



Conscious Life presents

Techniques for Coming into the Present Moment

Guest: Heather Ivany

Disclaimer: The contents of this interview are for informational purposes only and are not intended to be a substitute for professional medical or psychological advice, diagnosis, or treatment. This interview does not provide medical or psychological advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition.

[00:00:07] Meagen Gibson

Welcome to this interview, I'm Meagen Gibson, your conference co-host. Today, I'm speaking with Heather Ivany, our renowned spiritual mentor and guide with over 20 years of experience leading innovative courses, private training, immersive retreats, and more.

With the gentle wisdom and compassion of one who understands the nuances of spiritual practice, she opens students to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Heather Ivany, thank you so much for being with us today.

Heather Ivany

Meagen, it's a pleasure. Thank you for having me on your portal here, your program.

Meagen Gibson

I always like to start... Because everybody comes from a different background, we have researchers and authors and things like that. When I ask people about trauma or anxiety, everyone has a different answer, not because there's a bunch of wrong answers or right answers, but because everybody comes to it from a different lens. I'd love to ask you, with your background, experience, and lens, what is anxiety to you?

Heather Ivany

I would say it's a removal from the present moment and a focus on a future projection.

Meagen Gibson

That resonates. I've heard it said in that exact way, so many different ways. I heard somebody say once that anxiety was praying for future problems you don't have yet. Things like that, lots of varieties on that. I like that.

What takes us out of the present and what can we do about it?

Heather Ivany

I think the present moment, as many of us are aware of, it's the place where the life force energy exists, but it's also the place where the mind constantly wants to convince us is never enough. The

mind is designed by its nature to be either reviewing the past to see if there's anything that we need to adjust or shift to make things more optimal, or perceiving into the future to prepare to make sure that we're safe and we're taken care of.

[00:02:06] Heather Ivany

The present moment by nature isn't where the mind is meant to spend its time. We're a society that is very mind-based. If we're in the head for most of our day, and the head is not designed to be in the present moment, then it starts to become a challenging situation for the nervous system and the other parts of the body.

We could have a whole conversation on the myriad of ways that the present moment is denied access to us, from political, to devices, to the constant having to have something taking our attention. How boredom is just no longer even a concept, even to kids nowadays. How often did you and I complain about being bored when we were kids? And now kids don't even have access to being bored, there's something there and available to them at all times.

Meagen Gibson

Absolutely. We thought we were bored and weren't bored, and they think they're bored and have no idea what it is.

Heather Ivany

Totally, and then how much creative energy comes from that? We all know that our best forts and scary basement hauntings came from boredom.

Meagen Gibson

Absolutely. And things like, I remember during COVID, one of my children had a hard time during quarantine with homeschooling and e-learning and would get so frustrated that he would go in the backyard and dig a pit and fill it with water, and play in the mud. I was so in awe of the instinct to go make a mud pie. I'd certainly never taught him, I'm going to make a mud pie. But he was, This is so angry and frustrating that the only rational thing to do is to go play in the mud. I was like, Dude, I get it, man... I'm learning.

Heather Ivany

And how much better that is than online learning. Save the online learning, I'd rather play in the mud than do an online learning, mom.

Meagen Gibson

100 %, the only rational decision at that moment, frankly. It's great. It's perfect. What you said is so interesting, and I want to make sure we don't gloss over it, about that we're either preparing or preventing and that our brains are designed for that.

I know one of the experts that I've interviewed in the past, Ron Siegel, I always... His little avatar pops up in my head all the time of him saying, "Our brains weren't designed to make us happy. They were designed to keep us alive, Meagen." That's echoing what I'm hearing you say right now, it's like we're either preparing or preventing. That's what our brains were designed to do to keep us alive, to further our species. If it feels like a battle, if it feels like it's counterintuitive, that's because our brain's primary objective is to keep us alive, not happy. Am I picking up what you're throwing down here?

[00:05:23] Heather Ivany

Absolutely, but then the other side of that is that the body is only designed to be in the present moment. Any time we allow ourselves access to be in the body, we're in the present moment. The senses of the body are always in the present moment. The breath is always in the present moment. The operating systems of the body are always in the present moment.

It's not that we don't have a way to lead us into presence. It's the simplicity... For the majority of us we revere the head more than the body. You can even see it in the way that we're paid in our vocations. Anyone who has a vocation that's more based on a thinking conceptual mind is usually paid a higher wage than someone who's working with a physical body. That alone starts to set up a hierarchy of one over the other.

Then you compound that with the way that we're taught when we're growing up, too. I mean, a lot of our childhood is based on sitting at a desk for a long period of time and not giving attention to the body. It's this constant layering effect of being more mind-head-focused than body-focused.

But there are great rewards in knowing that the body is designed to be present, but it's taking the transition from being in the head into the body. That for a lot of people is the tricky part. That's where sometimes the difference is between being in an anxious state or a non-anxious state.

Meagen Gibson

You bring up such a great point, the body is designed only to be in the present. For those of us who are detached from our bodies and live in our heads, how do we even begin that process? Especially if we're prone to anxiety, and the moment we begin to notice we have a body, it can be activating, we're like, Oh, gosh, there's a whole system happening in there that I wasn't even paying attention to, and now I'm overwhelmed. How do we anchor into what our body wants us to be, in the present safely?

Heather Ivany

And to play with it. I think one of the ways that we can start is by curating a little bit of compassion about why we disconnect. I think sometimes we can get so fixated on having a problem because we can't figure out how to be in the body, rather than flipping that around and recognizing that, Listen, the reason why many of us disassociate from the body is that there's a time and a place where it's not safe.

And this is a very refined system or pattern that we've created in order to keep this finite body comfortable, healthy, and happy. Then we've reached a point where it's no longer serving, so we're wanting to change the direction of the course of the trajectory of the pattern.

Giving a moment to sit in the space of how love-filled it is, that we have created a system that keeps us safe by being out of the body. A lot of us eject for a variety of reasons.

My background is more spiritually based, and I work as a spiritual mentor. A lot of people, when I'm working with them, the reason why they're disconnected from the body is because there's a lot of agency in what I call clairsentience, so the ability to feel and sense sensation in the body and emotion. On a physical level, we call this the sensation of touch. On an emotional level, we would call these our empathes, people who can feel a lot in their environment.

[00:08:59] Heather Ivany

When we are growing up and we're not in a situation where our caregivers are offering us support as to how to manage that, the way that we stay safe is to get out of the body because whatever it is that we're sensing and feeling is so intense that we don't have a way to work with it. So how we work with it, is we leave it. That's a great system, it serves us very well, and it allows us to be socially engaged with people, allows us to learn and to develop, and be able to function in the world.

But then we get to a point where maybe we want more meaning in life. We want more purpose and to be connected to our essence. We get called back to being in the body so that we can feel the relational field between ourselves and the source energy field, however, you want to describe that around you.

Then you're going to have the experts that are going to be able to speak more clearly about how we also eject when there's trauma that takes place, we can't deal with whatever it is that's taking place. So how we deal is we get out of the place of pain and we go into a place that doesn't feel painful.

Those are a couple of the reasons why we can end up in a situation where we can start to recognize in our later years that, Yeah, I'm not aware of how to be in my body and how to get into that place.

For the beginner starting off, it's the beautiful process of small increments, playing with it in slower intervals or shorter intervals, and then slowly titrating the ability to hold that state or that space for a little bit longer. For some, it might be allowing the senses to be a part of the experience that we're having.

If we're in a situation where we're aware that we're in the head and we're playing the pros and cons list, or in the hamster wheel of trying to make a decision, and we want to break from it. How we can start to come in is to close the eyes, because that will take out the sense of sight, and anytime you take out the sense of sight, you're going to heighten other senses.

Then the ears are going to start to become more aware of hearing the sounds that are around us, and that's as simple as it can be. What's the furthest sound that you can hear away from you? What's the closest sound that you can hear? Can you get intimate and hear the sound of your breath, your heartbeat, and start to play with it there? Just allow yourself to come into a sense.

Others, it's going to be breath. We know the ways to work with the breath to bring us into the present moment. Some might be noticing where we feel the anxiousness starting to settle in within the body itself. Do I feel that in the gut? Do I feel that in the heart contracting? Do I feel that in the throat getting dry? Do I feel it in the eyes becoming a very narrow focus? Where does it start to initiate? And you start to play with where it starts and where it radiates, too. Very simple ways of titrating the system to come back into the body.

But then the moment that it starts to feel uncomfortable, perhaps we see if we can prolong it for another 10 seconds, and then we can go back into what feels comfortable.

[00:12:12] Meagen Gibson

I love that invitation, too, because I know for so many people, including myself, in working with my anxiety when I was first starting, anything to do with the breath, quieting my body, and trying to quiet my mind could be further activating. So invitation for the ears. I never go to my ears first, but I know exactly what I'm doing next time. I'm going ears first.

Because how many times, and maybe this is a problem that only middle-aged and older people experience, but how many times are you sitting scrolling your phone, or you're almost about to sleep and you become conscious of the sound of your breath? It's something that happens all the time. We're always breathing, but we never actually hear our breath very often. And that intimacy that you spoke of was so beautiful of like, how many sounds are you hearing? And then as that intimacy grows and you get more and more quiet, you can actually hear the systems of your own body.

Heather Ivany

I agree with you, sometimes taking out less is more challenging than being in the space of more. You can play it in the opposite if you play with it with the vision. When we start to get into a contracted state, the eyes are always going to go narrow and project out a little bit, and the focus is going to become very shallow. If you can take the eyes at that moment and cue them to go, the peripheral vision goes wide and soft, we call this Buddha's eyes. Then you take the eyes themselves and you encourage them to go deeper into their own socket. This is a sense for the nervous system to go into a more relaxed state.

Then to bring the senses into it, a way that you can play with it is, how can I take in more of what I'm seeing in this moment? You might notice a far horizon line, you might notice the way the sun is catching on the leaves, you might notice the patterns of the dress of the person in front of you, you might start to notice, Oh, I didn't even know that there's artwork in this room.

What can I see if I can take in as much detail? Almost like you're trying to do a Where's Waldo, you're trying to find something amongst all the chaos that's taking place. How much detail can you take in, animate, and vivify it as much as possible.

Meagen Gibson

I love that. I'm thinking of all the scenarios in which you could do it.

Heather Ivany

You're creating more sensation in a sense, but it's directed in a present manner, not a futuristic projection. You're still playing with the part of the mind that needs a lot of stimulus, but you're directing it into the present moment rather than the future.

Meagen Gibson

I can see how this would be so translatable to, that's not a word but I just made it one, to kids, too. I can imagine teaching kids mindfulness practices and breathwork in the midst of being overwhelmed and overstimulated is not the right time. But I can say, Hey, look at this landscape, do you see a color that doesn't seem like it belongs? They're like, Oh, there's something yellow in this big field of green. I wonder what... It's both, distract and focus.

[00:15:26] Meagen Gibson

It's if I'm overwhelmed, channeling and using the overwhelm to get centered, to get back in that agency that you mentioned earlier of like, Oh, okay, I'm overwhelmed, but now I have a direction for it. I have a little bit more control over it. I feel like there are things that I'm focused on. I'd never heard of Buddha eyes before, I love that.

Heather Ivany

You have wide soft eyes. When you think of when we're on high alert, the chin comes forward, the eyes pop out, it's like a mama duck leading the little ducklings down on the trail, she's hunting to see if there's any dangers that are taking place. Then the moment we go in to rest, the chin comes back, the spine is now, the head's aligned over the spine, and the eyes go wide and soft. The whole nervous system responds like, Oh, okay, it's not as intense as it just was.

It's a great technique, even like something different, even in a yoga practice, when you're doing a hard balancing pose, and the balance is getting intense. Widen the eyes, don't move the body, but take the eyes wide and soft and watch how the breath will start to change by doing that.

Meagen Gibson

That's so interesting. I've been in rehabilitation for a leg injury and when you said, "Close your eyes," my mind immediately went to the practice that they're always having me do at therapy, which is standing on one leg. When I got good at that after my injury, they were like, "Now close your eyes." I was, Here we are, very humbling. They were like, "Oh, you think you're healed do you? Now close your eyes."

The reason I share that is that there's always an invitation or a way to engage further, to deepen as you're comfortable, as you feel safe in those ways.

I know that you mentioned the spiritual component of things. One of the things that have always been on the top of my mind, and that I hear from people all the time regarding anxiety, is that people have a really hard time differentiating, at first before they begin their healing practice, between anxiety and intuition.

When you bring in the spiritual consideration and component of that, it's almost like three things. Okay, now, what's my anxiety? What's my intuition? And then what's my higher guiding purpose or voice, or whatever that construct is for you personally. How do you talk to people about that?

Heather Ivany

Let me ask you first, what are the overriding lines that you sense between anxiety and intuition? I'd love to hear that first before I respond.

Meagen Gibson

Thank you for asking. For me, what I've learned is that anxiety yells and intuition whispers to me. It's more of a volume. Anxiety is urgency and intuition is patience.

Heather Ivany

I love it. I haven't played with him in this way before, so let me... just know that I'm with you in the present moment, and my answer might be different tomorrow.

[00:18:45] Meagen Gibson

I love that. I once had a Zen teacher who told me, "Everything is true in the moment I say it." I always quote that.

Heather Ivany

It's great. One of the ways that I love to play with this is intuition loves to take us into the path of our becoming. It's not harm-inducing, it's not fear-led, it's not worry-based. Those are the ways that I know that I'm in the heart, in the space, of my intuition.

Then anxiety for me would be the opposite, it would be more hard-edged. It would be more decision-making based on fear, worrying about what may or may not happen. Intuition has a bit of a come what may energy. Let's play with this come what may. We don't know what's going to happen, but come what may. There's less franticness connected to it. Then go back to what the original question was.

Meagen Gibson

It was around that third component of spirituality, spiritual practice, and higher guiding guides. I don't like to project any spiritual beliefs onto this question, but lots of people have, either they have religion, or they have beliefs, or they have guiding principles. It could be nature, it could be a lot of things that they believe are outside of their intuition. It's separate from their intuition but may inform their intuition.

Because I know that you can have that as part of your practice, I wanted to ask about how... When anxiety can make all of that swim around, how do we separate those voices or those noises?

Heather Ivany

Are you open if I take a little bit of background to answer? To give a little bit of a layout of where I want to go with this because this is a great question that you're asking.

How I play with it is, that intuition for me is the broad term that we use for any way that we can sense something outside of the physical realm. When we keep it in this very broad terminology, it's hard for us to connect to it.

What I do a lot when I work with people is I take intuition, that's the umbrella, and it is the overarching phrase to support our clairabilities. Now, if clairabilities is brand new for anyone, I'm going to share a little bit on that in a moment.

Our physical body has the five senses, we have our taste, our touch, our smell, our feeling, and our hearing. When we take our physical body, when we're dense in our physical form, our senses are going to be very, very heightened. This is where if you want to land in your body, you're going to come in to your senses.

Walking in nature, as I was sharing, what's the furthest thing that you can see? What's the closest thing that you can see? What's the furthest thing that you can hear? Closest thing that you can hear? How does the Earth feel beneath the feet? If it's wintertime, listen to the sound of the crunch of the snow underneath your feet. You start to get into your senses in a very physical way.

[00:22:06] Heather Ivany

It doesn't always have to be these euphoric experiences of being in nature, you can get in your senses standing at the school drop-off and start to play with it that way. It doesn't have to be these pristine moments where we get to play with them.

Then where they start to move into what we call clairabilities is that they start to become lighter in their form, and they become the communication rod between our physical form and our non-physical form.

When we start to take the sensation of sight, as we were talking about. If I'm in a situation where I'm looking at as much detail as I can in a moment, and trying to take in as much color, as much detail.

How I can start to take this, how someone will take this into an external clairvoyant, would be the person that's sitting in a situation, listening maybe to the boardroom conversation about a projection for a proposal for something to do with the business. And they're able to see the future of, if we run with this and we roll with this, what is this going to look like a year from now, two years from now? Is it going to work, or is it not going to work? That to me is the ability for someone to work with their external clairvoyant.

The internal clairvoyant is the one that we feel and sense when our eyes are closed. There's no physical vision present, but we have maybe a very active dream space. Or when we choose to be quiet we might see color behind the eyes in a wave-like form. Sometimes we'll get a picture of something that is a message for us, and sometimes, honestly, it's off-gassing of the mind.

We oftentimes think that everything that we see is significant and of importance, and we need to hold it and retain it. And sometimes when we're asking the mind to be quiet, how the mind responds is it off-gasses the things we don't need, some of that is in picture form. Memory might perk up and you're like, Oh, my God, why am I thinking of Uncle Charlie when I'm trying to focus on my breath? That's the mind off-gassing what it no longer needs.

Our clairaudio is very similar, we have the sense of sound that you're hearing and you're receiving. And then we have the internal clairaudio, which oftentimes sounds exactly like our thought voice. This is why we miss it because we think it should sound like some completely different accent sound in our voice in order to hear a message or an intuitive hit.

Meagen Gibson

To be very low and serious.

Heather Ivany

Exactly, the voice of God is coming in to speak to you. It's your thought voice. How I differentiate between the two is that my clairaudio is more non-negotiable, it's more authoritative, it's direct, and it's usually a statement.

Whereas my thought voice is more wondering, I'm having considerations about this or that, or it's softer in a sense.

[00:25:07] Heather Ivany

I work with four main clair, so that's two of them. Claircognizance is what we oftentimes will call our intuitive hit, where you just know something. You're in a situation, you're like, I just know that I need to do this, and it defies logical reason and practicality sometimes. That's our inner knowing, what we oftentimes call our intuition.

Now, your claircognizance, your inner knowing, oftentimes when we start to pay attention to it, it comes in faster than thought. It'll come in initially, someone will say, "Hey, do you want to take off and go camping this weekend?" And you'll get initial like, Yeah, that's great, I want to do that. And then afterward, the mind will come in and be like, Well, I don't know if we can swing it, we got this, we got that we got to do.

If we want to be more attentive to our claircognizance, we're trying to catch the moment that it comes in before the thought overrides it, hijacks it, and takes you wherever it wants to take you.

Then the fourth one we have is our clairsentient. This can be internal and external as well. The external clairsentient is my friends who feel everything, every single person, they can feel their emotions, they can feel if they're in a high vibration or low vibration, they can feel the animals and the things that are happening in the world, all the things.

This is the external clairsentient, which comes through sensation in the body, tingling, swirling, and heat. Sometimes it's like a pulse in the hands, almost feels like healing hands. Sometimes it's the way they all describe it, a gut feeling. They can't even move their legs forward, or they can't stop their feet from moving, there's a lot of visceral sensations that they might feel.

But then it's also feeling, you can feel if someone's sad, you can feel if someone's anxious.

This also plays out in the internal when we're relating to the field. If you're in meditation, and let's say you're trying to feel connected to consciousness, oftentimes it will come through a visceral sensation in the body where we're connecting with ourselves.

Where I want to go with this is 1, oftentimes we will define ourselves as being able to connect to something greater than ourselves, or not being able to connect to something greater than ourselves because we have such a very narrow focus on what it can look like.

We stereotype clairvoyant as being the supreme superpower of spirituality. And if we're not clairvoyant, then therefore we don't have access to it. Or we're not aware of the hidden gems in ways in which our intuition is always working through us, but we're not aware of it because we live with ourselves all the time.

We assume that that's how everyone else feels and senses and picks up on things as well. But in fact, it's very signature to your way of connecting and communicating. Everyone has senses, the five senses, therefore everyone has clairabilities.

Everyone has multi-clairs because you have multi-senses. We're not one particular clair, we're usually a myriad of many clairs. There might be one that's more predominant. But when we start to allow ourselves to receive information from the field, nature, source consciousness, God, whatever

language someone wants to put in there. The telecommunication between the two is through the clairs, that's the easiest way that I can support someone in being able to be more connected to it.

[00:28:48] Heather Ivany

The connection comes through the present moment. Any time that we're in connection with source consciousness, something bigger than ourselves, we're present. We don't even have to make ourselves present. We naturally land in presence when we're in connection with the field.

This is a lovely way to offer another layer of how we can be more present, to have an innate curiosity to be in connection with the matrix that's around us, that we can't see it always, but we can feel it and sense it in some way, shape or form.

Meagen Gibson

I love that explanation because I'm sure that there are people at home listening to this who are thinking the same thing I am, which is I had a sense of these things but didn't have the words for them before, and didn't think of myself as somebody as having been in touch with these types of senses.

But now that I'm thinking about it and remembering things, it's like there are certainly some that are much stronger for me than others. But now that I have the language, that's how I would certainly describe moments of my life.

There's plenty of evidence of specific times where there was no reason why I should have been as clear about what I was clear about. We left Los Angeles in 2012 after my youngest was born, and my husband kept saying, "Are you sure?" Because it was very uncharacteristic for me to be, especially postpartum, so clear about something. He was like, "I think it might be hormones." And so he asked me every single day for six straight weeks, and every day I was like, "No, I'm very clear about this." There was no...

I'm sure people have dozens of examples in their own lives of when they were clear about something, when all evidence in their lives previously they hadn't been clear about it before, and they were just Oh, this is very clear.

And that's what I was speaking to when you asked me earlier, what does it look like? I said, a whisper. That's what I mean by that, is that non-negotiable statement that's unquestionable. You get it and you're like, Well, that settled. I'm not sure how else to explain it than what you already did.

Heather Ivany

You can play with it when it comes in like that, in that non-negotiable way, it doesn't mean that you instantly have to respond and act to it. This is the lag time between you receiving the clarity of moving, and the actual move taking place. I think sometimes that's where people get tripped up. They're like, If I don't respond immediately, it's somehow going to move away from me or fall away from me, and I won't be able to catch it again, or feel it again. It's simply acknowledging it.

This is the way that I play with it, I'll get a download, a hit, or something come in. The first thing I'll do is acknowledge it, Oh, awesome, thank you. And in the moment of acknowledging it, the ripple

effect, not the intention but the ripple effect is that in that moment, become more present by nature by pausing and acknowledging it.

[00:31:58] Heather Ivany

Then I might make a mental note of it, and I still might go away and do the pros and cons, and all the things that we like to do in our human nature. But let yourself circle back by the time you've done all that and see if you arrive at the very first instinctual download or hit that you got after a few days, months, or hours of playing with it.

Then the other thing that's important to keep in mind when we want to be in this game a little bit more fully is that just because it's a clear message doesn't mean it's a perfect outcome. There's going to inevitably oftentimes be hiccups and things that happen along the way. And for some reason, we instantly assume, Oh, I made the wrong choice, I shouldn't have listened to the thing that came through.

When in fact, it's life is still going to do life, you're still going to have it happening. It's in its nature of doing life, and you're staying in the trajectory of whatever breadcrumbs it is that you're following. But because there's a risk involved whenever we choose to align with what our intuition is sharing with us, we want the guarantee that if we're going to take the risk, it's going to work out.

That's where oftentimes I find it's not that people aren't aware that they're intuitively connected. It's that there's a lot of fear, evidence, data telling them that it might not work out, and so they don't take the risk.

And if we have... I'll take it a little step further, I know I'm getting a little off-piste, but oftentimes the risk will have some financial component to it. There's a financial risk if you're going to up and move to someplace different. And when we have a challenging relationship with money, we're oftentimes saying no to the downloads because we're not willing to take the risk financially, or on our heart.

When in fact, if we knew that that wasn't involved, we'd probably say yes. So be kind to yourself when you're trying to develop and curate your relationship with intuition. There's a lot that we need to play with and move through in order to feel more authentic with it.

Meagen Gibson

Absolutely, and that's rang true for me as well. Intuition is hard to accept and get in touch with because we project onto it that the following intuition and understanding it means that we will not encounter discomfort, difficulty, or challenge in accepting it.

I can tell you from first-hand experience that that is not true. However, what does happen, or at least happened for me, was that listening to my intuition, I encountered great difficulty and great discomfort, but I had zero regrets. There was no could have, would have, should have questioning. It was, this is the right move. I still believe it's the right move, I still have no regrets. But it was difficult and challenging, and hard, and uncomfortable.

[00:35:11] Meagen Gibson

But again, another intuition aspect that you've already talked about was, But I have it, I can do this, I'm capable of it, I will rise to the occasion. And that doesn't mean that that's some incredible self-belief that I have. Also not true.

Heather Ivany

Great point.

Meagen Gibson

That's the difference to me between our self, our anxiety, and our intuition. My anxiety and myself are like, I don't know, I don't know, constantly in doubt. My intuition is like, We got this, it's going to get handled, and we will do the next right thing. Yeah, it's really interesting.

Heather Ivany

Yeah, it's like an undercurrent. Whatever you're going through, whatever chaos is happening as a result of the choice, even as you're moving through it, there's some sense, sensation of an undercurrent, of it being held, a support of some sort. Yeah, even though the surface can look very churning, it can be very tumultuous, and have a lot of pieces moving, but there is that undercurrent, and that's the place where I like to settle and hang out for sure.

Because anxiety gets to be anxiety, it gets to be here. Fear gets to be here, of course, you get to be here, you're a part of me, you can't not be here. But are you driving the car, or are you playing with your Legos in the back seat? That's the part that we're trying to negotiate with.

Meagen Gibson

Are there other ways that we haven't covered yet that anxiety can be this asset, an ally in our lives?

Heather Ivany

I think that that's where we get to in our own personal journey. Is for me, my younger version of myself was trying to pick the best choice, and the older version of myself that I'm playing with now is like, What if every choice is valid?

As soon as I start to put everything that's a contrast to itself, I start to allow them to both exist, they start to share excellent wisdom teachings with me. For me, the anxiety is a beautiful barometer for pausing and checking in with, What am I doing right now that's starting to send me into this spin that's taking place? Am I being unrealistic with how much energy I have to be able to manage with what's taking place right now? And do I need to somehow be a little bit more delegating with where I'm placing my energy?

As a woman, there are certain times of the month when I have more energy and sometimes in a month when I don't. There are certain times of the month when I'm going to make a meal for my kids, and there are other times of the month when they're totally on their own, fend for yourself.

Being able to use the feelings of the anxiousness that are starting to percolate inside of me as a bit of a proactive measure to start to notice, Okay, if I continue doing what I'm doing, then I know where this ends up. I've been there before, I've played with it before, I've danced with it. I can go there and see what else wants to be dug up and shared with me.

[00:38:20] Heather Ivany

I can also allow myself to take a moment and see if there's something that I can let go, release, pause, delay, and create a deeper relationship with so that this doesn't get its grip on me the way that it has in the past.

That's where I like to use it as an ally, the same way that... Because as a yoga teacher jealousy used to be an emotion that was challenging for me. I didn't think that it was a good fit to be a yoga teacher and to have high levels of jealousy taking place within me. But then where I started to create a relationship with it, was using the sensation of jealousy for me to be able to pause and look at what's creating that within me, and see if I'm separating myself from it.

The moment that I see something taking place and I'm envious or jealous of it, oftentimes it's because I've placed myself in the assumption that they get to have that and I don't. Therefore they're somehow different, separate, doing life in a different way that's making more sense than what I'm doing right now. And if I can catch it and be like, Okay, jealousy is here, what does it want to show me? And then I can be like, Ooh, they have this thing, oh, I want that.

And how can I start to make steps in the direction to be able to move closer towards it? Or I don't want that, and then the jealousy naturally falls away because it's something that was maybe projected on me by something that I saw, read, watched, witnessed, or heard, and then I thought I wanted it, but I don't. It's the same with it... So now, jealousy is my ally to be able to show me something that I am potentially denying myself, and do I want to move in the direction of it?

Anxiety for me is a great barometer for sharing with it how I put too much on my plate. Am I assuming that I can manage more than I possibly can? And do I need to pull that back a bit?

I have a daughter that has colitis, and I'm sure as you know, a lot of irritable bowel disease is created by the anxiousness that we experience. She has to be honest, she's 18, and she has to be honest with how much her peers can work in a week and be able to manage their classes, and what her barometer is that she can manage.

She's good with 5 hours tops, while a lot of her peers are working 10 to 20 hours a week. Her acknowledging that and being like, Okay, I have to acknowledge that I don't have the energy reserves that they do, and I have to adjust.

Same when she moves into university next year, she might take 3 classes rather than 5, but being proactive in trying to manage how she can get overwhelmed, and spin out of control, by being very direct with herself and having those honest conversations. And then reminding ourselves that everything that's showing up is in its nature of its innocence.

The anxiety is just being anxiety. It's our relationship to the anxiety, same with our trauma, that becomes the challenge. But if we allow anxiety to be anxiety, and then we respond to it in a way that's supportive, it can help a little bit.

Meagen Gibson

Absolutely. You've given us a few tips along the way. Before I let you go, I would love it if you had one more exercise for people who are at home, they're starting out, they're starting to look at their

anxieties as an ally, and understand their intuition and clairabilities. What's one more that you haven't mentioned to us yet?

[00:42:08] Heather Ivany

I would say feeding on what I shared, that our thoughts are just our thoughts, they're not truths. Same with our belief systems, our belief systems are our belief systems, but they're not always our truth, they can sometimes be other people's truth.

One of the things that I love to play with, especially as I get older because I'm very sensitive to moving into the 'it's my way or the highway' energy, that can happen as we get older, being stuck in our ways, is to ask, "Is that true?" For example, someone's listening and they're like, I don't have clairabilities. Is that true? Have you explored that? It's a little bit of Byron Katie's work, loving what is.

That's something that I think is fun to start to play with, is the moment that we can allow our thoughts to be in the innocence of, the mind produces thoughts, it's what it does, it's what it's designed to do. Let the thoughts be in their essence of their innocence by asking, "Is that true?" Rather than instantly believing the thought as being actual and trying to respond accordingly to it.

Meagen Gibson

I love that advice. And anybody curious, if you Google Byron Katie, Do The Work, I think it is, The Work, maybe. You'll get the four questions, is this objectively true? And it takes you through a very, very quick list that once you learn it, you can do it very, very quickly. You're right, it's such a great tool.

Heather, how can people find out more about you and your work?

Heather Ivany

The easiest way to locate me is through my website, it's my name, heatherivany.com. And there you'll find everything from all the free stuff, podcasts, and little journeys that I take you on, which are all free to get a little bit more of my essence. Then you can work one-on-one with me. You can come to a retreat. You can take some program offerings. Yeah, lots of things there to play with.

Meagen Gibson

Fantastic. I know you travel a little bit, too, so I'm assuming that those announcements are on the site where people can see you no matter where they are.

Heather Ivany

Yeah, absolutely.

Meagen Gibson

Heather, thank you so much again for being with us today.

Heather Ivany

Thanks for having me, Meagen. Appreciate you being open to having me as your guest.