

TDS E5 S7

[00:00:00] **Samantha Baines:** This episode, I'm joined by Jessica Pidsley from Full-time Human. She calls herself a divine priestess, which I love. I want to be a divine priestess too. We talk all about living in the now getting inspiration, following your gut, and also. You know, the fact that your past and past relationships can have on your present relationships and therapy and counseling and doing work on yourself, which is so important.

[00:00:29] I've known Jessica for a while. I follow her on Instagram and she's just a joy to talk to. So I really hope you enjoy this one.

[00:00:42] I am joined by Jessica Pidsley, courage coach and 21st century priestess hello!

[00:00:50] **Jessica Pidsley:** Yeah. So good to be with you!

[00:00:53] **Samantha Baines:** You're rolling your shoulders. I like the excitement

[00:00:55] **Jessica Pidsley:** Of course. I mean, it just feels like that kind of a, that kind of an event.

[00:00:59] **Samantha Baines:** [00:01:00] Welcome to The Divorce Social.

[00:01:01] **Jessica Pidsley:** Thank you. I must admit when I said to my husband, I'm going on, The Divorce Social here was like, 'Um, of all the ways to let me know, this has got to be the most heartless. '

[00:01:11] **Samantha Baines:** Yeah. We've never let anyone know about their divorce via the podcast before, but there's always a first

[00:01:16] **Jessica Pidsley:** Next episode, maybe.

[00:01:19] **Samantha Baines:** So how does it feel me welcoming you to The Divorce Social?

[00:01:23] **Jessica Pidsley:** Well, Very very intriguing because divorce has been a big part of my life because I come from a family where there was divorce and also I've had to navigate my life through that being my model of relationships. And then, work out how I relate to marriage and, you know, separation and

divorce throughout my whole adult life. So I have never actually been divorced myself. So I'm intrigued by what's drawn you to us having this conversation and also what might actually occur during it.

[00:01:58] **Samantha Baines:** You have, I had [00:02:00] a relationship that you came out of. that You mentioned to me before, and I thought that would be an interesting discussion as you're now happily married. I believe.

[00:02:12] **Jessica Pidsley:** Yeah. I mean, it's a daily decision, right? I'm happily married today. Who knows for the rest of it. And that's a big part of what we've signed up to is, is not, um, forever and ever, you know, till death, without any kind of conversation.

[00:02:27] **Samantha Baines:** Going back then to coming from a family that has experience of divorce. How do you think that affected you when you were younger and you were going through that divorce experience?

[00:02:40] **Jessica Pidsley:** Yeah, so, I mean, I was 15 when my like nuclear family started to disintegrate. Well, when we, I was conscious of the disintegration because clearly it had been happening for quite some time before then. And I think it was just trying to make sense of something that had been really created to be so stable and [00:03:00] so regular. And as that started to disintegrate, I think it was, you know, quite confusing, but also liberating, but not necessarily at the time, more looking back at it, but what that has meant moving into my own adult life and into my own relationships is that consciousness has been a really big part of all my relationships I've gotten into. I've really only had. Two significant relationships in my life. And both of them have been marked by a lot of communication and real consciousness around what's happening within the relationship and making sure that there's not betrayal, actually. That's been a really big part of it for me, making sure that there's clear communication about what's going on.

[00:03:41] **Samantha Baines:** Is that making sure there's not betrayal because you had experience of betrayal before?

[00:03:46] **Jessica Pidsley:** Yeah, that was essentially what happened is my dad was having relationships outside of the marriage, which was not agreed as far as I can make out. So a couple of days after Christmas, [00:04:00] he dropped me off at a friend's house after we'd spent a day together and then went home and told my sister and my mum that he was leaving. And that was the first I knew of it. I came home and I was like making a joke to my mum, but like, 'Oh, down the pub, have you been down the pub? Have you? Having a gin?' And she was

like, yeah, I have tonight. And it just was like, I felt like the world, you know, in Who Wants to Be a Millionaire where the lights go, like 'do do do', I felt this moment of like everything kind of going into a strange time. And she was like, come and sit down with me. And I was like, 'Oh, I'll hang about.'. And she just said, dad's, dad's leaving us. And it was just, I've never been so present. It was like suddenly life was happening rather than just going through the motions. And so that was the beginning of it. And because I grew up in a hotel, we had to live all together with the person that my dad was having a relationship with my mum and me and my sister, uh, being teenagers all had to live along [00:05:00] and work alongside each other for about a year and a half. while the hotel was sold.

[00:05:05] **Samantha Baines:** Wow.

[00:05:05] **Jessica Pidsley:** Pressure cooker!

[00:05:07] **Samantha Baines:** So not just living together, but like working to run a hotel.

[00:05:11] **Jessica Pidsley:** Yeah, my mum was like, 'Well, I just have to keep going in'. I mean, me as an adult, I'm like, 'well, you didn't have to keep going in.' But all she could do was just like, just keep showing up and turning up and doing it. But obviously like the person that my dad was having a relationship with was there working as well. It was really messy. It was really messy.

[00:05:35] **Samantha Baines:** Wow. You say that you've never been more present than in that moment that your mum said, 'Your dad is leaving us.' Even though he didn't actually leave then for a year, he like moved in with his girlfriend or his partner.

[00:05:48] **Jessica Pidsley:** Yeah, it was kind of like, 'My intention is to not be with you because then we had to sort out all of this stuff.'

[00:05:53] **Samantha Baines:** It's interesting. You said you've never been more present because I can definitely relate to that. Of those moments that [00:06:00] hit you because there's this 21st century thing, isn't there of like, 'Oh, we need to be more present, and in the moment.' And that can get a bit wonky on social media and like, 'I'm going to do yoga and like meditate to be in the moment, but I'm going to do it for show, not actually for myself.' And, and being in the moment is like important, and everyone talks about it. But in those horrible moments, you probably don't want to be in the moment, but you are, why do you think we get that feeling?

[00:06:29] **Jessica Pidsley:** I think, um, a lot of the time we live very much in our heads in the future or in the past. And I think when reality really comes right to us, when reality hits us, it's normally almost like a feeling from behind. It's like, It's where everything collides in one very embodied moment. I think that's, for me, what presence is, is being embodied. When you receive news like that, there's almost a real sense of where you stand receiving it. [00:07:00] And to me, it's about an embodied experience. Like your emotions, your body, your breath, everything colliding in a moment where, you know, everything's changed.

[00:07:11] And that the future that you thought suddenly will never be the same, which is actually the truth of how life always is, but we convince ourselves it's not. So I think why those moments are so powerful is because we actually taste reality, how it always is. Ooh, you just suddenly went really like, 'Uhhh'.

[00:07:28] **Samantha Baines:** It is interesting the way you remember it as well. Like you were saying, like the, Who Wants to Be a Millionaire lights come down. It's almost quite like dramatised for the intensity of the moment in your memory. Do you think those memories stay with us in a positive or negative way? And do we change the memories slightly or put a filter on them as we get older?

[00:07:52] **Jessica Pidsley:** I definitely think that memory, like all things is completely transient. I mean, the fact that I can [00:08:00] talk about it the way I am is because of the amount of depth of work and play I've done around this stuff. I think that memories can really intoxicate a person's present, and, you know, depending on the feelings related to it and how you, how you feel about it. But I absolutely know from direct experience that memories can shift and how you feel about something can shift. And I think that's why there's a lightness to it now, just because I've done so much work around all this stuff over the last 20 years, you know. And really people think that memories is just the past, but it's actually the past in the present, you know? 'Oh, why am I getting bothered about that? It was so long ago'. It's like, but it's not. It's right there with you. And that's where people where I do a lot of work with people, courageously being with the stuff that time-wise feels like so long ago, but actually, you know, is this real to them and present to them as sitting here right now

[00:08:55] **Samantha Baines:** I love that you said memories are transient because initially I was like, [00:09:00] 'No, they're not. They're just your memory'. But then I've had experience where, especially in something like, you know, marriage and divorce or separation, you have a memory of a moment in that relationship and it can really mean one thing, you know, you might

remember it as that's the moment everything started going wrong or whatever is. And actually, sometimes looking behind that memory, or even finding out more about that memory, say from the other person at a later date can really change your view on it and change the way you look at it in a series of memories. So I think that's a really interesting point, especially for anyone going through, you know, hard times right now in the midst of a breakup. As a coach, how do you help people change that narrative? I guess.

[00:09:54] **Jessica Pidsley:** Well, a lot of people come to work with me or play with me at a time when they suspect, or they [00:10:00] know that they've gotten round the loop of blame or resentment or difficulty or frustration over and over and over again. And then normally a point where they just suspect that that is now holding them back from their next phase of business or life or joy or relationship or whatever it is. And there's a process to it. You know, it's absolutely fine to live in that and to be in that and people come to me at the point where they go, 'I'm just tired of that loop'. I don't want to keep going round that. I suspect that I'm here for so many wonderful things. And I know that my freedom and liberation is bound up in these memories and this playing out. And this narrativising of who I am, who they are, you know, and it can be any relationships post-romantic relationships, parental relationships, sibling relationships, friends, anything. Because those live in us and the idea that just a physical separation can do all of the work is just one part of the [00:11:00] beautiful recipe, if you like, for freedom within yourself. And another one is why I'm a courage coach is because it's the work of the heart and courage is his heart. And so it's about bravely going into the heart and being willing to look at all of those stories and narratives about yourself and others really, so that you can use all that energy that's held in resentment or blame or frustration and go, 'Ah, I want it back! So ultimately in a weird sort of way, it's the ultimate marrying yourself and the ultimate divorce because you are actually finally saying, 'I want all that energy back to me now'. That was in the relationship or whatever it was.

[00:11:37] **Samantha Baines:** Funny, you say that. Last night I was literally, I was laying in bed thinking, I feel like I'm married to myself.

[00:11:42] **Jessica Pidsley:** Yes baby!

[00:11:44] **Samantha Baines:** Yeah. Like in a positive way.

[00:11:46] **Jessica Pidsley:** Well, me and my husband, actually my beloved Matt, we actually, at one stage, he went to, uh, after I'd had my spiritual emergency and I appreciate that's the first time we've mentioned that. And after [00:12:00] I sort of really started to be able to walk in the world a little bit more,

what you would call normally. My husband, Matt went through a huge anxiety, depression, all of this stuff coming up that had been with him for years. But there came a point in that process. I think about three or four years into him having a really, really difficult time where I'd gone to my stay at my mom's for a couple of days, just to give him some space and meet some space because it was just so difficult. We had like, uh, I think, uh, one, maybe two children by then. Definitely one. And I remember texting him in the night and we were having a conversation and I just said, 'I think we need to marry your anxiety.' Like 'I think you need to marry that part of yourself and understand that it's not going anywhere and it's a part of you and that it's welcome here'.

[00:12:52] And so I said, look, I'll take you, we've been to a stag do. Do so I booked us to go to Blackpool and I booked us into a [00:13:00] BMB. We went into a stag do

[00:13:02] **Samantha Baines:** What? You did a stag do for his?

[00:13:03] **Jessica Pidsley:** Yeah. To marry himself. We went to Blackpool. We did a stag do that was the night before we went and we watched funny girls. Then the next day we had corsages we got all dressed up as if we were getting married. We'd written a whole ceremony and we went to the beach front and we did a ceremony with music and everything, and he got his semi-colon tattoo and I did a marriage ceremony for him, with him. And essentially things really shifted from that point.

[00:13:31] **Samantha Baines:** So did you have guests?

[00:13:34] **Jessica Pidsley:** No, but lots of people from the beach were like, 'Oh, there's a wedding. Let's take photos!' And then as we were walking around, people were like, 'Oh my goodness. You've just got married!' Because we looked like we had, they were like, 'What's been going on?' And we were like, 'We just renewed our vows'. Because that felt so much easier than saying we've just married his anxiety.

[00:13:52] **Samantha Baines:** I would've loved to see you explain that to it. to every single person.

[00:13:56] **Jessica Pidsley:** Could you imagine? Just people like totally getting behind that? But the [00:14:00] lovely thing was, is when we said we've renewed our vows, the response was as wonderful and affirming as if to what we actually had done.

[00:14:09] **Samantha Baines:** Obviously some people will listen to that and think your looping.

[00:14:14] **Jessica Pidsley:** Nuts. Um, good.

[00:14:16] **Samantha Baines:** But what do you think it was about having a physical ceremony? I've had a counselor before and I think they said something like, you know, 'You need to embrace your anxiety.' And, and that was a bit of a turning point for me. Because I have anxiety. Of realizing that anxiety is actually my friend, because it's sort of there to protect me. It's sort of the over worrying mother being like, 'Oh, well, if you go outside, this can happen.' But then you have to stand on your own two feet and be like, 'Okay, thanks anxiety. But actually I'm going to go outside.'

[00:14:49] **Jessica Pidsley:** You become in dialogue with it.

[00:14:50] **Samantha Baines:** Yeah. But what, what do you think it is about having that physical ceremony that helped? Or was it just for the fun of it ?

[00:14:57] **Jessica Pidsley:** Well, one, it was really good fun, but to [00:15:00] all of this stuff can get very conceptual. And of course, like as humans, we do love and need, you know, physical embodied storytelling we need, we need those things that put us in those states and, you know, cause I'm an actor by profession, that to me is just normal to be silly like that and to give myself permission.

[00:15:20] But I think again, to talk about that embodiment, it was like there was before that ceremony and after that ceremony and there's something about declaring something out loud and a ritual aspect that has really been stripped out of a lot of our culture. There's almost a sanitizing of a lot of rituals where you basically take out these people put in these people take off those chair covers, put in those chair covers, you know, where even our weddings are funerals have, you know, there's an element of copy and paste in a lot of them.

[00:15:53] And I think, human beings, I think yearn for ritual and whatever that looks like. And so I [00:16:00] just created one with us and for us, because I thought it was just so outrageous, it would, it would do something to shift things, you know? Which it did

[00:16:09] **Samantha Baines:** I love that. I'm like imagining some sort of like divorced people on the beach, like marrying themselves, ceremony and you hosting now. Like we're all wearing amazing outfits.

[00:16:21] **Jessica Pidsley:** Why not? Why not? I mean, the point is, is why do we only reserve ritual and ceremony and celebration for certain things. We have freedom to, to make these rituals for ourselves just because it feels like freedom and why not? I mean, you know, I can see like loads of people going. Yeah. I'm going to do like my own like divorce ritual though. But this doesn't mean voodoo dolls, you know, I'm not supporting like, you know, 'I hate you!' And more love more love.

[00:16:53] **Samantha Baines:** Yeah. Lovely, loving rituals.

[00:16:56] **Jessica Pidsley:** Love yourself!

[00:16:57] **Samantha Baines:** I like the sound of that. So I want to take you [00:17:00] back to, we were talking about your, your parents separation and divorce, and you're living in this hotel together and then moving forward to your, you say you've had two major relationships in your life, the major relationships before the marriage that you're in. How do you think that kind of fear of betrayal and your parents' divorce affected that relationship?

[00:17:24] **Jessica Pidsley:** Well, I think my first relationship, you know, was started when I was about 17 and I think he was just an absolute, wonderful person to come along at the right time in terms of feelings. So there was such a partnership. We called ourselves co-conspirators and we were kind of like inter reading William Blake and you know, philosophy. And we've sort of, we were real, he was my best friend's brother, older brother, and I think it felt like us against the world in a really lovely way. We were both from a small town, both wanted to move [00:18:00] beyond that. And he didn't have much confidence and he found things quite difficult and I was kind of like, 'Yeah, come on. You know, we can do stuff!' And I think we both supported each other to grow into what we were wanting for ourselves. And, and it was a lovely symbiosis in that. The betrayal thing. I think I'm just very, very, my big thing is communication in a relationship. Not that you're not going to fancy people, not that you're not going to feel anything, but we just need to talk about it. And, um, yeah, we moved to London when I got into RADA and he was really worried about the move to London and everything. And there was already, a like, 'Look, I'm, I'm going, are we going? Or am I going?' So there was already that. And then we moved on to a narrow boat near Camden, which was epic and awesome. But then about a year or two into my time at RADA and everything, it was like, we'd just got engaged and it was feeling like a shift was wanted or needed. And I thought is that marriage? Is that [00:19:00] deepening this commitment? And so we got engaged. And then really quickly it became apparent in everything in my body. Again, no, this is done actually. So I just remember getting this feeling one day at a drama school and it was just like, it's finished. And so I just said, phoned

him and just said, 'Look, I'm going to stay out with someone tonight, stay over at someone's house, but can we talk tomorrow?' We met up and the first thing I said was 'I'm finished with this. This is done'. And the first thing he said was, 'Okay'. And then we went through all of the stuff that you do, 24 hours, like sobbing and not sleeping and crying and sobbing and more sobbing. And, uh, we sort of worked out how to, how to part really.

[00:19:45] **Samantha Baines:** And you say that you felt it in your body. How does that physically manifest? What sort of feeling?

[00:19:52] **Jessica Pidsley:** For me, it's like a sense of, it's quite hard to describe. It's not like brain chatter. It's almost [00:20:00] like a full body knowing like a, this way or that way. It was almost. A sinking feeling? Like, uh, 'Oh, this doesn't feel energised. It doesn't feel like my whole body's behind it.'

[00:20:13] So when I'm a 'holy yes', I call them, when I'm a 'holy yes' it's like my whole body is like, 'Yes!' Even though my mind might be going like, 'Oh, I don't know if I can or should!', My body is like, 'Go, go, go. Yes'. But when something feels like off or not in alignment or, done or, yeah, just not okay. It's almost like a dull feeling in my body or like a dropping sense and just like, ah, no, this isn't a 'holy yes'. Sometimes it's just that sometimes it's knowing that it's not a 'holy yes', that's enough.

[00:20:50] **Samantha Baines:** It's funny because I can relate to that. I, I used to remember going home, like in the pre breakup. And I remember I [00:21:00] used to get the train home in the evenings and feel that sinking feeling on the way home.

[00:21:05] **Jessica Pidsley:** That's the one.

[00:21:06] **Samantha Baines:** And that was even, you know, weeks before, possibly months before the actual breakup.

[00:21:12] But I think it took me going away working in LA and then coming back to kind of start listening to it because I had a break.

[00:21:20] **Jessica Pidsley:** Yeah. It's scary because your body or heart can know something that can be a very, very threatening to your life, to your sense of stability, security. You know, when our body knows these things, it's no wonder sometimes that we don't want to acknowledge it or listen.

[00:21:39] Cause there's a lot of other stuff that that implies. I was just speaking to a friend this morning who, um, was I, I asked her if I could share this. Because I knew I was coming on here. I was like, this is perfect. She said that she's got a newborn with her partner and she was doing a nappy for the baby and he just kind of came up behind her and proposed to her while she was like [00:22:00] mid nappy changing and she said like, 'I just knew everything in me was like, no'. She was like, 'In that moment, I couldn't say no, because we've got a house together and a baby together. And if I said no in that moment, what would that mean for us?' And then she said also then when they went to get married on the day and everything, and just in the run-up, she was like, 'I don't want to do this.' But of course, then there was the pressure of, but everyone's coming and it's happening and da da da da. And then it's like, well then what do you do? Cause you know, then you've got all of that pressure and now she's courageously in the last little while finished that relationship and it's like, wow. We were talking about it today about being compassionate with yourself. That it's understandable that even though you knew in your body, it was a no, there's a lot of other factors that entangle around that, right?

[00:22:47] **Samantha Baines:** Yeah, definitely. I was going to say, is she okay now? As she left the relationship?

[00:22:51] **Jessica Pidsley:** Oh yeah. She's amazing. She's amazing. I mean, incredible, incredibly courageous human. You know?

[00:22:57] **Samantha Baines:** It is interesting those [00:23:00] moments where you feel a little bit off, kilter. You know, it's almost like that feeling of like, when you eat a piece of meat that is a bit like not quite cooked enough and you're like, a bit off and you feel it in your stomach. And you're like, 'Oh God, is this going to go full diarrhea?' Or are we going to get away with it? It's like that

[00:23:20] **Jessica Pidsley:** this is going to be full disaster zone.

[00:23:22] **Samantha Baines:** Yes. I'm comparing, leaving a marriage to food poisoning. Um, but it is that like weird feeling, but so often you just dismiss it. Like nearly food poisoning. You're like, 'Oh no, I'm sure it'll be fine. I'll just drink some water.' Or you're like, 'Oh no, I'm probably just worried about this other thing that isn't this . And listening is hard.

[00:23:43] **Jessica Pidsley:** That's it I mean, a lot of us have been conditioned to be thrown off our knowing because a lot of, particularly like the feminine or particularly embodied knowing, and body wisdom or heart wisdom, you can't really quantify it. Sometimes you can't say, you know, look at this point at this

[00:24:00] fact or figure or say rationally or intellectually. Sometimes you just know. And lot of our upbringings conditionings, you know, is really like, well, if you can't measure it or show it, then it's fine. So a lot of the time we get this other intelligence coming through heart intelligence, body intelligence, there's wisdom. And we often have learned or been taught not to trust that. And one of the big things I'm here on the planet to do is get people back into their own knowing, get back into trusting themselves and get back into listening to those little whispers and nudges before they have to turn into shouts and screams.

[00:24:41] **AD:** It's the Ad Break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama. [00:25:00] No, it was really thrilled about it. So it'd be nice to do that again. Uh, you could also join in the conversation on social media. We're on Twitter and Instagram at divorce pod. We have a website, the divorce, social.com, and you can also join. For all like nineties style divorced chat room experience over on Patrion. So just go to patrion.com forward slash Samantha Baines, B a I N E S. and it starts at two pounds a month and we all have lovely and awful and amazing chats. See you there.

[00:25:34] **Samantha Baines:** And you've mentioned in passing your spiritual kind of awakening.

[00:25:38] **Jessica Pidsley:** I mean, it was more messy than that. I mean, it was definitely like spiritual crisis.

[00:25:42] **Samantha Baines:** Well I was going to say, did you have a period of time? Cause you're saying about getting back into your knowing and into your body. Did you have a period of time where you ignored what your heart was saying?

[00:25:52] **Jessica Pidsley:** No, I mean, I've been completely intuitive. Heart led body wisdom led my whole life. I thought that was normal, but the [00:26:00] spiritual crisis essentially was everything you, I knew about my identity, who I was, what I was, you know, this thing called Jessica disintegrated over a process of like a couple of weeks. And that meant that I essentially was in touch with what I am underneath all of the identity. And then I had to rather painstakingly, piece by piece rebuild what comes to be known as Jessica Pidsley that can be described on a podcast sitting in front of you, now.

[00:26:33] **Samantha Baines:** Can you talk about what brought that disintegration on? Cause I know a lot of people and like I was after my breakup, I felt like I had to find myself again and I was like, 'Who am I?' Now I'm outside of this relationship. So I know a breakup or a divorce can bring that feeling on, but what was it for you?

[00:26:50] **Jessica Pidsley:** For me the onset of mine was after the birth of my son. I had an amazing empowered, uh, hypnobirth absolutely [00:27:00] incredible. And then after the next few days after that, I started to display signs of postpartum psychosis and yeah, it was basically three months of nurturing a newborn baby whilst going through the most terrifying and intense, uh, psychotic experience I could possibly imagine.

[00:27:20] Uh,

[00:27:20] **Samantha Baines:** Psychosis is a scary word. Isn't it? And you said psychotic there. What did that actually mean? Like on a day to day basis? What was your experience? If you feel that you can talk about it?

[00:27:34] **Jessica Pidsley:** Oh yeah. I love to talk about it. The first thing, the, when, when I first heard that the term, uh, postpartum psychosis, there was actually a relief. I've only come to realize later that the difference between psychosis and spiritual emergency is the witness element. So when you're in psychosis, there is no watching yourself within it. So you are the experience. You're not separate to it, but with spiritual [00:28:00] emergency, uh, Stanislav and Christina Grof have done a lot of work on this, in their book, Spiritual Emergency, there is a witness part of you that remains. So your not fully immersed into the experience, you're watching it, which is also its own kind of scary because you're watching the disillusion happening. But for me, it was, again, presence was a really powerful thing. Humor. I used a lot of humor. I used all my acting skills and, and things. I've actually got a TEDx talk, uh, have the courage to birth your life, which talks a little bit about the way I used character and things to, to survive it. I understood even in the moment that I was going through something huge and that would shift the whole orientation of my being and it has, I'm now eight years out of that experience. And my whole life trajectory is completely altered.

[00:28:50] **Samantha Baines:** So where were you at that time? Were you married then?

[00:28:54] **Jessica Pidsley:** Yeah, we'd been married for about four years.

[00:28:57] **Samantha Baines:** And this was your first child?

[00:28:58] **Jessica Pidsley:** Yeah. Yeah.

[00:28:59] **Samantha Baines:** What were [00:29:00] you experiencing day to day? Because I feel like we understand that new mothers can go into a kind of depression and that's talk about a little bit, but I've never really heard the psychosis element talked about.

[00:29:15] **Jessica Pidsley:** I felt like during the birth experience, I went to a level of consciousness that was transcendent and I felt like I understood why birth and women and all the things related to birthing and bodies and cycles and everything had been oppressed because it is the most powerful thing I've ever encountered because there I was birthing, which I had been told anecdotally that would be horrific and awful, and I wouldn't be able to do it, and this and that and the other, and there I was just with the power of like breath and relaxation birthing a baby and after that, I kind of was like, felt like it had unlocked or unleash [00:30:00] something about a knowing of the power of my body, it's wisdom. I think coming off the back of that, I mean, obviously with postpartum psychosis it's a mix of a lot of things like the chemical aspect of the hormones in your body, the sleep deprivation, potentially genetic predispositions, things like that with postpartum psychosis, but no matter who we ask, no one could actually tell us exactly why or what or how? So once I left the mother and baby unit, it was kind of like you're on your own type feeling, but then I'd had this absolutely earth shattering ego dissolving experience. And I was like right back to looking after a baby, and I guess I have to work it out myself So that's what I've spent the last near decade doing.

[00:30:48] **Samantha Baines:** What was the spiritual emergency moment? And how did spirituality help you through?

[00:30:58] **Jessica Pidsley:** The spiritual aspect of it [00:31:00] is understanding that we are not the thoughts and feelings we have, we are the witness consciousness. So, what I knew was what the witness aspect is. So in Buddhism, that would be your Buddha nature, uh, in Christianity or in, you know, the teachings of Jesus it's Christ consciousness. It was an understanding that I wasn't just the mind, which is what I had believed up until that point that I was who I thought I was. But this experience, the whole thing is spiritual because you understand that you're not just the mind. And so it opens up a whole nother dimension of your being. And also that reality as it's, as it presents through perception is not all there is to reality. So I basically saw reality and realised why it's quite a lot for a human being to bear and why we only have

what we can manage through our perceptions, if that [00:32:00] makes any sense whatsoever.

[00:32:01] **Samantha Baines:** I mean, is it wrong that I'm sort of imagining the Matrix as you're explaining it?

[00:32:06] **Jessica Pidsley:** No, it's not,

[00:32:08] **Samantha Baines:** You realised you're in the Matrix?

[00:32:11] **Jessica Pidsley:** In a way. Yeah.

[00:32:12] **Samantha Baines:** Was there a kind of lowest moment during that time?

[00:32:15] **Jessica Pidsley:** Before I actually had any sleep, they would give me like sedatives that would apparently like knock an elephant out or something. And I just was like, it just didn't really do anything. And so while they were sorting out medication and all of that sort of thing, I did get to a point where I just, I was trying to sue the hospital, you know, it was really messy. It was a really messy experience. One of the low points, I guess, was I remember phoning my husband cause then he had to leave every night. And basically I was given drugs that knocked me out. He had to leave because he couldn't stay with me because of visiting hours.

[00:32:50] My little baby was having to be looked after by someone else, because I was basically too drunk to do anything and I could feel all that happening. And I would just ring Matt and just [00:33:00] say, 'What's the point in me? Like if I can't look after my own child and if I'm, you know, just being drugged and whatever, what, what am I > what, what is the point of me?' And that was again, Part of the dissolving. It's terrifying to not understand really what or who you are.

[00:33:18] **Samantha Baines:** I'm sorry you went through that.

[00:33:20] **Jessica Pidsley:** Oh, I'm delighted.

[00:33:22] **Samantha Baines:** You're so positive about everything!

[00:33:25] **Jessica Pidsley:** Well, I mean, it's, I mean, I've been working on it for eight years. Remember? I knew even during the experience, it was a profound wake up. I understood even in the moment, that's why I recorded so

much of it, which is in the TEDx talk and stuff and why I would write notes and everyday. I was fascinated because I knew it was, it was, would change everything. I just knew.

[00:33:46] **Samantha Baines:** I think talking about kind of spirituality or spiritual emergency or awakening is really interesting on this podcast, because I haven't spoken to many people that have used kind of religion or belief [00:34:00] to kind of get themselves through whether it's a breakup or a marriage or, or whatever the experience is. And I I'm actually quite surprised by that because I thought there would be a bit, a bit more of it, but maybe people feel like they can't express it.

[00:34:14] **Jessica Pidsley:** Yeah. Well, I mean, a lot of it's been really bastardised. You know, a lot of the teachings and again, that's what, that was the trajectory that was shifting for me as well. There was coming into the wisdom within my own heart and my own connection to divinity rather than it being through, you know, somebody outside of myself that had the authority to tell me what the connection to divinity looks like. That's not something that anyone outside of ourselves can tell us.

[00:34:40] **Samantha Baines:** And how do you think that connection helps you now in your life? How is it different?

[00:34:45] **Jessica Pidsley:** What I experienced in that was the love that I am the witness part, the love that I am and the love that all beings are. And so now my daily practice, which is my life is not only embodying the love that I [00:35:00] am, but also witnessing it and being with it in, in everyone else. And that might sound like a, oh, a really like lovely practice but it is hard core spiritual frontline business, because that means looking at all of the stuff that all of your own reactivity taking radical responsibility for your part in things. You know, lovingly releasing the stories about who other people are and what they've done to you. It's one hell of a ride. One holy ride, I should say.

[00:35:30] **Samantha Baines:** And how did you make the decision to become a courage coach? Cause I've spoken to a lot of divorce coaches and things like that on the podcast who went through their divorce experience. And then that's what made them want to help other people, but I guess you had that relationship and that break up and then you got married and you know, all the history from your parents' divorce and then with the postpartum psychosis and finding yourself again. After all of that. Why did you decide that [00:36:00] you wanted to coach people and become a courage coach?

[00:36:03] **Jessica Pidsley:** Well, in the best possible way, the decision was being worked through me again and living in that intuitive guided way. I got a download to create Full-Time Human about a year and a half ago. I still don't really know what it is. I've just been asked to create it in terms of that knowing coming from the heart, like inspiration. And I just received it from that wisdom, that knowing. So I created that. And when I say I was asked to, I just mean that it feels like an instruction from something very deep within me, you know, it doesn't feel like, 'Oh, I really want to do this!' Because quite frankly, I don't know that I massively do. I just, I'm hearing that that's what I'm here to do. The reason why I'm not a divorce coach or this coach, or that coach is because I believe that at the root of all things is courage because you can know something, but then you need courage to put it into action and even divorce, there is you can't take that dropout of the ocean. There is so many [00:37:00] factors that lead into that relationship with your own parents, relationships with your previous partners or partnerships, you know, in my experience, when you come into a courage coaching container and you start co-creating courageous people, all sorts of stuff comes out that might feel totally unrelated, but it all feeds in. And, you know, I'm here as an embodiment of the divine feminine and to be love on the planet and courage is love in action.

[00:37:25] **Samantha Baines:** What does that mean?

[00:37:26] **Jessica Pidsley:** I don't know. It just came out. I think, I think the point is, is like what, what we've said is someone can get a knowing that I don't want to be in this relationship, or I need something different for my life, or I want to start a business or I want to speak on a podcast or I want to be more confident or more out there. Now having the knowing is one thing. Doing it requires courage. And when I looked at my life, when I was, when I was hearing that I wanted to do more coaching, cause I'd been doing it informally for over a [00:38:00] decade, I realised what's the trajectory of my life, been .And I realised that what it has been over and over again is knowing something and then the discomfort of going through that and transforming. And when I pinpointed what it is, that's always made the difference from knowing to transformation. It's always been courage. The courage to listen to the knowing to trust it, to follow it and to allow the transformation to occur. And I've just been Phoenix rising over and over and over again in my life. And this is my next current spiritual death. It's like, I'm being asked now to speak it more to let go of my eye. Oh, you know, I've been kind of hermiting for eight years while I've been working all this through. And now I'm being asked from that wisdom to speak it in the world more and more

[00:38:45] **Samantha Baines:** To help people. I like it.

[00:38:47] **Jessica Pidsley:** To help them help themselves, I think. They don't need my help. They need their help.

[00:38:52] **Samantha Baines:** You said you're like a Phoenix rising from the ashes. And funnily enough, someone said to me the other day that watching me [00:39:00] come out of my divorce journey and do all the things I'm doing, I'm like a Phoenix rising from the ashes. And I think.

[00:39:06] **Jessica Pidsley:** That's, it.

[00:39:07] **Samantha Baines:** It is such a, I mean, it makes me think of Harry Potter and Dumbledore Phoenix because, you know, I write children's books, but I think it is such a nice image of, cause that is not how society normally views divorce and the way you come out of divorce.

[00:39:23] **Jessica Pidsley:** This isn't how it views anything. It isn't how it views childbirth. It isn't how it views divorce. It isn't how it looks at people with emotions that are difficult with rage, with anger. We don't have any kind of spiritual container for any of these things apart from anything else, it doesn't fit into the consumer model of, 'Here you go, that's your problem. Let me sell you that!' You know, this is something much vaster holding, holding it. We're not as a society, particularly encouraged to like rise from the ashes of what we were. Unless they sell you a fire extinguisher

[00:39:55] **Samantha Baines:** I love that you are called a courage coach. Because I always say on this podcast, you know, it [00:40:00] is so courageous to leave a relationship. It's so hard. And I think we do need parties or weddings on the beach to come out of a wedding to yourself because it's so much harder than going into a relationship going into relationship is like, 'Oh, this is lovely. Yeah!'

[00:40:16] **Jessica Pidsley:** You've got all the oxytocin when you go in. When you go in, you've got like, All that stuff rushing through you, you know, all of that hope and projection of who this person is going to be and what's going to happen. And then of course the oxytocin starts to wear out and all of your stuff comes up because being in relationship is like being at the temple. Spiritual, like relationships are a spiritual business because all your. edges are smoothed out, you meet yourself over and over and over again in relationships and also leaving with love in your heart rather than hatred.

[00:40:50] That's a journey that each person can undertake whereby it doesn't mean that difficult things haven't happened or, or there's not been upset or

there's not, and it's not [00:41:00] justified, but you know, like I love to say, 'Would you rather be right? Or would you rather be free?' And, you know, because you are right about those things, but what we're interested in is each human beings, freedom and their liberation, but the stuff comes up in relationships. It's, it's bound to. It's kind of what it's there to do.

[00:41:17] **Samantha Baines:** Yeah. And I think you saying to me before, would you rather be right? Or would you rather be free? I think really helped me let go of quite a lot of anger and like opinions about your relationship. Because you almost like wanna prove like, 'No, no, I was the best one in it!'

[00:41:35] Like I want you to know that. I won the relationship. The other person is the whole reason it went wrong, which is obviously not true, but, you know, but if you, if you have faced something like a betrayal, like you talked about, you know, with your parents, you want people to know that you weren't the one who did the betrayal, because that feels important. Originally in the beginning, but, but yeah. Do you want [00:42:00] to be right? Or do you want to be free? And, and just that phrase is like, 'Oh no, like why I'm holding on to this and that's making me unhappy.'

[00:42:10] **Jessica Pidsley:** You're staying married to them. Yeah. Yeah, exactly.

[00:42:12] **Samantha Baines:** And just freedom feels really nice

[00:42:14] **Jessica Pidsley:** Doesn't it though? just to loop back round to my parents and their divorce and separation.

[00:42:20] I've had permission to share this story because, um, I did some coaching with my mum. Now that is next level courage coaching. And we had a session and as we were working on some of this stuff in relation to her relationship to my dad, I said to her, because she was about when he left and everything. And it was, you know, 27th of December, 1997.

[00:42:43] And as we were talking, I just said, I just got the intuition to ask, like, was there ever a time when you knew that the relationship was over and she went, 'I know the exact day.' And I'm like, 'Whoa, okay. Tell me more'. And she said, there'd been a, 'There'd been a storm. So it must've been [00:43:00] 1987 because that was when storm dot, dot, dot, whatever'. She said, 'The Willow tree had snapped. So that's why it was so vivid in my memory. I was putting out the washing and we'd had a particularly difficult day. And in myself, a voice came up from me and it said, 'I'll leave him'. And I said, 'So mum, you left dad in 1987'. And she started laughing and I swear to you, she didn't stop

laughing for about three or four minutes. She was just like, 'Oh my goodness. I left him. I left him!' And this narrative of 20 years that he left her suddenly in that moment became transformed. And she's been different ever since, because she suddenly took her part in the dissolution of a relationship and saying, that was when I decided I didn't want to be in this. And then 10 years later, he left so fascinating that that's what I mean about memories being transient. She's rewritten that story, which had haunted her for so long. [00:44:00] And you know, it's incredible watching your mum liberate like that.

[00:44:04] **Samantha Baines:** I mean, that, that is courage. Coaching your mum. I don't think I have the courage to ever do that with my mum.

[00:44:11] **Jessica Pidsley:** No I mean, we just did two sessions. We heard that our relationship needed to come on to an 'I thou'. Which is meeting adult to adult. And we've been through so much, this last sort of 10 years of our, with me becoming an adult and that being really tricky for our relationship and a part of us resetting into adult to adult, uh, it just felt really powerful to meet in that space, which was co-created and equal. And we just did two. And it was really powerful and yeah, things have been very, very different since we did that.

[00:44:45] **Samantha Baines:** Do you have any advice for anyone listening who's in that really difficult time where they feel at their lowest, you know, maybe like that moment where you called Matt and said, 'Is there any point in me?', [00:45:00] you know, any, maybe not advice, but words of wisdom or words of courage to encourage their courage?

[00:45:07] **Jessica Pidsley:** Yeah, I think, I think the first thing is being ultimately compassionate about the situation and that is really hard and really doing things that feel loving for yourself in the first instance. You know, I'm always a big fan of any kind of practice or, or anything that's to do with loving kindness or compassion for self, you know. Places like Insight Timer do a lot of, uh, meditations and things like that that you can just listen to. And sometimes it just helps. To be with yourself in that way, Going for walks, you know, anything where you just feel yourself in your body and, and with your self. And the only way out is through. And I think that's something that, again, culturally, we want to fix all this stuff and get to the place where we're not experiencing it and it's done. And I know from just going [00:46:00] through depressions and psychosis and, you know, spiritual emergency and relationship finishings and, you know, family break downs and everything. I just, I know that it's all the stuff that is alchemy for liberation

[00:46:18] **Samantha Baines:** Oh, you were having such a great emotional moment and then the dog barked.

[00:46:23] **Jessica Pidsley:** Yeah. But do you know the reason why? I think that shouldn't be cut out is because what custard there has embodied and actually bought us in the teachings that only animals can do is exactly the point. We want it to be this sort of perfect thing where you know, where life is this smooth ride where nothing interrupts and nothing happens. But the fact that stuff happens, how we relate to the stuff that actually happens is everything. Right? That's reality. Custard just barking then that's reality. And that is just a perfect metaphor for exactly what we're talking about, which is often so much of the pain [00:47:00] comes from us wanting it to be different than it is. And that's where so much human suffering is born.

[00:47:05] **Samantha Baines:** Custard ruining so many zoom meetings is meant is meant to be

[00:47:10] **Jessica Pidsley:** Well, in a beautiful way, whether or not it's meant to be, it is. So that's the lovely thing about the way I relate to my life is we can create so much pain for ourselves by saying, 'I don't want it to be like this.' Whereas actually the moment where we understand this is what's happening, then there is a, there is a presence in, uh, an, a peacefulness in that, even if it's really, really messy.

[00:47:33] **Samantha Baines:** I love that. Well, we'll keep it. We'll keep Custard barking in.

[00:47:37] **Jessica Pidsley:** I would love that. I mean, I would love our podcasts to actually have reality, you know, making itself known.

[00:47:45] **Samantha Baines:** Always! That's my vibe of a podcast. I'm not, not into this polished stuff. Dog barking and all

[00:47:53] **Jessica Pidsley:** You're a leader of that new way as well. That's why.

[00:47:55] **Samantha Baines:** Well, thank you so much for joining me. It's been great to chat!

[00:47:59] **Jessica Pidsley:** Utter delight. I [00:48:00] feel intensely vulnerable now, which is perfect!

[00:48:03] **Samantha Baines:** Well. Hopefully you're going to go and do something lovely for yourself now. Where can people find you online and find your TED Talk and get in touch? If they want to be courage coached?

[00:48:15] **Jessica Pidsley:** Oh, lovely. So, uh, they can have a look at my website, which is www.fulltimehuman.co.uk and that really is a florilegium of becoming it's a place where I want to give as much as people can connect with me. So there's also some messy, sacred meditations on there, articles and videos about different aspects of the human condition, and they can follow me on Instagram at [fulltimehumandivine](https://www.instagram.com/fulltimehumandivine). Also just start conversations, you know, I, I that's, that's what I'm I'm hearing I'm here to do is to, to be with people as they courageously, you know, become the person that they're here to be. So that's what I love to do. Oh, and the TEDx talk is [00:49:00] *Have The Courage to Birth Your life*.

[00:49:01] **Samantha Baines:** Amazing. Google it, put it on YouTube and you'll get there.

[00:49:04] **Jessica Pidsley:** Yeah.

[00:49:04] **Samantha Baines:** Thanks.

[00:49:05] **Jessica Pidsley:** Thank you so much. Love you.

[00:49:07] **Samantha Baines:** Yay. Love you too.