was about this woman in her power, and by that, I mean me. It was about recognizing, wait, that's a word that's been used against so many of us, specifically women throughout history, as a term not of endearment...

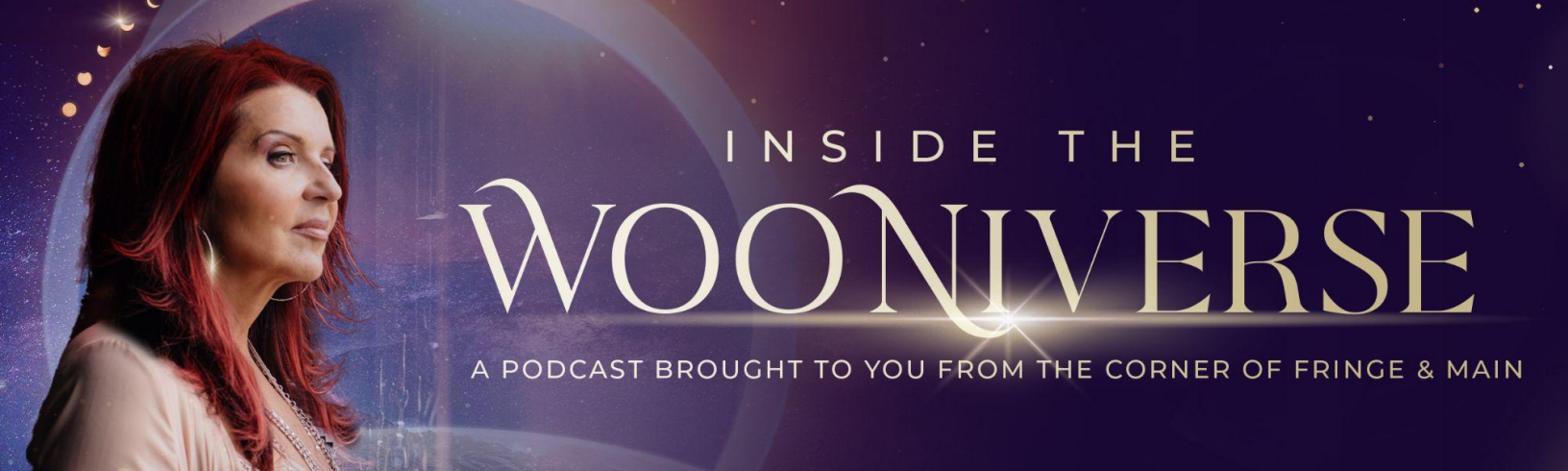
Colette:

Right. Not of endearment.

Lisa:

Not with endearment. And it's been used as a term of abuse for so many people and it still is. I see it all the time and we all experience different versions of what witch hunts look like, too. And





so big part of it for me, whether that's online, whether that's in history, whether we, like many of us, I believe, as well, which is why I think Witch probably has been the most popular book, is because so many of us do remember, carry some of that wounding perhaps from past lives in regards to the witch hunts. It's why so many of us as women are always looking behind us like "What's coming next? What's coming?" That hypervigilance because we hold onto this deep wounding of that term. That's why I'm like "We need to call it back in." There needs to be a reclamation process and there needs to be a "We are taking our power back."

And so every workshop I do in regards to whatever it's about, I will gather the women and we will shout "I call back my power now," so that you can feel what that feels like when you are in union with other women because it's pretty epic. And like you say, it's not just women. It's anyone that feels the same call. We've all been various different on the spectrum of being human throughout our entire lifetimes. If you're not a woman in this life, you may have been one in a previous life, so you're still carrying that kind of understanding of what this is. So for me, it is a woman in her power and...AND... it's the reclamation of everything that has been used against us, almost like the matrix, the sorceress. All of these things. All of the things where people are like, "Oh, that's bad. Oh, that's not okay." The cunning. If you're cunning, then you're manipulative. The healers.

Colette:

The healers. The cunning. The people who were outside of specific... If you look at history and the inquisition and all of the times when the Wyrdd, W-Y-R-R-D, Wyrdd women and men, right?

Lisa:

Yeah. Right.

Colette:

For those who lived outside of the specific dogma and rules of monotheism. That's the other thing because this is very much about earth magic and belonging to the earth.

Lisa:

And that's, and that's exactly it.



Colette:

Belonging to our bodies as we belong to the earth. Yeah.

Lisa:

Exactly it. And think that's for the remembrance.

Colette:

Yes. I totally agree. I have the witch wound. We have to take a break now. More with Lisa Lister when we come back.

Colette:

Welcome back. Lisa, I want to pick back up on what we were talking about before the break because your new book is really, I think, is groundbreaking. I want to go back to some of the things in Self Source-ery. Let's talk about exactly what that means. What is self source-ery?

Lisa:

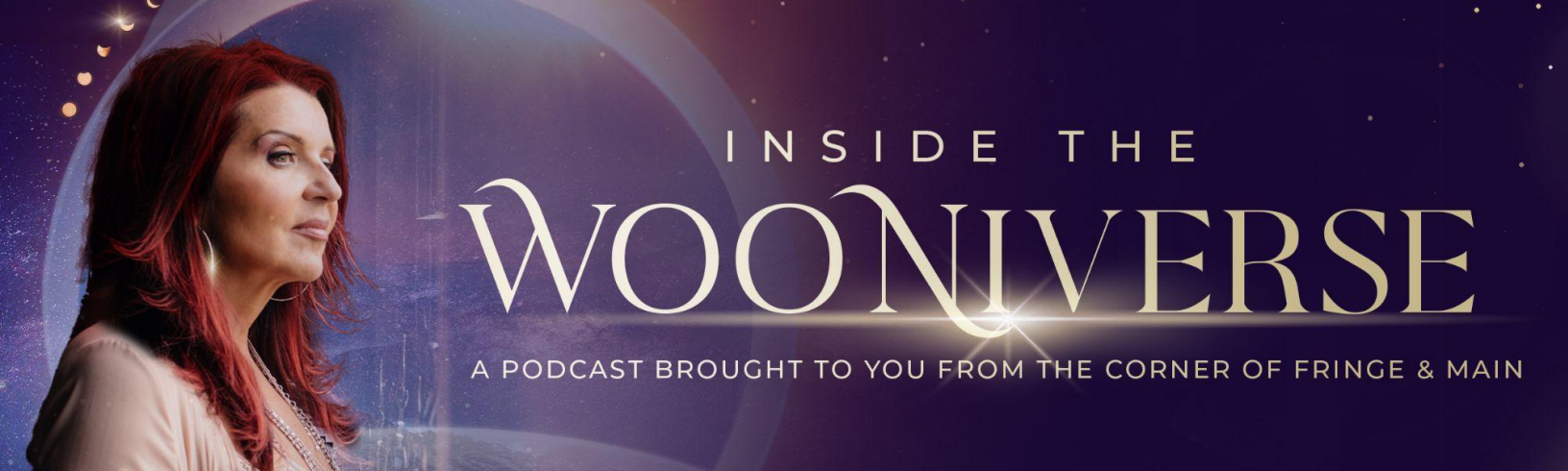
It's a heavy emphasis on the word source and it's obviously a play on words in terms of sorcery, and people get all up in themselves around, "Oh, sorcery is about magic and it's all about..." And it's like, yes, it is, but this is a heavy emphasis on the word source in order to source ourselves. We are living in wild times. You know that. We all know that. We are in it and we have chosen to be in it at this time, no matter how much I like to think I did not sign up for this. I absolutely did. I mean, I do have a word every now and again. "Are you sure? Are you sure?" But I'm aware.

Colette: Right.

Me too. Me too.

Lisa:

Right? But in order to fully show up... And by show up, I mean on our terms and in the way that is of most service, not in terms of how someone on Instagram tells you you should be showing up, what you should be doing in response to a thing, what you should be doing in X, Y, Z situations. But more about how do I source myself? What do I need in order to be able to show up fully? How can I connect at source with divinity as me recognizing that I am divinity? How



can I be sourced, fully sourced? So self sourced. So I'm taking responsibility, I'm recognizing what's mine, more so recognizing what's projected as well because I've got discernment, because that comes when we practice self source-ery is this beautiful discernment and refinement of "Wait, I don't have to react to everything."

I'm witnessing like, "Oh, okay." I've got to get underneath all of that because that's what I'm being told and sold. So I'll get underneath that. All right, so what's the song that's being sung? What do I sense? What song is being sung in my deepest belly bones? And then recognizing that we have access to all of these beautiful temple arts that used to be so beautifully just in us, innately in us like our ocular knowing, our vision, our sight, our inner sight, our inner voice, all of those things, and able to allow them to come to the forefront so we can remember the magic that we were able to spin, create, and make with those sensorial kind of medicines and magic versus what we're told we should be doing, how witchcraft should look, how healers should look. It's all-encompassing, but it's a remember to come back in, come down, be in your body, and recognizing that you are not what people tell you. What you were saying at the beginning. It's an un-programming. It's an unfolding of what we've been told to reveal. Then we can heal what's revealed if it needs to be, then we can release what needs to be. We can recognize. There's discernment. There's, like I say, that refinement that comes so that you can then really use your cunning. You can really use your magic, your sensorial nature to do good in the world. And who doesn't want to be full up? And realize that actually us full up is way more powerful than...

Colette:  
Conformed.

Lisa:  
Is burnt out, trying to fit into everyone else's ideas. Yeah, exactly. Exactly.

Colette:  
Don't you find, right now, though, it's pretty exciting because everything is unraveling and that we are just seeing it all unravel, the things that are conditioned and... I mean the system. So let's assume... And we don't have to talk about any one of them, but any of the systems or the structures that we've even become unconscious of are now being dissembled. What I heard you talk about, which just, we agree that everything is kind of unraveling, so now we can bring back





what is source. And I love that you said that we are divinity and I believe that we are made in the image of the divine, which is nature. And it is within us, this blueprint of our own magic to co-create a world that comes from an authentic place of deep connection and compassion, mutual compassion.

And I always say that the greatest cause of suffering in the world is spiritual disconnection. And it cannot come from any kind of dogma. It's us plugging into source. And I love that you talk about self source-ery and I also love that you kind of just threw out a couple of things. I'm like, "Wait, let's talk more about that" when you're saying about, well, what witchcraft needs to look like or being a witch needs to look like or a healer, that we have to come to our own unique way of expressing those things and that potentially these overly structured ways that we are told is the only way needs to soften and be more flexible and resilient as we move forward. You also mentioned oracular... I call it oracular consciousness.

Lisa:  
Beautiful.

Colette:  
And so this exists in us, but it's atrophied. That's another reason why there's a deep fear in all of us because... that this is something that's been poooh poohed. There's a new book out I just read. I'm not going to say the name of it because it's not important, but I was reading this new bestseller all about how not to trust your intuition because it's really not that important, and I'm like, "Oh my god." It's the opposite. This is what will create the wholeness. And I love that that is the thread that runs through all of your work, the vulnerability that you share about us allowing ourselves to be vulnerable and not follow the crowd. "We have to say it this way." Well, no. We're all finding our way. We're trying to find the best way, and this is all in flux right now. So anybody that gets too rigid, I find it's like we've got to make a little more space for the nuance that change requires because that's where grace comes in. It doesn't come in from being completely rigid about how things should be.

Lisa:  
Beautiful.



Colette:

And you cultivate grace. That's what source-ery really is. Your book is about cultivating grace.

Lisa:

Thank you. And there's a line in the book, Colette, that says that we have to create space for grace. That is absolutely... So already you're there. Already you're there. But it's true.

Colette:

I've already read it. Yeah.

Lisa:

And that's all I ever tried to do is create that space. So whether it's in our body, whether it is coming down into our pelvic bowl and recognizing there is space for grace there, whether it's recognizing that there's space for grace in our spiritual practice, whatever that looks like. And like you say, having fierce compassion for ourselves because everything about... So if we're talking about self source-ery, everything about that book is a deepening, a softening and a deepening into what we all already know.

Colette:

Yes.

Lisa:

Right? Not trying to teach anyone anything new. It's literally a remembrance. It's a gift wrapped with love and chocolate and kisses from me in order to remember what it is you already know because I don't think any of us... Like you say, in this time and in this place where everything is in chaos, but mother is the... They say, don't they, chaos is the mother of all creation, and it's like this is where we get to create and that's this source-ery.

Colette:

This is the best time.



Lisa:

And if we're in our body, if we can create for... If we are here present, sourced from source at source as source, if we recognize all of that, then we are less likely to take the hits that maybe people that aren't tuned in in this way can so that we can support those that aren't. There's no hierarchical system here. This is just about if you are tuned in, it is your responsibility to first check in on you, make sure you are fully sourced, make sure you are full of it. I want to be a woman who is full of it so that the spillover becomes medicine for everyone. That's the purpose.

Colette:

Yeah.

Lisa:

Don't try and be pulling from something that's depleted already. I want to be full up.

Colette:

Yes.

Lisa:

You can call me a woman who's full of it. I'll take it because if I am, then I'm going to be useful.

Colette:

I love this.

Lisa:

I'm not useful if I'm not full up.

Colette:

I'm not useful if I'm not full up.

Lisa:

And I feel like that's what we are looking to do with that.





Colette:

Yeah. And we all bring our specific note to the harmony in life's symphony and we can't play somebody else's. I think that's at the real deep nature of projection too, that everybody is trying to grab something outside of themselves when really it's like, "Oh, you have that" or "No, you better do it that way, this, this, this, this, this." But the truth is that when we fall back into something, like you said, we already know. We have to listen to our knowing.

Lisa:

Yes. And practice.

Colette:

We have to learn to listen to it, and that's what I know... Yeah. Your work is all about that and it's so exciting. So everybody, her book is called Source-ery, Self Source-ery. S-O-U-R-C-E dash ery, -E-R-Y, right? So it's called Self Source-ery. Anyway, this has been such a great conversation. Let's pull a card together and see if there's anything else that we could be sharing about, a subject that we might want to share about. This is from my deck, Wisdom of the Oracle. This is a deck that I teach with in my school.

Lisa:

Oh yummy.

Colette:

In Oracle school. So let's see. What did we miss, if anything, or what does spirit, the great goddess, nature, Source with the capital S want from us? What is it? What should we chat about? A Change in the Wind. So what this is about is the need for us to surrender when change comes that we don't recognize is by our action, specific action. It's about how do we respond to the changes that are occurring that we don't believe we created, specifically. And I think what this is talking about is that in general, all the turmoil and chaos, et cetera, that when we're in a reactive state, we're coming from our... We're not Sourcing. We're not Sourcing with a capital S. We're coming from ourself and the instinct for survival. What would you say about that? What would be a tip for the listener? How can they better respond to life's changes when they didn't make the change?



Lisa:

Beautiful, isn't it? And I feel like you've already answered it and in exactly the way that I would, in the sense that this isn't about reaction. And I see so many people reacting to absolutely everything that's unfolding in the world, and I get it. We've been taut. We've been hyped up. We've been like coiled, tightened, like a tight spring to react to absolutely everything and if you don't react in the right way, then you don't care. And it's like, actually, but if we're able to come back into our bodies and be like, "Okay, take a breath, take a beat even," even if you can just take a step back from that thing before you hit send, before you speak, before you react and instead respond, that is, for me, that's the gold is in the response versus reaction.

Reactionary is that kind of young kind of energy, which is beautiful, but actually what we learn as we've experienced the dark and the light and the dark and the light and we keep experiencing that cyclic nature that you talked about that we witness in nature, but we also witness in our bodies and we also witness in the cosmos, is that there's a time for everything. So actually, if you know that there's a cyclical nature to all things, you are then able to stay in your body a lot more with ease. There's a more easeful way to be in your body so that not everything becomes a reaction, so that you are able to feel what your response might be so that you can feel the words that you want to speak, so that you can feel how you want to act instead of the reaction, which is so necessary right now. This is all [inaudible], thinking about love and compassion. We need that and we can only do that if we're able to create some space, if we're able to create a little minute before we react and let it be a response.

Colette:

I think that's a maturing that's needed right now.

Lisa:

Yeah.



Colette:

I think everybody jumped so fast because they wanted to see instant results, but this is an entire generation of change. This may not even... What we want to see in the world may not even happen in our lifetime. It is a call to Source, to Source with a capital S, and to consider and to ask what is the compassionate, most respectful way to respond to this?

Lisa:

Beautiful.

Colette:

And that only comes with slowing down. That comes with bringing our energy back. And for me, and this has been my experience, is that I have to stay in the day. I can't future pace. 24 hours is what I have. Even though I still see the future and I do all this, it's kind of a very strange paradox, but I'm like, "Okay, what can I do today, right now? And is this the appropriate way for me to respond?" Because I can be a very reactive. I've got all this freaking fire planets in my chart, which is like, "Ah." So I want to go "Wham." But that's not always the best way, so I have learned to slow down and ask my body "What am I responding to?" because often what I've found when I want to react, it's because I'm trying to protect myself.

Lisa:

Of course.

Colette:

Or trying to find certainty. Righteousness or all those things come from fear. It's always self-centered fear at the end of the day.

Lisa: Absolutely.

Colette:

Always.

Lisa:

Absolutely. Beautiful.





Colette:

I love that your work always addresses that. I love that all your work does that. It's amazing. This was so great. We are going to take a little break now, and when we come back, we're going to switch gears and enter another dimension of the Wooniverse, the Tea Time After Party, so please stay with us. We'll be right back.

Welcome back. We are going to travel into another dimension of the Wooniverse called the Tea Time after party. Joining us now is my executive producer, Connie Diletti.

Connie:

Hi, Lisa.

Colette:

Lisa and Connie. Okay. So I'm going to ask the first question. When we had your husband Rich on, he spoke so highly of you and recounted meeting you as one of the most special moments of his life.

Lisa:

Good.

Colette:

What's your favorite thing about Rich, and what's your version of the story? Our listeners have heard his.

Lisa:

And I haven't listened to his episode either. What's my favorite things about him? He's like total calmness. He is so beautiful. He's like this gentle giant, but he has this really strong center. And I am, like you said, I'm all fire or I'm all water, one or the other. He is just pure calm, which is yummy. It's yummy to be in. When you're in feminine flow and he's in masculine kind of strength, it's yummy. But it creates all sorts of other issues as well, as you can imagine. And what's my version of how we met? Well, it wasn't cool at the time, but now everyone meets online, don't



they? Right? But at the time it really wasn't cool. And so we had our first date on the beach and we tell everyone like, "Oh, we just met on the beach. It was lovely. We were just walking along. It was gorgeous. And we just had a moment and we just saw each other and our eyes met. It was gorgeous." But yeah, ultimately we met online.

Colette:

I met my husband online too when it wasn't cool either. So that was in... No, totally in 2000. When did we meet? 2002 or 2001 or something. Yeah, yeah, yeah. Totally. It was when I still had that big computer that was the size of a giant box.

Connie:

Oh god.

Colette:

But I tell everybody he was a booty call that lasted 20 years. What can I tell you?

Connie:

God bless Marc and his sense of humor.

Lisa:

I love it.

Connie:

God bless him. Okay, Lisa. Rumor has it that you're a Scorpio. Is that true?

Lisa:

Rumor is right. Rumor is right. I can confirm.

Connie:

You're amongst water signs. Colette is Cancer. I'm also a Scorpio.

Lisa:

Cool.



Connie:

So with all of your womb wisdom, what do you love best about being a Scorpio?

Lisa:

Oh, about being a Scorpio? Oh my goodness. Oh, that's such a good question. I want to say my sharp tongue because I am so good at the digs if I need to, but it's not a good quality, is it? That's not a good quality to shout about. But it's true. I have a sharp tongue. I do. And a very strong bite.

Colette:

Okay. Well, make sure I don't make you mad at me.

Lisa:

Yeah. Don't mess with me. I am lovely. I'm lovely until I'm not. That's the joy. I am a lovely person until I'm not.

Colette:

I love this. You used to create magical perfumes. Do you still do this and what are your favorite scents to mix?

Lisa:

Oh, yummy. Yeah, I do still do it. I still love to do it. My favorite is bergamot. I love bergamot. Oh, yummy, yummy. With grapefruit, that's actually one of my most cleansing, energizing, yummy smells. But frankincense in anything is just joyful. And I've got very expensive tastes, so I love all of the lotus flower, the oils which are ridiculous amounts of money. I love oud. Ridiculous amounts of money. Girls got expensive taste.

Colette:

I love oud. That's my favorite.

Lisa:

Yeah. It's so good.





Colette:

I love oud and bergamot together.

Lisa:

Oh, yummy. Yeah, beautiful combo, honestly.

Colette:

I have to get you to make me some. I'm going to buy some from you. Okay, your turn, Connie.

Connie:

Were you named after anyone?

Lisa:

Yeah. Elvis Presley's daughter.

Connie:

What?

Colette:

Oh really?

Lisa:

Yeah. Yeah. My mom and my dad both love... Yeah, they both loved Elvis Presley. Huge fans. We grew up. And so I just watched the Elvis movie recently actually and it was just joyful. I'm a big fan.

Colette:

Was it good?

Lisa:

So good. I mean, I love Baz Luhrmann as well.



Colette:

Wow, so good.

Lisa:

So good. But yeah, so named after Lisa Marie Presley.

Connie:

Lisa Marie. Okay.

Colette:

Okay. What is your favorite subject to go down the rabbit hole?

Lisa:

Oh, stop it. There's so many. So many. Stop it. Now I want to be the proper spiritual person and have something really in the bag, but I love all of the kind of burner accounts for Real Housewife people. Those ones are my favorite. You know when they're just like, "Oh, and this is happening behind the scenes"? I'm like, "Oh, is it?" I love them. So that's definitely one of them. But if you want a spiritual answer, it is oracle cards. I love oracle. I've designed my own, but I also love other people's. I love yours, and it's just like... So I love finding, but I always want to know the story behind the art. I want to know why. So that's my spiritual answer.

Colette:

Yeah. Oh my gosh, that's very funny. The Netflix answer, well, I like Love Is Blind. I go down the rabbit hole on Love Is Blind.

Lisa: Oh, I haven't seen that one.

Colette:

And Love Is Blind: Japan. Brazil. Love Is Blind: America. I love it. And anything fantasy.

Lisa:

Okay.



Colette:

I will read the books. I will... Yeah. I like to escape into magic, the kind that's written about, but not necessarily spiritual. We could have a sexy vampire thrown in there too and I'd be happy.

Lisa:

Love it.

Connie:

Truth be told, right, Colette?

Colette:

Truth be told. Okay?

Connie:

I don't mind a sexy vampire.

Colette:

I don't mind one of them.

Connie:

Okay. Lisa, if you were to wear a T-shirt with one word for a whole year, what would that word be?

Lisa:

Power. Power because it can mean everything, can't it? It's almost like that soft power, that power that you're calling up. The power that you're putting out, the power that you're energizing. I feel like for a year... And almost just to remind ourselves because we so often forget that we're powerful in a world that wants us to always be powerless, right? So for me, power. Yeah. How about you two?

Colette:

Oh, I love that.





Connie:  
I love that.

Colette:  
I don't know. Chocolate.

Lisa:  
Oh, that's funny!

Colette:  
I don't know why I said that. I have no idea. That would probably be wrong. Chocolate.

Connie:  
Chocolate.

Colette:  
Or "Don't speak till I've had my coffee." I'm only allowed to have one word. Coffee.

Lisa:  
Love it. Love it.

Colette:  
I don't know.

Connie:  
That's a great one. I feel like mine's going to say "Wow." Just "Wow."

Lisa:  
Nice.



Connie:

Because it's like a re-engagement of the wonder, staying in that curious mind and you can approach anything from Wow.

Lisa:

That's true. Love it. Woman of Wonder. It can stand for woman of wonder too.

Connie:

Oh, woman of wonder.

Colette:

Yeah, woman of wonder. I was going to say awe but then you said "Wow," which was better than awe, but okay. Let's move on. All right. You know what? Let's get into a technique now because I'm sure everybody wants to know a little bit about what your favorite one is. What's one of your favorite techniques or rituals that you use to connect with the sacred or Source?

Lisa:

Yeah, totally. I think we over-complicate everything, don't we? Everyone loves a ritual or a ceremonial like, "What can we do?" And it's like what about if we just placed a hand on our heart, hand on our belly, hand on our womb space, and softened? And literally took in some big deep breaths in through the nose, held it, and then released it really noisily and audibly. And we did that a couple of times. And then we land. We can land deeper, right? Because like I say, so many of us stay so high up in our bodies because it's how we kind of function and get on. If we can just take that breath as deep as it goes, and it takes a bit of practice, but it can get down to our womb space. And when that breath can get down to there, we can oxygenate that space and then it becomes juicy and fecund and yummy and full of possibility.

Colette:

I love it. This was so great. Thank you so much. You can learn more about Lisa and all of her offerings by going to her website, [lisalister.com](http://lisalister.com), or you can click on the link in the description and be whisked away to our show notes page where you'll find everything you need to know



about Lisa, her new book, and this episode. Thank you so much for joining us today, Lisa. That was an awesome conversation. We so enjoyed it.

Lisa:

Thanks for having me.

Colette:

Thank you.

What a great conversation with Lisa Lister. I really loved her book, Witch. I found it to be just... Oh, her storytelling. She's a real storyteller. I hope people get her book and her latest book as well, too. She's really quite extraordinary.

When I asked the question, "What did we learn today?" I chose a card from Wisdom of the Oracle, which is my teaching deck. And interestingly, I got the card called Deep Knowing, and it's... You see an owl sitting on the moon. And it's funny because Lisa actually teaches about lunar cycles in all of her work and natural cycles, et cetera. But this really reminds us that the knowledge that we seek, the really deep knowledge about our purpose, our destiny as human beings on this planet, on this earth, can't be found outside of ourselves. The deep knowing exists already within us. And that's what Lisa spoke about today, is that inside us, we already know who we are. We already know why we're here. We just need to remember. Thank you for listening. Until next time, I'm Colette Baron-Reid. Be well.