

**INTRO:** This is the elegant warrior podcast. It's the podcast about elegance in all of its forms. We're talking about our definitions of elegance and how we maintain it in times of trial. We're also talking about how we can advocate for ourselves with elegance and in a way that makes us most likely to win.

I'm your host, Heather Hansen, author, speaker, consultant, trainer and self advocacy expert. Let's talk elegance.

**HEATHER HANSEN:** Welcome back elegant warriors. I love when I have friends on the podcast, it's like I get the opportunity to chat with my friends and you guys get to listen in and that is what we are doing today. Today's guest is Heidi Hazen and I love her initials. That is what I was drawn to when I was first drawn to Heidi. She is a certified master hypnotist, she's a trained Human Design guide and she is a Reiki practitioner. She's known for her transformative one on one hypnotherapy program called The Journey and she has a new iteration which is called the Alignment School with Heidi Hazen where she combines hypnosis, an energetic agency education with her library of self guided audios. I have been fortunate enough to be exposed to all of the above and I am so excited to introduce you guys to Heidi. Heidi, welcome to the podcast.

**HEIDI HAZEN:** Oh my gosh, I'm so happy to be here.

**HEATHER HANSEN:** Oh my gosh, I'm so happy to have you. So as I told you, before we get started, I want to make sure that we're talking to the people who have never heard of any of this. So why don't we start with some definitions, tell us what is Reiki and what is Human Design?

**HEIDI HAZEN:** Reiki is, it's just the highest form of energetic healing. So it's, we're all conduits of this if we put our intention behind it. And I'm recently trained so I don't have all of the jargon, but it's something that we create ourselves to be a pathway for just really the most powerful energy to come through us. So we can heal, we can heal over distance, we can heal in person, but really it's you just are allowing yourself to be a conduit for healing energy.

Human design is the study of your energetic body. So it's the science or the study of your energetic body. It combines the teaching, the Kabalistic Tree of Life. It's Quantum. It's astrology. It's this container that was created and it's all of these things together that spits out a picture of your energetic body. So we all, we're just unique. I mean it's like we're snowflakes. So when you understand how your energetic body works, you know how you are meant to exchange energy in the world and it changes your relationships, it changes what you're here to do. It's just a picture of that operating system.

So we have a physical body. We have a soul. We have something that is part of us. Well, your soul doesn't live in your liver. The soul lives within your energetic body. So that's where um having an understanding of, you know, we're so prone to conditioning because we're all humans and we're walking around on planet Earth and being influenced by other people, especially our family. I look a lot like my mom and so she raised me a certain way and I am radically different

than her in our energetic makeup. So when we understand that, gosh, everybody, their vehicle is this two legged body and I have a two legged body. But if that's their vehicle, we don't see what's under the hood of, you know, everybody is operating with their own thing, but we don't have access to see well how are they meant to do it? And are they a hybrid? Are they a vintage Volvo and they need to do it a certain way? When we start to understand our operating system, energetically speaking, we can hold space for ourselves to do it the way that it's we're meant to do it instead of copying people even in our industry or in our family or whatever it is. And then suddenly we can sort of hold space for ourselves to do it our way. And that just brings so much wisdom into how to do life.

**HEATHER HANSEN:** Yeah, I mean I found you initially because I was looking for someone, I had heard about Human Design, I had some sort of I go down these rabbit holes and I had gone down a rabbit hole of Human Design and in order to really dig into that, you need someone who has the experience and training that you have. In order to teach you, you know, what is your Human Design and what does that mean for you? And that is how I first found you and you did a Human Design reading for me, which was amazing and impactful and something that I go back to and refer to often. But I also found when I found you that you were doing hypnosis and I. listeners long time listeners know that I lost a lot of weight when I was younger in part with the help of hypnosis. So I believe very strongly in hypnosis. I know there are studies that show that it works to help with things like weight loss, addiction, smoking. Um but your hypnosis is a little bit different. So tell us a little bit about the type of hypnosis you do and how you got into it in the first place.

**HEIDI HAZEN:** Well, so spring boarding off of the Human Design, I knew that I wanted to be helping people. I always just have had this like how can I help? What's the, what's the most amazing way that I can help? So I was trained to read Human Design and I was reading Human Design for a couple of years and I knew it wasn't enough. And I just kept myself open to, and I just sort of kept asking sort of the unseen, like show me what's next. I know that there's something else. And I actually knew that I wanted to be working with the subconscious. Um and I stumbled upon, like I asked the question, I stumbled upon a video of a woman hanging a pendulum and it's swinging back and forth and she said this is not hypnosis. And then I was intrigued and I ended up training with this woman maybe 10 days later, I got into her very high end program to learn how to do Five Path, which is five phase advanced transformational hypnosis. Um so I trained in that modality and in the middle of training that I was like I had like a stand up out of my seat moment where I was like this is what this is, why aren't you leading with this?

Because hypnosis has packaged exactly how you talked about it, It's packaged as quit smoking, lose weight, you know, stop with the addiction and whatever and what it is, is it's it's a profound way to access and heal your story. So I had read the books on healing the inner child. I had done tons of work on shadow, I had done, you know, I had been in therapy for years and had really profound therapist that I was working with. And then I then I did this training program and then I went through Five Path myself and I ended up going through it three full times and what I found was everything that I had done was working on the tip of the iceberg. And everything that

manifests in the tip of the iceberg exists because of what is beneath the surface. So the tip of the iceberg is so small in comparison to what is beneath the surface. So as soon as I started doing Five Path as a client, I realized, oh my gosh, like everything I worked on, it's still here. I may have chopped off some of the limbs of this massive oak tree, but the seed is still planted and the trunk is still here and it's still splintering off and it's manifesting in different ways in my life.

So I trained in this modality and immediately started practicing and knew that it was, like this is the thing because I knew I wasn't gonna go back to school and become a therapist. It wasn't enough. It wasn't enough. And I'm not pooh-poohing therapist. I think they are incredibly helpful. I think that we need them in in so many ways, dealing with crisis, going through things in the now. Um, but if we're trying to take, if we're trying to take ownership of our life and our future and what we are manifesting, we have to go back, we have to go back into our story and untether ourselves from the stories that gave us our programs in the first place. And those were all instilled in us in our formative years, 0 to 8. So we're operating with these young people at the wheel.

**HEATHER HANSEN:** Yeah, which is scary stuff. And there's a couple of things that you said there that I want to just underscore. When you talk about the tip of the iceberg and what's under the water, it's the subconscious that's under the water and the tip of the iceberg is the conscious?

**HEIDI HAZEN:** Yes.

**HEATHER HANSEN:** And same thing with the tree. And because those analogies are so helpful with. The tree analogy, the branches are sort of the conscious and as you get sort of further up but the the base of the trunk and the seeds and the roots. That is what you're talking about. When you talk about the subconscious.

**HEIDI HAZEN:** That's right. So in the subconscious we can actually go in and find the seed, where the seed was planted and unplant the seed. Just saying if we uplant the seed of this belief that splinters out and becomes all of these different you know tendrils of things and they manifest in all these different ways. If we unplant the seed, it has this ripple effect.

**SPONSOR:** Today's episode is brought to you by me as good as I am at selling my case in the courtroom. As good as I am at making a case for my clients and my evidence in the courtroom. I sometimes forget to sell myself and I want to make sure that you all know exactly how I serve people like you. So I do a couple of things. I go into companies and to associations and I give keynotes, or trainings, or master classes, on how you can make the case for your team, for your ideas, for your leadership, for your products and for your services. And we talk about things like credibility and seeing things from another perspective and using evidence and overcoming objections.

And so I do that for all kinds of groups like google and LVMH and the American Medical Association and SaveATree. But I also work with some people one on one and with those clients, those people, I tell them all of the ways that they can use the tools I used in the courtroom to make the case for themselves. To make the case for more money, more resources, more time off, the ability to work from home. So whether you work in a big organization and your leader who needs someone to come in and work with your team, or whether you're an individual who want someone to help you to sell more houses or be a better teacher or get more raises. I am the person for you. If you're interested. There's a link in the show notes for us to have a chat. I would love to talk with you about all the ways that I can help you to make the case for yourself and your dreams.

Now back to the show.

**HEATHER HANSEN:** Heidi, in your in your website you talk about the pen that writes your story, what do you mean by that?

**HEIDI HAZEN:** I think that we have to take ownership of our story. So when we stop and recognize like up to this point, unless we've been really, really intentional about looking at our past and healing our past, and even if we've done that consciously, things have been written into our story um that were not written by us. Because as children in our formative years from 0-8, that's what they consider the formative years, that's when our brain is literally forming. I mean that's we don't have the option of thinking from multiple perspectives. We think in absolutes as children. So our subconscious is constantly taking in and recording information. It's recording, you know, Okay, this is Mom and Dad's relationship to money. Oh they fight about it. Oh, this is mom and Dad's relationship to each other. Oh and dad looks at me like this and we're taking all of that in, we're sponges. Um and we're developing and we're learning how to be a human based on who were around.

So those people write a lot of our story, even though they're not intending to write the story, we are always teaching. We are always teaching, especially as parents of small Children. We're teaching them how to take care of themselves and what to think about themselves by the way, we take care of our ourselves. So if we are raised by someone with a scarcity mentality around money, that's going to influence our mentality around money and our beliefs around money. You've got to work really hard every day and you got to grind it out and there's never enough and we're living paycheck to paycheck. So that's just a money example. But that's around everything that's around religion and politics and whatever. And you may find as an adult that, oh my gosh, like how many things am I involved in and how many, you know, how many upper limits do I have that I cannot move beyond because of what happened in my past?

So I have taken up the pen of my own story, because I have gone into my subconscious and I have gone and exchanged my wounds for wisdom. For so long I never wanted to look back and then I needed to.

**HEATHER HANSEN:** And the process of and is that what you're doing in hypnosis? You're going back and speaking to the subconscious and giving the subconscious the opportunity to write a new story?

**HEIDI HAZEN:** Yeah, honestly, that's it. So, hypnosis is just the vehicle. Hypnosis is the way that we access the subconscious, because you can't access, you cannot do subconscious work while you're conscious. So that's how we get in and what happens when we get into the subconscious, your subconscious is infinite in size. It is in the background. It is the, you know, the hard drive, it is literally taking in every moment of your life, it can process like Mhm. It's insane. So it's it's absorbing all of this stuff, if we can go in there and make sense of it, if we can go in and say, oh my gosh, look at all the stuff that you're holding onto that doesn't serve you. That's not what you want consciously, consciously you're trying to do X, Y and Z. But you've got this programming and it says no you can't you're not allowed to well we just go in and and rearrange and eliminate. We remove and it's not it's all positive, you know what I mean?

Like, and it's healing like in the hypnotherapy that I do, we go in and I reconnect you to who you were before. Anything that took you out of alignment with your highest self. So we go in and and connect you to this part of you that knew there was no, there was nothing that took you at this point in life, out of believing that you were fully worthy and completely lovable and 100% capable of, and you were here and you were ready to go. But then we have our human experiences with parents and siblings and all these things, and so we go back in and reunite you with that part of you and then we bring that wisdom forward into your conscious like present time. And then we do a lot of other work in there.

But yes, going into the subconscious and recognizing like this is a story that that does not serve me and that didn't come from me. I would not have chosen that story. There's wisdom within the wounds, there's wisdom within all of it. Like I believe that we are souls on our own journey and that we are here to evolve. Part of our revolution is what we have been through, going back and like learning from those things.

**HEATHER HANSEN:** Yeah, it's so and you know, this is a different topic for the, for the podcast. But I think back to the interview with Kat Norton who is Miss Excel and she's got this ridiculously booming business about excel sheets that she attributes to having cleaned up her subconscious. Do you find that happens with the people that you work with when you do the journey? And let's let's just be clear on the work that Heidi offers, because I think a lot of you will be banging down her door when when you hear this, but you have the journey and then you have the newer iteration, which is alignment school. Let's start with the journey. That's the more deep one on one, well, tell us a little bit about that.

**HEIDI HAZEN:** Yeah, it's, I just do this eight week program um where we create a safe container, the two of us, we build an energetic rapport of safety and we go into this process. And it's infused with love and the intention of healing you for your highest good. So it's five sessions of really deep, very, very specific, very intense and very intimate hypnotherapy, where we're going in, we're doing this exchanging, we're finding that route, we're finding that seed, we're

unplanting the seed and then we're recognizing your blind spots. We're finding where you store negative emotional energy and we're clearing that out.

And what happens is people come out and they feel lighter and they feel like, oh my gosh, they have so much insight and so much like, oh I get it. I get it and you get it in a way that you can't consciously. It is a completely different experience. And because of all of my energy work and all of the things that I do outside of that, all I want to do is equip um ambitious women who are willing to do the work and you've done it. You know, the work. I mean, it's like, it's, it's intense. But I find that what happens is I can see pictures and it's like we just untether you, we untether you from these things that are holding you back from, I see it as like, you know sprinters in the olympics and they're in the blocks and they're waiting for the gun to go off for them to, that's what most of the people who find me there in the blocks and they're ready to bust out. But they've got like the coach behind them and they're strapped in and the guy's holding back, you know, on your waist and you can't go forward.

And so just untether you from these false beliefs, these limiting beliefs, and move you forward. And then we do a bunch of empowering stuff. Once we've cleared out space in your subconscious and I work with women who are willing to commit to the work and take ownership of their life. Because once we're done working together after we worked together for eight weeks, um, it's on you. We've cleared out so much space and your subconscious, you have to be very, very intentional about what you allow into that space. And so you can fill your subconscious space up with all of the empowering things. You can fill it up and you can take ownership and then you take off like a rocket. I mean, that that was my own personal experience was I got finished with my first Five Path and I was just like, there is literally nothing in my way.

And little things will pop up now, you know, But I'm so versed in accessing my own subconscious mind and recognizing what it is, I need, I need to put in there or release. And I do my work frequently and that's where the audios come in.

**HEATHER HANSEN:** Right, so before we get to the audios, have you found that the women that you work with have just taken off in the way that you described, You know, like it's as if the coach let go and they just flew or the rocket ships. I mean, have you seen that yourself and the women that you've worked with?

**HEIDI HAZEN:** I have seen that. And to be honest, I've seen a few that haven't. And what I, you know, it's when we recognize that we're the ones who have all of the power. Like if you want to heal yourself, you will hear yourself, if you want to stay stuck and be a victim, you will stay stuck and be a victim. I have clients who immediately went off and lost 75lbs and I don't work specifically on weight loss. But that was just part of what happened for her because she was doing things and having habits and behaviors to anesthetize. So she had gained all this weight because of all of this stuff that was happening in the past.

So some of my clients will go forward and they're just like, that's it. I'm going, I'm going. And they just go and do the stuff and then others aren't quite ready and that's okay and they've come to me because they want me to do that. But there's an application process because I need to make sure that the people that are coming and that are receiving my work and my gift are really going to honor it.

**HEATHER HANSEN:** As you mentioned and I mentioned, we've worked together and I marvel at how much energy it takes for you. And the way, you know, you likened it to someone who's about to start a race. The way that I just keep thinking about it is it's as if I was like swimming and something was weighing me down and the work with you cut that thing free. And so all of a sudden, and I'm moving my arms now, it's just like kicking to the surface and breathing and the brightness and the light. It's just it's a phenomenal, phenomenal feeling. And as Heidi mentioned, when you're done with the work, you do also get audios from Heidi that allow you to continue the work.

But for those who either don't go through your application process because that's a real process. It's not like you just say that and then you let anybody in, it's a real process. Or for those who don't have the time or the inclination, tell us about your new iteration because, for me I like both. But this new iteration is beautiful. So tell us about that.

**HEIDI HAZEN:** So yeah, I teach energetic alignment. So we are energetic beings even before we have a physical body. So when you recognize that you can take agency. So let's say somebody does something and it triggers you, you have an emotional response that you did not choose. So if somebody triggers you, somebody cuts you off in traffic and they were in the wrong and they flipped you the bird and suddenly you have a response to that. That is a program, that is a program that is running in your subconscious that says when this happens, this is what that means.

And you need to feel like this, because the subconscious makes a meaning out of things that are happening and it manifests in your unconscious, in your in your body's consciousness. Your subconscious programming indicates to your brain what chemicals to dump so that you feel anxious or that you feel like you're like, you know, a bowling ball on your belly or something. It's like you don't actually have a bowling ball sitting on your belly. But that's what your energy and your emotions and your physical body are manifesting because of your subconscious beliefs.

So when I learned four years ago from Martha Beck, and it was the simplest little tool that she taught. And she taught us in a seminar, she just said I want you to do this thing and yep okay, yep, let it go. And now I want you to do it again and do it again and recognize that you can do it whenever you want. And it was, she was teaching us energetic agency. She was saying we're all resonating on a frequency and this is a little woo woo. But but honestly we are, if somebody walks in the door and they are angry and you pick up on it, you know that I don't really want to be near this person or oh my gosh, I really like being near this person because they're so light and they're happy and they're fun and they're energetic. We have control over that and we need to take more control over that.

And so what I'm teaching through the, this library of audios, is I'm teaching you how to take control of it and when you take control of it. If I lived for you know 35 years in victimhood and and woe is me, I'm resonating at a frequency of woe is me, I'm a victim. Things happen to me because I'm you know and then I'm pulling more of that into my life and I didn't know that I couldn't do it a different way. And so through my work I've realized, oh my gosh I can give people tools and teach them how to do this without having to come to me for hypnotherapy. I need to reach millions of people and teach them, like if you start to everyday take intention intentional action and align yourself with abundance or gratitude or love and you do it every day, you will slowly inch your way up from being in this sort of heavy, dense energetic, you know frequency and you'll move up to this and then you manifest more of that in your life and it heals you from the inside out.

So these audios are just my way of giving something accessible, you know, to whoever feels drawn to it because it will change your life. I mean it completely changed my life. To take agency over my life and my energy.

**HEATHER HANSEN:** Yeah, it's um that's one of the things you talked about on the website too, is take responsibility for your subconscious energy. and you know, you say it's woo woo and we do dip into woo woo here and I am definitely a woo woo type. But it's also um I think Dr. Jill Bolte Taylor I think is her name and she is um she was on Oprah's show, she wrote a book called, Gosh, I'll link to it. It's something about my brain. But she's a woman who was a, she studied the brain and then she had a stroke. And she, after she had the stroke, she was able to feel people's energy because of the parts of her brain that had sort of died in the parts that had stayed alive. And she put a sign on her door of her hospital room that said please take responsibility for the energy you bring into this room, because she could feel it so strongly and she felt like it was impacting her health. and that sign, Oprah had one of those signs that she put outside her office that said please take responsibility.

And I oftentimes will say that. You know, take responsibility for the energy you bring into a space. And with my keynotes, um it's funny because I feel responsible for my energy and the audiences energy right? Like I want to take responsibility for what I can do to impact that. So what you're talking about is huge and real and has an enormous impact on your career, your relationships, your life and your ability to advocate for yourself. Because if you're advocating for yourself out of whininess or victimhood or frustration, or you're not advocating for yourself at all because of any of those things, then you're never going to get the things that you want.

So guys, I cannot recommend Heidi's work highly enough. Her alignment school is available for anyone. It really is just a beautiful gift of an offering. And then the Journey is higher, higher offering that it needs an application process. But in the Alignment School, Heidi, you've got Align With Love, Align With Abundance, what else and what else is coming. I know you have all kinds of plans.

**HEIDI HAZEN:** Yeah, so I needed to start with the four that were really the most important and pivotal things that I needed to do in my own life to bring myself physical healing, emotional

healing and energetic agency. So I began with Align With Your Highest Self, Align With Abundance, Align With Love and Align With Deep Rest. So those were the first four that began this process. Those were the cornerstones. Coming are an entire, an entire section of aligning with like high end habits, you know. It's like hypnosis, I'm dipping into like, hey, if you want to lose weight, like here's one to help you count your points if you're on Noom, or you know, weight watchers or whatever. Here's one for drinking more water, here's one for exercising every day. Here's one for um you know, dropping sugar or whatever.

So there's an entire section of habits which will help you change those habits and you know from your own experience many years ago with weight loss that it does work. But you're not, you're not working against yourself. And then I have um Align With Prosperity, Align With Vibrant Health, these are the ones that were actually dropping in. So it's hypnosis and energy at the same time and that's what's different than it just being hypnosis. Because what I'm doing is I'm dropping you in and then I'm having you align to the frequency, the signature, that is your own for joy, happiness, love prosperity, wealth, vibrant health. And so you find what that feels like for you and then you're able to do it consciously because I give you a Touchstone within, within the audio that allows you to then while you're washing dishes, pull up and align yourself to that frequency throughout your day.

And what happens is it will just start to stick with you longer and longer and longer. And suddenly your entire day is abundant because you've been living for years in an abundant frequency. In alignment with that and you're calling in more and it's just naturally happening. Um so there are many aligned entrepreneur, like people who need to break through things with, you know, showing up as themselves and moving their businesses forward. Um there are so many that are coming and I just get so excited to make them. I honestly do. It's a whole process like to make them, I'm not just sitting down, click clacking at a computer, It's a full process. It's a very spiritual, energetic and subconscious work that I do. So it's multifaceted.

**HEATHER HANSEN:** Well, it's it's a gift, it's a gift to the people who accept it and use it and take it and I'm so grateful that I found you and that we have developed this relationship. Before I let you go, I could talk to you about this stuff all day. Well, first of all I want to make sure we're going to put a link to your website in the show notes. And the websites where people can find everything about everything we've discussed, right?

**HEIDI HAZEN:** Yes. Everything.

**HEATHER HANSEN:** Before I let you go, I want to end with the same three questions that we always end with and I'm really excited to hear your answers to these questions. The first is about that word elegance. So the root of the word elegant is to choose and we believe that you choose your elegance. Heidi, what does elegance mean to you?

**HEIDI HAZEN:** Effortless, embodied alignment. Choosing to come into alignment just allows us to be who we authentically are and that allows us to be elegance in itself. Because we've chosen to do the work to bring ourselves into alignment. So I would say that.

**HEATHER HANSEN:** Oh I love it, I love it. And what book would you recommend to the listeners?

**HEIDI HAZEN:** I have to give you two. Michael Singer's, *The Untethered Soul*, was the first piece for me that just was like click oh, something I can see this from a different perspective, Absolutely profound. And a more recent book is Dr. Joe Dispena's *You Are The Placebo*, which is all about taking ownership over your energy and the effect it has, even just this one specifically about your physical health. But it's about everything. So, those are my two book recs.

**HEATHER HANSEN:** Amazing. And then the last question is my favorite question. Your answer to this question will go on our *Elegant Warrior*, Spotify playlist. What is your theme song when you're walking onto the stage of life as you will be in our um what song do you want playing in the background?

**HEIDI HAZEN:** Oh my gosh, well, when you put it that way, I don't know, but I know my theme song. I'm trying to think if I want it playing in the background. But I think I do. It's *Dream On* by Aerosmith, dream until you make your dreams come true.

**HEATHER HANSEN:** That's right, and that's what you're doing for people and with people. And it's um it's just it's really something special. Heidi, thank you so much for the work you do. Thank you for coming on, thank you for sharing your gifts and um thank you for being here.

**HEIDI HAZEN:** Oh my gosh, this was so fun. I could have talked all day. This was wonderful. Thank you so much heather. I appreciate you very, very much.