



Heidi Hauck: Hello and welcome! This is Heidi Hauck - I help Badass Bleeding Hearts release old stories, reclaim their power, and build thriving businesses that make the world a better place.

As part of my mission to empower my fellow Badass Bleeding Hearts, I'm interviewing entrepreneurs from a wide variety of fields and specialties, sharing pieces of their journeys as they've built their own thriving businesses that make the world a better place. I hope their stories and insights will help you to see the possibilities for your own dreams, purpose, passion, and journey.

Welcome! And thank you for joining me! I am so pleased to have with me Jen Tasnim Savage. She is a pathfinder, a truth guide, and a rebel healer. She is someone I am absolutely thrilled to have connected with... and I am grateful to have you here today, thank you Jen.

Jenn Tasnim Savage: Thanks, I'm so happy to be here with you.

Heidi Hauck: Oh, wonderful. So, I like to start my guests off with what I jokingly call the easy question. Which is, what is the passion, the big why, the purpose that drives your work?

Jenn Tasnim Savage: I think for me, it boils down to helping people express the truth of who they are. And how, for those of us that are called to sharing those gifts with the world then contribute to and make the world a bigger place.

And if somebody isn't being authentic to who they are and they're wearing the masks or they're still showing up in those old stories and beliefs, then it's like the song they're meant to sing isn't being heard.

And I believe that all of our voices matter and that bringing your heart and all of its beautiful qualities forward in the fullest way is really what creates the richness and depth and miracles and possibilities that we're really all meant to experience in life.

Heidi Hauck: That's beautiful Jen.

Jenn Tasnim Savage: Thank you.

Heidi Hauck: That is absolutely beautiful. And, you know, it's interesting. I love how you talk about authenticity and the masks that we wear. I feel like, you know, this whole "be authentic" thing has become kind of a buzz word and it has the power to be incredibly transformative, right? To transform our entire lives.

But it feels like, in sort of the mainstream conversation, it's more like "Be authentic... to a point."



Jenn Tasnim Savage: I think... I'm working on this body of work and I'm calling it, you know if nobody else takes it or trademarks it before I do, but this idea of the "Healer's Journey."

And I don't know if this is true for mainstream people, I can only speak through the lens of a highly sensitive person and somebody who was called to be a healer in this life at this time, right?

And I have friends who don't fit that mold, and that this might not be true and the journey for them.

But I think for especially highly sensitive people and those with psychic gifts, or connections to spirits and realms and the other world or the plants or the animals or whatever their particular magic is that there's a way that we don't fully express that because it makes us so different.

Heidi Hauck: Mmm, yeah.

Jenn Tasnim Savage: And so I think that there's a way that it's safe to a point, but what I really want to break down the barrier and normalize it.

And all of us, whether you're a healer or not, we all share this human experience. We all share the pains and the... You know, the agony of what it means to be a human being right?

Heidi Hauck: Yeah.

Jenn Tasnim Savage: And in the healers journey I've really been really looking at these three phases which is really the shadow phase - which for me is a really veiled state of consciousness.

And so, I ran into a deep state of forgetfulness about who we are, and then we move through sort of what I call the striving where the ego is still working hard to like, make stuff happen.

And then we move into that higher realm of consciousness where it really is, we are actualized. We are experiencing our self as the deep truth of who we are, and the veils have come away and life just happens... It doesn't mean that things aren't hard or that they don't happen, but there's less old patterning and stuff that happens.

So to answer your question, how authentic I can be when I have an old story of not being good enough running at top volume is much different than the safety and the comfort I feel in my body to let those veils down and to be vulnerable when I've actually done a lot of my personal work and I'm standing in a different place of awareness of truth of who I am.



Jenn Tasnim Savage: So, who I am authentically today is very different than who I was able to be twenty years ago. And each bit of that authenticity, or that understanding of who I am and how I can share that, it's true at every step along the way.

But it is, different depths of that get expressed based on where we are in our evolutionary development, if you will.

Heidi Hauck: Yeah. Yeah, I love that. And I think that's something that's very pertinent to today's culture where we have people who are being sort of called to task for old behavior.

Which on the one hand is excellent because we really need to highlight "That shit's not okay" right?

And at the same time, there can be this fear of "Well.. You know, I have not always been a very good person. I have not always been nice. I've been growing and who I used to be... like, I thought that's who I was. And now I know better."

And so, needing to give permission to that growth, needing to recognize that the person that I was, was living in that time. Who I was didn't know what I know now.

Jenn Tasnim Savage: Right.

Heidi Hauck: You know?

Jenn Tasnim Savage: Absolutely. And how can we meet, whether it's something in the world that we really need to call out and say "Absolutely not" to. It's like, can we do that with love?

Heidi Hauck: Mmm. Yes.

Jenn Tasnim Savage: Can we say, "Absolutely not." And, if you're doing that behavior right? Quote unquote 'bad' behavior or 'bad' choices or something harmful to yourself or somebody else, we have to be willing to say, "We're only doing that because something bad probably happened to them."

Right? And maybe some small percentage of people are just really evil. Maybe. But what causes us to go into those patterns and behaviors, right?

Heidi Hauck: Right.

Jenn Tasnim Savage: And I think it's like, if we're judging somebody, there we are. We're experiencing separation. That in of itself is information to... either work I need to do myself or an opportunity for a deeper understanding or compassion for the other person.



Jenn Tasnim Savage: To live from that place is not easy! I realize we're all a work in progress, but it goes back to, if I'm judging myself or I'm trying to hide things I feel ashamed about, then that's less access I have to my truth and therefore am having a wall or that mask up and that's a place I'm not being authentic.

Heidi Hauck: Right.

Jenn Tasnim Savage: And so less of me is available to the world, to my work, to my kids, to my friends, to my community, to all of that stuff.

Heidi Hauck: Absolutely. Absolutely. You know it's like you were saying before, when you have those old patterns and those old stories running at top speed or at top volume, you can't hear anything else around it.

When you're hiding from your past, when you're... Hiding from who you used to be, you don't ever get to be who you are now.

Jenn Tasnim Savage: Right. I think the trick is to realize... I've been working with this metaphor a little bit and something that's just starting to come into clear focus for me and it's this idea that the table is already set.

Heidi Hauck: Mmm.

Jenn Tasnim Savage: Right? It's like, beautiful bowls of fruit, the deets, and beautiful linens on the table and that table is always there, and we have an invitation in our hand to sit at it.

It's not that we're becoming something better than we once were, it's that we're remembering the truth that we were all along but didn't know because it was covered up.

Heidi Hauck: Right. Right.

Jenn Tasnim Savage: You know? And so, it's like how do we say, yes and – "I have a tendency to be hot tempered, and I have a deep passionate loving heart".

And the more I check myself with the anger and rage patterns I've developed because of growing up in an alcoholic family and what was inherited in my family lineage, the more I can not hide that, right?

But to call it out in people that are experiencing it in front of me or in myself then the less I get caught by that and the more I have access to that deeper truth.

Which is always there, it's just covered up for most of us. For maybe many years. It takes a lot of courage to actually do the work to break free of that old patterning and conditioning and family lineage stuff.



Heidi Hauck: Absolutely, absolutely. So, one of the things that we've talked a lot about in our other conversations together is having the courage to show up in your truth, in your authenticity.

So, for people who are kind of new to the journey of releasing those old veils, and those old patterns. And they're still kind of struggling with feeling safe showing up in their deeper truth. What would you say to them?

Jenn Tasnim Savage: The thing that I've learned that is most helpful is that it's a lie that because you feel insecure or afraid that there's something wrong with you.

Heidi Hauck: Mmm.

Jenn Tasnim Savage: Right? And it's like, if we carry that belief that something's wrong... because I felt like something was wrong with me for a long, long time.

That was kind of a core wound of mine. And because something was wrong with me and I didn't fit in or belong, then I could never say "Hey, I need help."

Heidi Hauck: Yeah.

Jenn Tasnim Savage: And if you're in that place, I really get it. Like, some part of your nervous system is on hyper vigilant over drive and the world doesn't feel safe and you have all the evidence to prove that when you do reach out you'll get let down because that's what we'll create if we're holding that wound inside of us.

And just to say it's okay that this exists. And that this doesn't mean anything about the truth of who I am. It's an experience or a pattern that's in place because of things I've learned or experiences I've had.

And that any moment we just slow down long enough to acknowledge that the fear, or the anxiety, or the depression, or the angst, or the anger... like whatever that is, that it's there and we can take a pause. And we can breathe just for a moment, it allows space for the light to enter. And it's just one, literally one pinprick of light at a time, when you're in that more constricted place.

Whether you believe in God, or the universe, or some other entity that feels higher than you, it's just sincerely asking for help. Getting out of our mind and into our body to surrender our heart and say "Okay." From here, it's just what's that one next step?

Heidi Hauck: Mmm.

Jenn Tasnim Savage: And we're always getting, our spirit is always supporting us and giving us information, and that book that we need is like, the perfect person is gonna call us.



Jenn Tasnim Savage: If we can recognize that while that's happening, we are also deeply loved and cared for and supported by the universe then we can start kind of breaking out of that patterning, and then we'll be in that fear space less and in that deeper trust more.

Heidi Hauck: Mmm.

Jenn Tasnim Savage: But it is a journey. For me it's been a twenty-five-year journey of "Okay, I'm actively answering the call." Is how I say. It's like something inside of my heart issaying "There's something more. This isn't all there is. There's a deeper truth here." And so, you know, I'm voraciously trying to find it, right?

We were talking right before starting this interview that you are working with this person who is an absolutely perfect next part of your path, right? In support, and awakening, and community, and if we just keep saying yes to the opportunities that are in front of us then we can continue on the journey of awakening.

But that first step I really think starts by acknowledging that it exists then saying "Okay. Where's the help?"

Because we're not alone. Even when we feel isolated and lonely, it's part of the illusion. It's really challenging... challenging that slowly, softening our heart and opening ourselves to possibilities.

Heidi Hauck: It's interesting because one of the things that brings up for me is I remember in my early teens, just feeling absolutely broken. And like, there was just some Thing that everybody else had, right, that made it possible for them to live in the world and be human, and somehow I didn't have that Thing. Whatever it was.

And I spent years really struggling with that and one of the things that's been incredibly healing for me is the more people I connect with and the more people that I work with, the more I realize how incredibly human that feeling is.

Jenn Tasnim Savage: Right.

Heidi Hauck: I actually don't know anyone who hasn't had that feeling.

Jenn Tasnim Savage: I like to take it all the way back from a spiritual perspective. Coming into the density of a body and onto earth is a really foreign thing. From a spirit perspective it's like we're absolutely free. And somehow it's like we're raising our hand to be like "Hey! I wanna have that experience, so I'm gonna go ahead and go down there."

And then for me I always felt like "Oh fuck. I forgot. Can I take this back? I don't really wanna do this! I forgot!"



(Both): {laughing}

Jenn Tasnim Savage: But I think it is, that is ultimately the...the wound that we all carry, is that separation from source, or from the light, or from love.

As someone who is highly sensitive we can, you know, come down into earth and it's dense and you're potentially born into an environment where there's a lot of unconsciousness and a lot of pain and it's like "Heck no. I don't want to be here, this doesn't feel good." And that's part of the forgetting. That's part of prevailing.

Heidi Hauck: Yeah.

Jenn Tasnim Savage: But I absolutely resonate, and I've felt that exact same way for most of my life.

Heidi Hauck: Yeah, yeah. Yeah, the disconnect. I think it definitely doesn't help that we live in a culture that so venerates the mind and the logic and it's... intellectually interesting to me and emotionally heartbreaking at the same time, that I see and I feel so many people just yearning for this connection, right?

And there's a sense of embarrassment about it. Like, if we tell people "You know, I have this need for a spiritual connection, I need to be engaging in spiritual practices." You know, people are going to laugh at me or they're going to mock me, because our society doesn't really support that even though I see it absolutely everywhere.

Jenn Tasnim Savage: And that's part of why I think it's so important for each of us that feel this call to develop a voice to share the message. It's really part of my mission is to normalize it.

We're all spiritual beings having a human experience. So, whether you're on a healing path or not, I think it's just more upfront for people that might come across your path or my path because we're somehow part of the education and the normalizing.

That's what I call the trail blazers, right? We're sort of on the forefront. The path has been laid, you know, for us. And we're in this really crucial time where enough light has integrated onto the planet and the light is getting shined in some really dark places.

Heidi Hauck: Right.

Jenn Tasnim Savage: All you have to do is turn on Fox News and you can see the whole-

Heidi Hauck: Oh god!

Jenn Tasnim Savage: -The whole shit show just playing out, right? But that stuff has always existed. It's not happening more now, it's just coming out into the light more.



Jenn Tasnim Savage: Which makes this spiritual connection and doing our work so very important because it's easy to get caught by that lower vibration, sort of constriction, illusion, darkness, untruth.

However you want to quantify it, right. Where the hate exists. Where the separation exists.

But each of us are being given an opportunity right now to say "Wait a minute. Where does that hate live inside of myself? Where does that separation reside within my own heart? Where am I still not speaking my truth?"

And the more each one of us individually does that, the less there is a need for this sort of external mirror for what's happening, like the kind of crazy experience we're all having on the inside.

Heidi Hauck: Right. Yeah. Absolutely. And you know that's... it's one of the things that actually has really kind of helped me going when I'm, you know... When I have had moments of extreme self-doubt or, you know, being uncomfortable with visibility or, you know, all the things that you kind of have to be able to do if you're going to be building a business around your truth?

Is tapping into that calling, that piece around needing to shine the light, needing to not just shine the light to you know to show like "That's wrong and you shouldn't do that" but to shine the light and say "Look there is a better way, the more of us who shine our lights the less the dark gets to be in control."

Jenn Tasnim Savage: Absolutely. And it takes me being willing to own fully all of the darkness that exists... And then again, it's not trying to get rid of it.

Heidi Hauck: Mhm

Jenn Tasnim Savage: It's just saying it's not all there is

Heidi Hauck: Right

Jenn Tasnim Savage: Because we all... It's part of being human being. It's part of being on this planet, right?

Heidi Hauck: Absolutely.

Jenn Tasnim Savage: It's not something we need to be fixed or get rid of it's just "oh I'm just gonna put that under my foot you know? Like that actually belongs down here not up here, right?" and then we can be merciful and compassionate when we see that, instead of being triggered by it 'cause what happens is we seen something external we get triggered by it and then it's like it's activated in us and we can either go into blame and make it about the other person, wish they would go away so we would feel better.



Jenn Tasnim Savage: Or we can say “Wow. I'm really feeling reactive right now. What's going on there?” and the minute we take care of that trigger, or that wound, or whatever that is, then it doesn't... We don't need that person to carry that and be the reflection of that for us.

So, we do our work and then somebody else has an experience they're having, we get to be the mercy and compassion and love to remind them what they've forgotten about who they are.

And it's like the ripple effect of “Yeah it's like me being a better me helps the world be a better place.”

Heidi Hauck: Right. Absolutely. Absolutely. Well I have to say I really appreciate your acknowledgement that, you know these things dark facets of being human are something that, you know, we all have within us and it's not, you know, it doesn't make us a bad person it's just part of being human and part of our work is to not let those darker parts control us. Or control our behavior through triggering us.

I know that, you know, one of the things that is kind of an issue in the, you know, “love in light” community these days is this... Sort of demonization of anything that isn't 100% “love and light.” And an unwillingness to really look at these darker parts of ourselves and recognize that, yeah, this is a part of being human.

Jenn Tasnim Savage: I have been hearing the term ‘spiritual bypass’ a lot recently.

Heidi Hauck: Mmm, yeah. Right.

Jenn Tasnim Savage: And it's that thing, right? It's like... And this is what you were talking about “I can only be so authentic.” Right?

You can only be as authentic as you are willing to be fully you. Which is plumbing the depths, right? And this whole concept of, it's really... And really this is where the courage comes in, it is so incredibly difficult to like, be uncomfortable.

Heidi Hauck: Yeah.

Jenn Tasnim Savage: You know what I mean? It's like, who will... No, we don't... And this is why it's like it really is the Hero's Journey. It is like you have to go through this transformative experience and so many people like, don't wanna go there.

Heidi Hauck: Yeah.

Jenn Tasnim Savage: Because it means feeling your grief in a way that you're gonna have your heart ripped out of your chest. Or the loneliness that brings you to your knees and is like... You know, literally feels like it's tearing you in half, right?



Heidi Hauck: Yeah.

Jenn Tasnim Savage: And all of the... You know... What's so exquisite about being a human being is that our physical body is a storehouse of every experience we've ever had. And what I find is... And what I did for many, many years is like "Oh, I'm just gonna sit in meditation and be the love."

Right? It's like "And I'm gonna hover and I'm gonna go up and I'm gonna feel all that juicy yummy warmth and connection and insight and inspiration." But if I'm not in my body and haven't met the resistance and I haven't felt the grief and released it from my, you know... this is how illness develops, right? *{Editorial note to acknowledge that this is one of the ways that illness develops, but absolutely not always the reason that illness develops}*

It's all the unprocessed stuff that is stuck in our bodies that doesn't have any way to move through, and it's uncomfortable!

You know, I was driving to a meeting a couple of years ago and her... And I think it was on like NPR or OPB or something like that and it was a neo Nazi. A reformed neo Nazi who would.... Was telling his story. And he was talking about how he... When he was in really active in the gang that they were recruiting kids through hate music.

And that he ended up getting.... You know... Something happened, I missed that part of what happened, he had gone to prison and then when he was out of prison he couldn't get a job. Nobody would hire him.

And so, as the universe would set it up, a Jewish furniture store owner hired him to help him deliver furniture, right? And he... This was part of his like, reforming and really breaking down the walls in his heart and understanding it was another human being who had these beautiful qualities, and he then went on to be somebody who was working to stop this whole pattern of young kids getting recruited into white supremacist gangs.

And as he was talking, I was just sobbing. Like, tears were just flowing down my eyes and it was this transmission of "This group of people are holding the pole of hatred. And they're holding it because of all of the hatred I have inside of me that I'm not willing to feel."

But it exists within... I hated my life! I was in an unhappy marriage at the time. Like, I was like, I hated, like, being a new mom and not having sleep and it's like, I hated waking up some of those days, right?

And I just had this awareness of like, If I am unwilling to even be honest about how much I hate my life, which is beautiful most of the time! Right? I have these exquisitely beautiful children, you know, a partner, while it didn't work out with us, was loving and kind to me and, you know...



Jenn Tasnim Savage: But it was like, that hatred was brewing inside of me and it was this moment of like “Can I take ownership of this? Can I be honest about this? Can I do the work that releases me from the trap of this?”

And it was just that moment of like that, “as within so without” or the micro in the macrocosm. If this hatred is inside of me and I'm unwilling... it's unconscious, then there has to be some way that manifests in the world for me to see it.

And as I started doing some really deep internal work, I start freeing myself from that and then other people can loosen the grip they have of their own anger or hatred, and slowly we can all stop hiding in the shadows of shame around the parts of us that experience darkness or have those, you know, thoughts or connections or whatever it is that keep us in separation.

Heidi Hauck: Yeah, yeah. That's incredibly powerful. And I'm curious about where you... You know, 'cause what you're talking about is very internal, right?

Jenn Tasnim Savage: Right.

Heidi Hauck: Very internal work. What is the overlap for you or the venue? How do you see externalizing the work?

Jenn Tasnim Savage: Well I think, again, how much in, you know... “How much capacity do I have to be in service with my gifts in the world?” Is going to be dependent on how much access I have to my authentic truth.

Heidi Hauck: Right.

Jenn Tasnim Savage: Or my voice, or my... So, if I'm veiled then I'm still living in a pretty small existence. I may have one or two clients that I'm doing really great work with, but I might not be charging enough, or I might, you know what I mean?

So it's like... And this is where the Healer's Journey, which I briefly mentioned before, I'm starting to see this arc of entrepreneurship matches this arc of our consciousness journey. And in the beginning it's like, we're just learning, right? We're just... We're learners.

And then we kind of get to this place where I'm just like, calling it the middle section is the light workers. Where we have maybe a practice where we're still trading like an hour of time for a certain amount of money and we're, you know, having whatever impact we're having.

Maybe we have practices or, you know, some you know... Office space that we're doing that out of, and then we move into more of this like, being a luminary or a thought leader and really bringing the fullness of who we are. Which then increases our impact, it



Jenn Tasnim Savage: increases how visible we are, it increases how much money our business has the capacity to make.

Heidi Hauck: Mhm.

Jenn Tasnim Savage: But there is like an evolutionary... You know when it's not, you know, a straight line that works like that.

But it's kinda the ebb and flow, like if I'm willing to unpack who I am, that automatically is gonna change who I'm attracted to, or who is attracted to me, or opportunities that show up, or opportunities I'm willing to have the courage to say... Raise my hand for and say "Hey I wanna do that!" instead of all the times we see it and don't take action.

Heidi Hauck: Right.

Jenn Tasnim Savage: Or take action and then self-sabotage and not show up for it.

Heidi Hauck: Right.

Jenn Tasnim Savage: You know it's like... So it's kinda that flow and I think the deeper committed we are to the inner work that that the world mirrors that back to us.

And that has... How, how much intimacy we share with our partners or how available we are to joy with our children, or how many clients we're able to have in our practice or you know, I think it is... all parts of our lives get reflected that.

Heidi Hauck: Absolutely. It's interesting I think, one of the things that's really good to sort of point out, you know, with this parallel between the Healer's Journey and the entrepreneur's journey...

When you're talking about people who are in this sort of, you know, spiritual space who are also entrepreneurs. If you're not doing that deep inner work, you can still reach the level of, you know, quote unquote "thought leader," you know - god forbid - "guru," you know?

But if you haven't done the deep inner work, that's where you end up with these people who are seen as thought leaders, but they've got so much of their own shit that, in a lot of ways they end up leading their followers astray because they're still stuck in their own ego.

Jenn Tasnim Savage: And I think that's the difference between manifesting from spirit or that really sincere authentic place, which is incredibly humble place to be, right? It's.... It really is, it's not the guru star right? it's not the "Look at me! I'm so perfect!"



Jenn Tasnim Savage: It's... "I'm really nothing. Like, spirit is everything and I am just showing up to be of service to this message of love or truth or peace." And it's an incredibly humble energy, and I think that we get to choose. That's the beauty of being a human being in the spectrum of experience, right?

Heidi Hauck: Mhm.

Jenn Tasnim Savage: Which is why somebody is gonna have their lessons through the experience of being the guru star, and I'm going to have it through the experience of being, what I refer to as, the truth guide. It's like... It's just, it's a different flavor.

It's not... It's not "Listen to me. I'm gonna tell you what to do so your life will work." It's "Let me be fully who I am to show you that you have everything inside of you that you need." And maybe we need to open up a few doors or, you know, create some space for you to go in a little deeper to see what you can't yet see because we all have blind spots, right?

Heidi Hauck: Right.

Jenn Tasnim Savage: But that truth is inherent to who you are. And my job is not to fix you or heal you or make that go away. It's just to help you remember that you're big enough to really contain and hold all of it.

Heidi Hauck: Ah that's beautiful, I love that. And, yeah, the focus being on... it's not about "I am the guru who can fix you and heal you," it's "I'm just a guide here to show you that you actually have all that power yourself."

Jenn Tasnim Savage: Right. And literally I am somebody who has climbed the mountain. Like, I've done my own work. Like I... What you bring to me like, I'm not worried like... I have not ever been with somebody who is darkness or pain or fear... like, it doesn't shake me.

And it doesn't shake me because my roots are deep. Like I have spent the last 20 years on a dedicated spiritual path doing my work. Facing my demons. Slaying my dragons, right? And there are people that need that and I wanna be available to that.

And then there are people in that first level of consciousness who don't... Who are not... I mean it's like, one date from that table that's been set is literally all they could like, need or want. And then there are teachers that have the medicine that they need, you know?

And I think as entrepreneurs it's really important to understand and know ourselves, and why our messaging is so important. So that we can convey and speak to not only who I am and what I know to be true, but what is available if you are this type of person and are ready for this very specific step that I can support you with.



Heidi Hauck: Yes. Absolutely, absolutely - understanding not just what our medicine is, but who our medicine is best built to serve and support.

Jenn Tasnim Savage: Right. And that's part of growing up into like, a grown-up entrepreneur, right? It's that bridge... It's the bridge that's like, between the lightworker who's like, probably still in that, what you were talking about earlier, of like, "love and light" and rainbows and unicorns and it's all good when it's like, "no, it's not all good actually."

Heidi Hauck: Yeah.

Jenn Tasnim Savage: And here's what's not good in myself that I need to get in check, because you can't cross that bridge. I don't... I don't believe. I mean, and as you said, some people do in their own way, but in the way I'm talking about is this real personal transformative experience with depth and sincerity and connection, and that we then have to cross that bridge.

Heidi Hauck: Yeah absolutely, absolutely.

Jenn Tasnim Savage: Yeah. Or in the... In the... And like that's the evolutionary journey. It's like "And then there will be another bridge and then there's another mountain!"

It's like... And that, I think that's the biggest illusion, right? That at some point I'm going to be done.

Heidi Hauck: Yes.

Jenn Tasnim Savage: That like... I'm gonna like, finally get to this, like, solve the problem that is me and I'll be free. Right?

It's like "Well no. I'm sorry." I don't know how many times I hear my clients say, "I thought I dealt with this already!"

It's like, at one level you did yes. And, you know, let's welcome the next learning. Create space for... You know we're gonna plumb the depths and therefore we need to make space for all of it so.

Heidi Hauck: Absolutely. I think one of my favorite sort of metaphors that I've come across, and unfortunately it's been long enough I can't remember where I came across this.

But, you know, kind of that that feeling of like "God, this again? I thought I dealt with this." And recognizing... because I notice, like the feeling that comes up is like, "I've just gone in a circle," right? Like, "I haven't actually gotten anywhere."

But the reality is that it's more like this sort of like... It's like a spiral staircase, right?



Heidi Hauck: So, you're in a place where it seems like you're dealing with the same shit, but you're on a new level, you have a new perspective that you can take to it. And it's... you're gonna keep going up and it's... You're gonna keep coming across the same view with the same shit and you're gonna be sick of it, but each time you're gonna have a new perspective.

Jenn Tasnim Savage: Well it's that really beautiful quote... It's the autobiography a Portia Nelson, I think, is the woman who wrote it? I don't know if you know but she's like "I'm walking down the sidewalk and I fall in the hole."

Heidi Hauck: Okay.

Jenn Tasnim Savage: "And I like, stay the hole. I'm just I'm stuck in there for very long time. And then, you know, I'm walking down the sidewalk and I fall in the hole, you know... It feels familiar and, you know, I eventually find my way out."

And then I think the third one is "You fall in the whole but easily get out." And then "You're walking down the street and you go around the hole."

And then it's like you eventually just take a new street. Right?

But it's like, it's so beautiful like, you know and that is those evolutionary stages that I was talking about earlier.

Like when we're in that lower level of consciousness or we're just on the beginning of our journey and are fairly veiled and life feels really hard and we're still kind of feeling like the victim of our circumstances... when we bump up against those things we either react severely and or stay there for really long time.

You know? And as we evolve it's like that things aren't gonna stop happening. It's like we just have, like, how intensely they hit us decreases and the amount of time we spend caught by them becomes less and less.

Heidi Hauck: Absolutely.

Jenn Tasnim Savage: But I absolutely love the spiral... Kind of upward spiral staircase is a great example of that.

Heidi Hauck: Yeah, I love that. Well, as we near the end of our time, is there any sort of parting thought, if there was just one thing that a listener would take from this interview, what would that be?

Jenn Tasnim Savage: There's this really beautiful saying in Sufism that "God is closer to you than your own jugular vein."



Jenn Tasnim Savage: I think... I think that we spend a lot of time looking outside of us for the thing we're seeking. And eventually we're gonna realize that the thing we're seeking is our self, but it takes a long time to get there so it's like a shortcut is just go inside.

Heidi Hauck: Yeah.

Jenn Tasnim Savage: Just right now for a moment just pause. Put your hand on your heart, take a deep breath, and acknowledge the truth of all you are that exists in this moment right now for you with you from you to you.

Heidi Hauck: Oh that is beautiful.

Jenn Tasnim Savage: Yeah.

Heidi Hauck: So beautiful, thank you Jenn.

Jenn Tasnim Savage: You're welcome, thank you.

Heidi Hauck: Thank you again for joining me. If anyone would like to get to know more about you and the incredible work that you do, where is the best place for them to find you?

Jenn Tasnim Savage: You can reach me at Jenn - with 2 n's - jennsavage.com

Heidi Hauck: Awesome. And is there anything that you are working on right now that that you'd like to share that's, that's just really juicy and alive for you?

Jenn Tasnim Savage: The thing that I'm working on right now is really finishing this body of work. Like I have a feeling that there is a book in it-

Heidi Hauck: Ahhhh!

Jenn Tasnim Savage: -And that there are there are these phases that are really taking shape and so. If anyone who happens to be listening to this is in any one of those 3 phases of the journey and has a story that they would like to share or...

I think at some point I'm going to be opening it up to really hear what other people's journey has been like and how that really matches the material that I'm creating right now. And so just to stay tuned for that, the Healer's Journey and all that has in store in the coming months.

Heidi Hauck: Awesome! So I'm gonna guess... I'm gonna go out on a limb here and say that if somebody is interested in being connected to this, this body of work that you're creating, probably signing up for your email list would be the best way to get more information when you do open it up for stories?

www.HeidiHauck.com

Copyright 2018, Heidi Hauck, all rights reserved



Jenn Tasnim Savage: That's a great place to start, yes. And they can also just shoot me an email too, or find me on Facebook either of those places I'm pretty active so..

Heidi Hauck: **Awesome.**

Jenn Tasnim Savage: Great.

Heidi Hauck: **Wonderful. Well, thank you again Jen this was a fascinating conversation I could definitely keep going for multiple hours, but I promised to keep the time so thank you again so much.**

Jenn Tasnim Savage: I appreciate it thank you so much for having me on.

Heidi Hauck: **And thank you dear listener for joining my guest and I, as we explore this journey towards creating businesses that make the world a better place.**

If you'd like to hear more of these interviews, you can listen, download, or signup for the notification list at HeidiHauck.com/bbh-interviews.

This is Heidi Hauck saying, "Until next time."