

S2E3 - KARINA BLACKHEART

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SPEAKERS

Karina Blackheart, Elle Billing

K Karina Blackheart 00:00

Hi, my name is Elle Billing. I am a chronically ill queer femme, and I'm tired. I'm here this episode and every episode to dig at the roots of our collective fatigue, explore ways to direct our care and compassionate and sustainable ways and harness creative expression to heal ourselves and our world. And welcome to Hoarf -- Radical care in a late capitalist heckscape.

E Elle Billing 00:49

My guest today is Karina Blackheart. Karina Blackheart, The Crone Herself, is a woman's leadership and whole life evolution priestess. Using effective spiritual inquiry and practices. She guides women of all ages to take ownership and responsibility for the fullness of their personal spiritual and collective power. She creates kind and courageous containers for women who are ready to engage in reclamation of their divine selves. So they can choose to live more fully, unapologetically. And creatively. You can find more about her at thecroneherself.com I am so excited to have her here on the podcast today. Welcome to Karina. Hi Karina!

K Karina Blackheart 01:28

Hi, elle. How are you? I am. I'm here. You know, and I think you are here too. I think we're both kind of in it today. But I'm really happy to see you. And it is wonderful to have you on Hoarf today. It's so good to be here. Thank you for having me. Yeah,

E Elle Billing 01:44

we've had to reschedule a couple times. And I always feel like when something happens is when it's supposed to happen, especially with something like this. And so I'm really glad that we're able to chat today.

K Karina Blackheart 01:55
Me too.

E Elle Billing 01:55
Yeah, it's great. Just so my first question for you. Is how have you received care this week?

K Karina Blackheart 02:04
How have I received care this week? Well, I have, I'm positive for COVID right now.

E Elle Billing 02:12
Oh dear.

K Karina Blackheart 02:13
So I've had some down days of giving myself care, right?giving myself permission.

E Elle Billing 02:20
Yep, absolutely.

K Karina Blackheart 02:21
To just to just lay lay down just go to bed like I can't accomplish anything anyway. Right? Because my brain was so foggy, but my my lovely housemates were like What do you need? Do you need anything? You know, like, Yeah, could you go to the store? You know, if you're going to town, could you get pick me up this, could you pick me up that and so you know not having to go out? I live 45 minutes from a store. Okay, so not having what you need when you're sick is a really big deal.

E Elle Billing 02:48
Yes.

K Karina Blackheart 02:49
So so it was just little things like could you pick me up some sorbet? Because I want something sweet and cold. But not dairy please. Because I'm like, (makes gunky throat noise) already for me Yeah yeah And I think iust sort of keeping the house quiet for my youngest kid and myself

me. Yeah, yeah. And I think just sort of keeping the house quiet for my youngest kid and myself because that my youngest kid, Esme also has COVID.

E Elle Billing 03:13

Sorry to hear that.

K Karina Blackheart 03:14

But the our housemates live in the upstairs apartment and I've noticed that they've made an extra effort to be kind of quiet so that we could rest so I think that that's good care. That's good caring from the people that live in my house.

E Elle Billing 03:27

That is really good.

K Karina Blackheart 03:29

Yeah,

E Elle Billing 03:29

I live in a rural area as well. There's like a couple little rural towns nearby with with little stores. So whenever I go grocery shopping, or run errands, pick up prescriptions or whatever. My mom always asks me to pick her up a Reese's. Her favorite candy bar is Reese's Peanut Butter Cups, and she always wants Reese's. Even if there's like some in the cupboard she wants. She wants me to bring home like a fresh candy bar. And so that's like a little thing that I can do for her.

K Karina Blackheart 03:55

Yeah. When when you live in the middle of nowhere. You need backups of everything.

E Elle Billing 03:59

Yes. Including Reese's.

K Karina Blackheart 04:00

Yep, absolutely.

E

Elle Billing 04:02

And so yesterday, she needed a haircut. And so that's when we made like the hour long trek into the city, so she could get her hair cut. And then we had to run some errands for my sister's wedding, which is in a month. Well, and by the time this actually releases, my sister will be married.

K

Karina Blackheart 04:19

Congratulations, sister.

E

Elle Billing 04:21

So we ran some errands and it ends up being like a four hour five hour trip because we have to go do all the things that we can't do in our little town. And by the time we got home, we were both so wiped out. We just like collapsed in the chairs. The recliners in the living room. We're like, we are going to bed early tonight.

K

Karina Blackheart 04:40

Yep, Fridays are my traditional run errands day, and it's always 5, 6, 7 hours by time I come home like I messaged my kid and I'm like, I'll be there in 40 minutes. Be ready to help me unpack the car. And I am already hangry right?

E

Elle Billing 04:57

Yes,

K

Karina Blackheart 04:57

I'm so hungry, that I'm angry. So please have something ready, that I can just put in my mouth. So I don't lose my mind, right? Because my blood sugar is so low, and then it's bed.

E

Elle Billing 05:08

Yep. And we always call my dad to let him know we're heading home. And he was out in the field when we called. And so we didn't know who was going to make it back to the house first. And we actually made it home at almost the exact same time. He was out, throwing the ball for the dog when we pulled in. And so the dog hadn't eaten dinner yet. All that had happened was he had let my dog out to go to the bathroom and play ball a little bit to get her energy out because she'd been in the house on Trazodone all day, because she gets a separation anxiety when nobody's home.

K Karina Blackheart 05:35

Speaking of dogs,

E Elle Billing 05:36

yeah, what timing? My dog can't hear me talk about her. Cuz she's deaf. But your dog was like, I hear someone talking about dogs.

K Karina Blackheart 05:46

My dog is really mad because I have her locked out of the space right now.

E Elle Billing 05:50

Yeah, yep. I mean, I locked my dog out of here too. And she'll whine at the door. But she kind of knows now if the door is closed that she's not going to get in any way.

K Karina Blackheart 05:59

Right.

E Elle Billing 05:59

So tell me a little bit about the crone herself. You identify as a crone, tell me about what that is?

K Karina Blackheart 06:07

Well, a crone is a woman who is or a person who is postmenopausal, you know, has had a life, you know,

E Elle Billing 06:19

has has seen some shit,

K Karina Blackheart 06:20

has seen some shit, has lived through some stuff, and has gained some wisdom from that, you know, I'm 58 years old, I'm starting my Saturn Return, my second Saturn Return, which is interesting. I thought that I was already through it, because I had been through some big transformations in the last few years. And then I signed up for the Chani Nicholas astrological

app and put in my data and realized like, Oh, my Saturn Return started in March on the date that I launched The Crone Herself. Okay. Yeah. So being a crone to me, means like, we have a different kind of energy, a different approach. I think that as we get older, we just give less fucks. And I don't think that -- I know that in our 40s when we start saying that, we're really mad.

E

Elle Billing 07:14

Yeah, yeah, I hear ya.

K

Karina Blackheart 07:18

Yeah. Like, it comes out with spit. And, you know, I don't give a F-- , you know, about anything anymore. I've given my last one away. And I think how I feel at my at my age now is like, yeah, I just don't care about that.

E

Elle Billing 07:33

Okay.

K

Karina Blackheart 07:33

It's just knowing it's not even anger anymore. It's just a quiet acceptance of like, there's stuff that I don't care about, that I can't do anything about. And so what do I care about? As we move through that period of like, I don't give a fuck. Part of moving through it is understanding, coming to know what we do really care about what we're really invested in, right? And understanding for me, you know, when I took til, I was like, 52, I think before I realized, like, oh, this really isn't middle age. My mom died when she was 80.

E

Elle Billing 08:12

Yeah.

K

Karina Blackheart 08:13

And so 52 isn't middle age, in my gene pool. Right? And I thought, like, you're two thirds done.

E

Elle Billing 08:24

Yeah.



K Karina Blackheart 08:24

And so that was really sobering, and had its own levels of acceptance, but also saying, okay, so if you've got 30 years

E Elle Billing 08:34

left, what are you going to do with them?

K Karina Blackheart 08:37

What are you going to do with that? Are you going to keep doing what you've been doing? What has to change? And really looking forward into my older years, you know, and being like, I'm looking at one of my bathrooms in my house and thinking, yeah, when that gets renovated, that's gonna need a walk in shower.

E Elle Billing 08:57

Yes! Ok!.

K Karina Blackheart 09:00

Right, like planning, planning in advance for understanding that my mobility is not going to be what it is now. And it certainly right now is not what it was, even five years ago, you know, I had long haul COVID. So you know, I deal with still some results of that.

E Elle Billing 09:18

I am 20 years younger than you and I'm sitting here resonating with so much of this and I think, like I haven't gone through menopause yet, but I have had to deal with chronic illness and acquired disability, like I wasn't born with a disability, but I acquired it during my 20s and 30s. And so I'm resonating with a lot of what you're saying. And the thing about the walk-in shower, I live with my parents and my dad has a walk in shower, when he renovated his bathroom. He was like, I don't want to step into a tub anymore. I'm old. My knee hurts.

K Karina Blackheart 09:53

And they're slippery.

E Elle Billing 09:54

Yeah. And I'm going to so he has a walk in shower. I shower in my dad's bathroom because I don't want to step into a tub, either. My mom still steps into a tub and we were trying to convince her just put a shower bar in.

K Karina Blackheart 10:06
Yeah.

E Elle Billing 10:07
I'm like, why don't we get one of those, like, if you want a tub that bad, get one with like the door, like they show on TV like soaking tub with like the door. And she's like, those are for old people. I was like, um, you are almost 70. Like, there's nothing wrong with aging. It is a natural thing that happens, hopefully to all of us. It's a privilege and bodies change. And we are very concerned about you slipping and falling.

K Karina Blackheart 10:37
Yep.

E Elle Billing 10:38
And those stumps have jets. Why don't you want Jetson your tub? It'll feel so good.

K Karina Blackheart 10:43
I am a bath aficionado, okay, like, I take a bath every day, I I'd never take a shower unless I've been out working in the garden. And I know that I'm just like, covered, right? And I just want all the dirt and all of the everything off of me. But like, you know, I'm not looking forward to the day that I only have a shower.

E Elle Billing 11:01
Yeah.

K Karina Blackheart 11:01
But I also have to plan for that, or get a hydraulic lift to get me in and out of the bathtub or something.

E Elle Billing 11:09
And I know people who need lifts to be bathed. And that is okay, too. Because different bodies need different things.

K

Karina Blackheart 11:20

Absolutely. I worked as a nurse for many, many years, doing elder care and hospice care. So I'm also aware that there are things out there that help people get around, right? Yeah, you can't do it by yourself. And you know, this thing that you said about, like, so much of what I was saying about, like planning for older age, right, that you are already experiencing? And I think that one of the things that I'm trying to get across in my messaging, as The Crone Herself is that it's an attitude. And it's an energy, right? And so you don't have to be 58 or 72, or 104. Right? To to access this particular energy, right of like being really centered and grounded in who you are. Know that you're okay. Right? Not that we don't ever have more, I'm putting air quotes up more personal work to do. But I think that there's something in our culture where we are constantly picking at ourselves to change, right to evolve to grow. And that's certainly part of what I help people do in the crone herself. But I, I hope that I'm doing it in such a way that it doesn't feel like ripping scabs off of wounds, right, and just reopening things, because so much of our, in the subcultures that I operate in, there's a lot of folks who are just like, we drive ourselves crazy with self improvement. And I want us to be gentler. And I think that that's a big piece of what I'm doing in the crone herself is like, yeah, we have places that we can improve, we have things that we need to look at so that they can heal. But can we do it without self abusing? Can we do it without self harming? Can we do it without calling ourselves names? Can we approach ourselves with love, with compassion, with the kind of gentleness that we do other people when we see that they're struggling? And I think that that's one of the things that evolved for me over my over my 50s Is this softening of like, Oh, I'm okay. Am I perfect? What is that? it doesn't exist. You know, there's a phrase out there that people say, oh, you know, hurt people, hurt people, and healed people heal people. And I'm like point me to a person that's healed, point me to a person that is healed, healing people are healing people; we're never finished. And so knowing that there is no perfect Karina, however the culture defines perfect, or however my family of origin might define perfect, right? Or however, some of my subcultures that I belong to define perfect. I'm okay. You know, even if some days I wake up, and I don't feel great about myself, even if I'm being confronted, you know, like, I'm so relieved that we're not doing this on camera. I just don't like the camera.

E

Elle Billing 14:45

Yeah,

K

Karina Blackheart 14:46

I don't have to say I'm insecure or you know, any of the other diagnoses that's that people might come up with about why I don't want to be in front of a camera. I just don't like it. I'm not used to it. I'm 58, we didn't grow up with it, with our faces on camera. We grew up with snapshots. And so letting that be and letting myself be soft about that and be like, Yeah, you know, if I have to be on camera I can. When I say that, I'm a crone. I'm saying I feel okay about myself. I feel okay about all that I've been through, all that I've lived through, the relationships I've had that worked or didn't work. The decisions I've made. I'm okay. That's not something that we hear. A lot of people say, yeah, it's okay to be me as I am. Right now. When I talk about Big Crone Energy, right, That's what I'm talking about. Right? Is Yes, Big Crone Energy can be you know, outrageous and loud and like bright pink like my website. It can be Iris Apfel, right in

her you know, fashionista mode, right? But Big Crone Energy can be picking blueberries can be taking the dog for a walk can be like, You know what, it's two in the afternoon I need my nap. Big Crone Energy to me means centering yourself as an important person that you have to care for in your daily round, not last on the list. Not deprioritize to the level where you're not getting enough rest getting enough nutrition, hydrating, exercising, doing spiritual practice, right?

E Elle Billing 15:47

I love that Yeah. When I think of the, the old trope of like the village witch or the village sorceress or the village Crone. She was who she was, like, and she was always fine with whatever people said about her or didn't say about her, or she just did her thing, and took care of other people when they needed it. But she also, like was very, she had a cozy little house. You know where she did, she took care of herself too... like, cottage or her house, you know, this is very stereotypical, right,

K Karina Blackheart 17:12

like Strega Nona.

E Elle Billing 17:13

So and painting with a very broad brush. Yeah, it's an archetype. But like her home was well stocked, and cozy and full of warm, tasty food. And like, it's a place that you'd want to go. And it's because it's a place she wanted to be to, like, she created a home for herself, that, like, she liked to be in. She didn't take care of others at the expense of her own needs. She was taking care of herself and also taking care of the people around her.

K Karina Blackheart 17:42

Right. But she was also dangerous.

E Elle Billing 17:46

Yes. That's, that's a good point.

K Karina Blackheart 17:51

So there's, there's that that's all true. And it's also true that she was also a character of suspicion,

E Elle Billing 18:00

a force to be reckoned with,

K Karina Blackheart 18:02

because she was taking care of herself, because she was putting her needs first. Because she would have boundaries, you know, Hey, you kids get off my lawn.

E Elle Billing 18:14

don't eat my house,

K Karina Blackheart 18:16

Right, don't eat my house. So when we're talking about, you know, the cultures that that archetype comes from, right? A woman of age past childbearing years, without a man. If she had a cozy home, she owned it.

E Elle Billing 18:39

Yeah, mmhmm.

K Karina Blackheart 18:39

right. So there's like all of these economic and gendered, right? Places where she is outside the norm. And being outside the norm makes you dangerous, you are a threat to the status quo. And so this is why we have this sort of conflicting idea about older women. I was just writing this morning about a conversation that I had with a friend when I was just starting *The Crone Herself*. And she said, You're not a crone. And I just looked at her and she goes, I'm older than you. I'm not a crone. And I said, What's a Crone? And she said, you know, like a mean old lady who lives in the woods and doesn't have any teeth. And she's, you know, scary. And I was like, you know, you and I are both old women who live alone in the woods. You know, and she said, No, no, you have to be like, 80. And I thought, well, that's, you know, arbitrary. We're not middle aged. Right. Yeah. There's a fear of that word. Right, which of course, but me being who I am. That's why I want to use it. Right, right. Not because I want to scare people because I want to educate people. I want to look at like, why is that word scary? Why are old women scary? Why do we want to be like, I don't ever want to be like that. Meanwhile, when we're in our 30s, and 40s, we're like, I just want to be independent, I want to have my time to myself, right? I want to be able to wear what I want to wear. And say what I want to say. And it's like, that's what a crone is.

E Elle Billing 20:17

And when I think about what you were saying about just being okay with who you are, I think that is dangerous to the status quo. Because then we're not consumers anymore. If we are okay with who we are, then all of the marketing around us, which is all designed to tell us, to

point out something that's wrong with us, so then we can purchase the thing designed to fix it, if we're okay with who we are, we are not going to be good consumers anymore. And that is very dangerous to the status quo. If we don't give a shit, about, you know, our hair turning gray, or as I sit here with blue hair, but like, but if we don't give a shit about our hair turning gray or about this season's you know, Pantone's Color of the Year, or any of these things that are designed to keep us in that perpetual state of consumption.

K Karina Blackheart 21:11
Right,

E Elle Billing 21:12
that is frightening and threatening to the people who are running the machines that take our money.

K Karina Blackheart 21:22
So why do you think that when you retire, you only get, you know, a little bit of Social Security? Right, like these things are all connected.

E Elle Billing 21:34
Yeah.

K Karina Blackheart 21:34
Right, our assumptions about what old people need. And that, I mean, right now, the boomer generation is old, right? And so there's a lot of stuff still being marketed to them. And, you know, Iris Apfel in her, her cadre of other old ladies, right, the Fifth Avenue fashionistas

E Elle Billing 21:56
Martha Stewart is 80 and she was just on Sports. Illustrated. Yeah, yeah.

K Karina Blackheart 22:02
Yep. So there's, you know, they're still trying to market to boomers. But I think it's really, really marketing to older women who have so much disposable income, right, that you can walk out the door of your house wearing. Like, I don't know how these old women stand up with the 80, you know, necklaces that are all stones and beads and rocks.

E

Elle Billing 22:32

Do you think some of that, especially when I think about Martha Stewart on Sports Illustrated, do you think some of that is a fear of age, and of, like an A fear of aging and a fear of death? Because so much of it is like chasing or trying to retain or hold on to, like youthfulness or the appearance of youthfulness, or the energy and vitality of youthfulness.

K

Karina Blackheart 23:03

I think that when I read interviews of these women, because I'm very interested, right? Like, I don't want to get dressed up like that. I don't want to put all that makeup on. I don't want to try that hard.

E

Elle Billing 23:16

I don't even want to wear like,

K

Karina Blackheart 23:19

I don't have to try hard anymore. Nobody's looking at me. And maybe that's maybe that's the thing is I don't care that no one's looking at me. I'm relieved that no one's looking at me. Right? Yeah.

E

Elle Billing 23:32

That's one of the great things for me about being non binary is that like, if I want to I can be invisible?

K

Karina Blackheart 23:37

Yes.

E

Elle Billing 23:38

Like, though, I mean, at least the way that I present myself, like, that's not true for everybody who is non binary.

K

Karina Blackheart 23:44

My eldest is non binary, and are as femme appearing as I was when I was their age. And that's, that's how they want to present. Yeah, you know, they call themselves a femboy. Right. And that's their non binary presentation, you know, and they do want people looking at that they

want to be visible.

E Elle Billing 24:12

Like, I like getting dressed up, but I'm also very lazy, a little fluid, and I just would rather no one notice me when I'm out.

K Karina Blackheart 24:20

Yeah, I think that in my in my questionnaire, when you asked for gender pronouns, I said, I'm perfectly happy to be gendered as a crone.

E Elle Billing 24:30

Yeah, I asked for like self describing language, because, you know, I interview all kinds of people. And so I leave that kind of open ended.

K Karina Blackheart 24:36

I want to talk about crone as non binary.

E Elle Billing 24:40

Cool,

K Karina Blackheart 24:41

because in patriarchy,

E Elle Billing 24:43

yeah.

K Karina Blackheart 24:44

A woman has value until she's no longer childbearing.

E Elle Billing 24:48

Yes.

K

Karina Blackheart 24:49

And there's a deep fear with some women about aging and becoming invisible. And for some women, this is the challenge of becoming older, right? Is that the male gaze that we both some of us disdain it, and some of us feel like that's some kind of affirmation that we still look good, right? That we're still viable. And when the male gaze looks past you, because you're a certain age, it's a tremendous blow to some women in their late 40s, early 50s. For me, I was like, Oh, my God, they're not looking at me. Right. And, you know, I've never been an exceptionally beautiful woman. But when I walk in a room, and people don't stop, to look at me, like, I'm just a body in the space, that feels so liberating to me. Right? And that, the other piece about gender. And I'm just this is like, this is I'm not giving you research. There's no research on this that I'm aware of. So fight with me if you want. But you know, as a single identified as female at birth person at 58 years old, right? Who's had various sexual personas over my lifetime. And now I don't give a crap about any of it. I'm just me.

E

Elle Billing 26:32

Yeah.

K

Karina Blackheart 26:33

And that, again, is so threatening to the over culture. What do we do with this person? Who is no longer of childbearing age? lives on her own? Right? Kids are mostly grown. Yeah, my parents were way older than me. So they passed when I was in my early 40s. Right, so I'm not taking care of elder parents. All I have to do is take care of myself, and be a menace to the patriarchy. Right. So for me identifying as a Crone to all of those questions, all right. What's your gender? What's your sexual preference? Are you single, married? Divorce? You know, I'm like, I'm a Crone. Like, none of that matters to me.

E

Elle Billing 27:28

Yeah,

K

Karina Blackheart 27:28

I'm just doing what I do. If I feel like putting on flowy clothes that day, that's great. If I feel like being in a hoodie and a T shirt, cuz I'm feverish, that's fine. I don't dress for other people. I dress for comfort, right? And what makes me feel good about myself? Not for what expectations of others are. So to me, the word crone is about liberation. Yeah. You know,

E

Elle Billing 27:59

So since we're talking about being a menace, I guess, but it seems like a very provoking word. And you have you have a program called Provocations with the Crone Herself

K Karina Blackheart 28:09
I do.

E Elle Billing 28:11
I don't know if it's a menacing program, or Provocations, has a very strong energy to it. Can you tell me what Provocations is going to be like?

K Karina Blackheart 28:21
Sure. I'm a wordsmith, right. I love to play with words. I love to use them in surprising ways. Sometimes that works for me. Sometimes, not so much. Right? Like, we just talked about the word crone for how long,

E Elle Billing 28:35
Yeah, it was great.

K Karina Blackheart 28:37
So provoke can mean to incite an argument. Right, right. But it can also mean just to incite a response, right to elicit our response. And my language and my attitude and my mind, have a tendency to do that. For a long time, I tried to make myself more palatable, and use softer language and be less provocative. But it's my it's my nature to be like, like that.

E Elle Billing 29:08
I think a lot of us go through at least some point in our life, where we tried to be less of some quality to be more palatable, you know, be smaller, be more easier to take. And then we get to the point where we're like, This isn't me.

K Karina Blackheart 29:21
And again, this is why The Crone Herself, right, because I want to own all of my parts. And if that means that I have to unpack language for people, so that's okay. It's an interesting conversation, I think when we start looking at how language keeps us small, and how reclaiming language liberates us, empowers us. So calling myself a provocateur, right, is understanding that I present challenging concepts, right. I present a challenge to the culture and I'm challenging as a teacher, a priestess, a mentor. But I think it's also so important for people to hear my voice, right? Because you hear that language and you think, oh my God,

you're gonna come after me like a bulldog. And I'm not. I'm totally compassionate, loving, create beautiful containers for where people can be courageous and held. I don't think that what, when we're talking about personal change and development that we're ever talking about being safe. I don't know that I can promise people that the container is safe when we are literally pulling apart, pulling threads of your life. So provocation, right, these provocations sort of came out of I was looking at language like A Murder of Crows, right. A herd of buffalo.

E

Elle Billing 30:54

A parliament of owls, yeah, a journey of giraffes. I'm really into group names like that.

K

Karina Blackheart 31:00

Yeah. Yeah. So I was looking at like, when I was trying to name some of the programs and memberships in The Crone Herself. I mean, one is called The Conspiracy. It's a Conspiracy of Crones. Provocations is a five part series of workshops. Provocation hopes to incite you toward self love, self care, empowerment and a sense of like, I get to be my whole self. I get to be my whole self

E

Elle Billing 31:36

that sounds really great.

K

Karina Blackheart 31:37

So we start with Invoke, which is to call in, is to invite, right? In magic an invocation is a usually kind of formal way of calling upon spirits guides. So in that this is the first part of the series is Invoke. And we're invoking helpers to help us in this five part journey. So we're working with calling in the ancient goddesses like the ma--, you know, matriarchal, matrilineal goddesses that were considered to be the creatrexes right. This was our first understanding, this was humanity's first understanding of where we came from. So calling in ancient helpers, who I consider to also be our most ancient ancestors. If we ascribe to a belief that God is a mother, then we are all her descendants. And even if we don't ascribe to that belief, our most ancient ancestors did. So we're working and invoke with some of the ancient crone goddesses like Lilith, Baba Yaga, Hakka Tay, and we're working with our own ancestral lineage, asking them to come and guide us and guide us in this work. And those archetypes those crones that we just talked about the old woman who lives in the woods and her little hut, and it's so cute. That's Baba Yaga. That's Strega Nona. And Baba Yaga. We think of her maybe as a fairy tale, but she's a Slavic goddess. So how do the old mythologies of the old woman in the maiden mother crone story, as time goes by, and the church comes in, and people have to hide those beliefs, so they hide them in folktales and fairy tales, and here we are in 2023. We know their names still; some people don't know their names. That's okay. So calling upon these forces to get to know them to be like, What are your stories? How did you go from the great goddess to chakotay? You know, the Greeks were colonizers, so their ideas spread all over what we now know is Europe.

And how do those stories get translated retold in new places combined with more local iterations of these beings? And how do we reclaim these stories? Not because we want to be an old woman living in a cute hut in the woods. I happen to be that

E

Elle Billing 34:20

It works great for you.

K

Karina Blackheart 34:23

You saw a picture of my house, you'd be like, it is the old crone living in the woods. It's like cedar shingle low roof and

E

Elle Billing 34:32

I can see the little beams in your ceiling.

K

Karina Blackheart 34:34

Yeah, it's kind of overgrown, and it's a little untended because I'm old, right? Like I can't do what I'm doing in the world and have pristine gardens. So in Invocation, we're really just calling in saying, Come I want to know you and I need your help on this journey toward claiming my own Big Crone Energy or life force or authenticity or sovereignty, or whatever language, it is that you love best to describe that you trust yourself.

E

Elle Billing 35:08

And then the next four parts will be the process of going through that.

K

Karina Blackheart 35:13

The next part after Invoke is Evoke, which is to call up from within. Oh, great, right? So now you've called in these beings are archetypal, ancestral, and ancient crone goddesses. Just like when we get to know another person, we go, Oh, I know what that is. I do that. I have that I have that quality. Oh, I have that temper. I have that sense of humor. I like pizza. Yeah. And so Evoke is a way for us to identify what is in us that resonates with these beings, and to find how to bring that up into our persona into the decisions that we make. So we're drawing down, but we're also pulling up yet from within ourselves, these strengths and they're meeting in us, we are becoming something that we weren't.

E

Elle Billing 36:11

Yeah, yep.

K

Karina Blackheart 36:12

The next piece is Provoke, when we change, when we evolve, transform, heal. We don't do it in isolation. It impacts our family systems. It impacts people in our workplaces. I just had a student visiting this weekend, who said, I'm here for the weekend. And I told my job, I'm not available until Tuesday. And they said, Well, your plane comes in on Monday. And she said, I'm taking a day to recover from travel. Yeah, I will see you Tuesday morning. And this is unheard of in her workplace to be like, when the day is over, don't call me when it's the weekends, don't call me if I'm traveling, don't call me. There's a little pushback. But there's also some people younger than her that are like raising an eyebrow and going, Oh, that's a thing, I could do that too, that I can do. And so we buy our being become that crone, that challenge, that provocateur. It doesn't mean that unless this is your style, getting in people's faces, it just means that we're minding our own business, doing things the way that we know is right for us. It's subtle, it took this person a while to get to where she could say I'm not doing that for my job. So we become provocative, the next piece is Initiate, which is to own all of that. I am guarded, guided by these ancestral crones. I have called that forth from within myself. I have stepped toward my power by being a little provocative, a little challenging, and Initiate is a time to recognize that and to really empower it and own it. And then after that is Integrate. It's a thing that a lot of white cultures that offer initiatory processes-- there's like the initiation and then you're done. But to initiate is to begin, to do this without your teacher. And integration is a period that we need when we've made big changes, like how does that work for me? How does that feel? Did I go too far? Did I hurt myself? Did I hurt somebody else in this. And so I want there to be still, post-initiation, a container for people to check in not only with me, but with their cohort that they've been through this whole process with. So that's five weeks of like, how do we integrate and then beyond that for a year, a place on my website where people can be in contact with one another so that we're not just thrown out into the world. Newly hatched Crones. with no support,

E

Elle Billing 39:00

right. that support Integration and Support are so important. Earlier when you were talking about Crone-ness being like, I am okay with myself, it reminded me a lot of a graphic a friend of mine had just shared on social media recently, of like, you were saying a lot of white spiritual practices. Forget the integration part and you end up with a lot of spiritual bypassing and a lot of hierarchy in labeling of emotions, feelings and experiences. When really we need what we need is like that integration of our emotions, thoughts, feelings, and experiences where like if I wake up feeling like garbage, or if like negative emotions aren't worse than positive emotions and feelings like all of it, I am okay, as I am like all of them are valid and worthy and useful.

K

Karina Blackheart 39:51

Feelings are like whweather. well to me in the traditions that I'm from an initiation is about power, claiming power, this power of myself is mine.

E

Elle Billing 40:03

Yeah.

K Karina Blackheart 40:04

And we need spaces where we can talk to people, other people who are going through what we're going through as we claim power.

E Elle Billing 40:13

Yes.

K Karina Blackheart 40:14

And who are farther along the path than us and who are like, Ah, yes. I too remember when I overstepped my bounds, right. I, too remember when I spoke too passionately about something to the person who was just not ready to hear it.

E Elle Billing 40:28

Yeah.

K Karina Blackheart 40:29

So we want to be safe. We want to know that we are walking around with this new way of being in the world, and that we have support for that. And not to go so fast with it that we wind up hurting ourselves. None of this is about hurting ourselves. It may be about unraveling some things and patterns. Stereotypes, what I call the Good Girl Manual, you know, that were handed about like, that you just can't win. You can't please everyone, right? But we're taught that we're supposed to please everyone. And so dropping that is hard.

E Elle Billing 41:04

Yeah.

K Karina Blackheart 41:04

Hard. Right. We want to be good. The edge of that is that by being a good girl, we all also have the privilege of policing other women.

E Elle Billing 41:17

Yes. And we can we do great violence to other people

res. And we can we do great violence to other people.

K

Karina Blackheart 41:21

Exactly. And we don't understand that violence because we think that we're being helpful.

E

Elle Billing 41:27

Yep.

K

Karina Blackheart 41:28

Because we're trying to get them in line. Like, don't talk so loud. Don't laugh so loud, don't dress so loud, don't -- this is what white women say to black women. We have to outgrow that.

E

Elle Billing 41:38

We absolutely do we have to completely dismantle it.

K

Karina Blackheart 41:40

We have been indoctrinated to the level that we believe that that is helpful. When another white woman would tell me, don't take up so much space or don't be so confrontational or provocative. I would have to wrestle with that. Is that right? You know, someone a week ago said, you know, I hate that you're so insecure. And I had to, like, take four days, right? And be like, is that true? Am I still insecure? I think that I'm not; am I, is that true? Or is that somebody being like, I want to see you be like this.

E

Elle Billing 42:15

Yeah.

K

Karina Blackheart 42:16

Right. And having to wrestle with that. But white women have this contract with one another, that we're allowed to do that to each other.

E

Elle Billing 42:25

And it's a contract with white supremacy and patriarchy.

K Karina Blackheart 42:28
Correct.

E Elle Billing 42:29
We're gonna enforce it.

K Karina Blackheart 42:29
But we don't know that.

E Elle Billing 42:31
Well, we do. you and I do. Yeah. But like when we're doing it to other people, we don't necessarily realize it,

K Karina Blackheart 42:38
and that we're just trying to be good. We're just trying to be good girls, right, and help other people be good girls, so that we're not in trouble, right? So that we can keep our privilege because when you're a bad girl, your privileges are revoked. There are lots of economic and social punishments for women

E Elle Billing 42:56
privilege is a hell of a drug.

K Karina Blackheart 42:58
It is a hell of a drug. Especially when you don't know that you're ingesting it.

E Elle Billing 43:03
Yeah. So, When does Provocation start?

K Karina Blackheart 43:07
Provocation begins November 11.



E Elle Billing 43:10
Okay,

K Karina Blackheart 43:11
the registration is open right now.

E Elle Billing 43:14
Okay,

K Karina Blackheart 43:14
you can find it at thecroneherself.com/invoke

E Elle Billing 43:19
Okay,

K Karina Blackheart 43:20
Registration closes on November 8, payment plans are available, but please do contact me so I can figure out what will work best for you. For that, you can get Invoke by itself. You can buy it with Evoke. So you can get both of those together for a little bit of a discount. And you can buy the whole five part package for a bigger discount, you do have to take Invoke and Evoke. It's a prerequisite for the other three.

E Elle Billing 43:51
Great. Well, thank you so much for for talking with me today. I had a wonderful time with this conversation.

K Karina Blackheart 43:58
Me too.

E Elle Billing 43:59
You are a delight, and I hope you feel better soon.

K

Karina Blackheart 44:01

You know, I feel better today. I'm probably going to go take a nap now. That was --

E

Elle Billing 44:08

Yeah, two o'clock is my nap time as well. Thank you for joining us on this episode of Hoorf. To view the complete show notes and all the links mentioned in today's episode, or to get a full transcript of the episode. Visit hoorfpodcast.com, that's H O O R F podcast.com. Before you go, make sure you subscribe to the podcast so you can receive new episodes right when they're released. And if you're enjoying our podcast, I'd love to have you leave us a review in Apple podcasts. Reviews are one of the major ways that Apple ranks their podcasts. So even though it only takes you a few seconds, it really does make a difference for us. Become a patron for \$3 a month you can support the creation of this podcast, pay my editor, and join a community of fellow care givers out here just doing our best. Thank you again for joining me, Elle Billing, in this episode of Hoorf. Until next time, be excellent to each other. Hoorf is hosted by Elle Billing at [elleandwink](http://elleandwink.com); audio editing by Ricki Cummings at [rickiep00h](http://rickiep00h.com). music composed by Ricki Cummings Hoorf is a production of Elle & Wink Art Studio, all rights reserved. Hoorf Podcast can be found on social media channels at Hoorf podcast at H O O R F podcast

K

Karina Blackheart 45:53

don't eat my house