



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN
TO THE WISDOM WITHIN

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YOUR GREATEST SUPERPOWER

Episode Transcript

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, I am returning with comedian, author, radio announcer, presenter and basically just all round creative powerhouse Tanya Hennessy. Tanya and I first crossed paths, gosh, must be over 20 years ago now at university. And since then it's been really inspiring to watch her build such a creative and also multi-passionate purpose led career. Our conversation really travels in many different directions. We touch on ambition, anxiety, making it in a man's world, and the importance of, like, trusting that inner call within and really learning to live from that feminine, intuitive place. Like, trusting our intuition, especially when it doesn't make sense. And so often, you know, it takes a little bit of hindsight to see that and how to trust that call within. Beyond her skillful humor, Tanya's really deeply attuned to life. She's someone who feels the world deeply. I love that so much about her. And the brilliance of Tanya, I think, is how she really observes the world and people with such generosity, vulnerability and relatability. Our conversation is definitely a real vibe. Tanya is fun and funny, she's interested and interesting. I think you're really going to love this chat. And FYI, it definitely comes with a language warning. As always at the end of this episode, you'll find a guided Soul Inquiry practice for you to connect in with what your soul is calling you to do today.

I know how precious your time is, so let's jump in by opening Sacred Space together. In the center of your heart, imagine a beautiful flower. Invite that flower to open petal by petal, revealing a light in the middle. This light is your soul, your spirit, your ancient self. Breathing deeply, taking a moment to together acknowledge the keepers and custodians of the land where you are, where I am, known and unknown. Beautiful. Let's begin.

Rebecca: So happy to chat to you. Hi. Hi. So I think my favorite thing that you do is those generational sketches. I just think they're so frickin hilarious and they make me realize, like, I mean, we went to the same uni, and I'm, like, I just am so grateful that technology really didn't exist the way it does now when we were at uni.

Tanya: I'm so glad social didn't exist back then, because, like, I was a mess. And I was so, you know, uneducated. The Gen Z kids now are so smart and understanding and, you know, they speak in a way that's so, like, educated. Sometimes it's top line, but like, they're so different and they're so many things I'm jealous of with Gen Z because I feel like as a millennial, I constantly apologize for who I am. Whereas Gen Zs own who they are. And I'm, like, I wish I had some of your personality types.

Rebecca: Oh my God me too. I know, like, I really wish when I was younger, I wish, like, I knew that it was actually, like, my weirdness and my kind of different interests that actually showed me what my passions were and, like, what my life path was. Did you have that or is it something that you found along the way? Tell me about that

Tanya: It's funny. I'll tell you this right. I read your book, your first book when I was, like, at the absolute worst place in my life. And it talked about following, like, a little voice and a sign. And I can't remember all the nuances. I should read it back because I devoured it and I took what I needed, and it actually shifted a lot for me. So that's why I was, like, stoked to do this podcast because I think you're really special and interesting and what you have to offer and give the world is so exciting. But coming back to your question, I always felt very led by a little voice that I had inside of me telling me what I needed to do and where I needed to go. I didn't understand. I had it until I read your book. People I think read *Light Is The New Black*, and I have given it to so many people. It's my gift book. Like, it's the book I gift people. And look, for some people, and you say it in the book, it's too woo woo. Sometimes people are, like, it's too much. I'm like, you're not ready to receive it.

Rebecca: Yeah, I'm not there yet.

Tanya: Yes, I'm, like, you'll be back.

Rebecca: You only reach for those kind of books when you're desperate, you have to be, like, I got nothing left.

Tanya: Yes, yes, yes. You know, it's so wild. So there's a part in it where it asks, and if you've not read these books, like, first of all, what are you doing?

Rebecca: Why are you listening to us?

Tanya: Yes, there's this part of the book where it says ask your soul what it wants. And I found it really difficult to do because I also listen to some of your meditations. They're so great. Like, I feel like such a fan of yours. I feel like such a fangirl.

Rebecca: Well, I'm a fan of yours, Tanya. We can just, like, say no you're amazing, no you're amazing.

Tanya: Well, I speak about you on my podcast, actually, but, yeah, I think they must be your old, because I don't know if you've done any new meditations. But your old ones I've found, I just play them over and over. So I kind of hear your voice often in my head. It's the well one. It's the going into the well and feeling it.

Rebecca: Oh, I fill up your well. Oh that's a good one.

Tanya: Yeah. That's the one I listen to over and over again. Yeah. But there was a section that said, like, ask your soul what it wants, which is very difficult when you're got an overactive mind and when you're very anxious and when you are very desperate for, well, I think I'm very ambitious. And sometimes I don't know if my ambition comes from fear of being disliked or being rejected or if my ambition comes from a genuine place. You know, that's a divide that I have constantly. But I was, like, being still asking my soul what it wants. And it said, and this is wild. I have this character that I do on the internet called Tracey from Bathurst, which is even more ironic because you're from Bathurst, we went to uni in Bathurst, blah, blah, blah. And I started doing this character just out of boredom during COVID. I wanted to do character work and step outside of the social media stuff I'd been known for and do character work, which is scary to sort of do something different. And I just thought people would hate it. And I was, like, I'm doing it for me. And so I asked my soul, what do you want? And it goes, Tracey. And no shit Bec.

Rebecca: No way. So good. I want Tracey. And what does Tracey do for you? Or is it more, what does Tracey do for the world?

Tanya: Could be a bit of both. I think, first of all, Tracey is a character who's older than me. She's going through a divorce, which is something I've not been through. She has children, which is something I've not experienced, but she has, you know, different issues to me and she's not as complex as me. And so she's a lovely space to play in because I embody her in the most literal sense. You know, she's a nice place to escape. But the thing that, what it was, I started to channel all my energy into Tracey. So then I've been pitching a television show for years, years, and I've been rejected by everyone. And I was, like, I've got to dig in here. So I sent all these pitch documents, got a pilot together, got a writers room together, paid for it myself, got some money from Screen Australia, which is really hard to get and put another writers room together. And we got it up, so we got a pilot episode, we got a producer, it got pitched around everywhere and Endemol Shine picked it up this year. So Endemol Shine produce a lot of excellent television.

Rebecca: That's amazing. And is Tracey going to be in that? Or, what's the show about?

Tanya: It's called Highlights because she's a hairdresser. And it's also, like, the highlights of her life.

Rebecca: I get it. I love it.

Tanya: But it's also the lowlights of her life because I think, you know, any time you study a character, someone else, like, the thing that's the best for Tracey is for her to break up with her husband. The worst thing that could ever happen to Tracey is to break up with her husband and those two, like, live side by side, you know? So the show is essentially that.

Rebecca: That's amazing. So it's, like, what was your soul calling you to do and it was Tracey. But I love that because I think this is when you know it's your intuition because it's, like, what? That doesn't make any sense and you don't know where it's going. And then eventually you're, like, oh, I've got a TV show. But I think you've demonstrated how, like, you need, it's not just, like, all about, like, oh, I'm going to meditate and I'm going to, like, get this guidance that makes no sense. Like, you got to act on it. Like, you know, it wasn't just, like, pitching it once you got to, like, keep it going. And I think this is why, like, to fully embody, like, our purpose and all of that, we actually need a decent amount of willpower, which basically comes from our ego. Like, otherwise we're just not going to, like, embody it. And so just something you said before about, like, is it, like, which part of me is it kind of filling up? And it's, like, you kind of need both parts to be acting. And I think for me, it's, like, the biggest change in my life happened when I was, like, no, I'm going to let that wise part of me, the soul intuition be the one that runs the show. And then I'm going to be right, get the ego and the willpower and the body and all of that to work. And it doesn't mean that I spend more time in the meditative soul space, but that is the one who's, like, the CEO of my life.

Tanya: Yeah. And it's so funny because I think a lot of people think that you either have, like, spirituality or psychology, but I actually believe that they can work really nicely together. Because my psychologist offers a very similar piece of advice, which is let the wise part of your soul or wise part of you, however, she doesn't mathematically, you know, be your guide. And it's when you've got it from two angles, I feel like I can't ignore it now. Like I've got to listen to my wise part, but yeah.

Rebecca: Totally. And like for you because you feel like, so it sounds like you always, like, had that inner voice, but it was just like, what is it? Or whatever. Like, do you, did you feel like at a young age because you're so, so multi-passionate. You have, you just, like, go and it from my perspective, it seems like you just, like, go and be like, right, I'm going to go do this. You've got kids book, you've got self-help books out there as well as being presenter and comedian and, like, all of this, you just, like, going for it. Did you always, like, at a young age, like, have this kind of like, I'm here for a reason I want to get shit done? Like, did you have that or is it something that came later?

Tanya: Oh, yes. Like, when I was 14, I directed a play. I just very, I just was born ambitious, like I walked when I was seven months old.

Rebecca: Yeah. It's, like, right, I'm here. I'm going to get the job done.

Tanya: Yeah. Yeah. At my first birthday, I was talking. And I was, like, because I have a seven month old nephew and I'm, like, wow that's wild.

Rebecca: How is that possible?

Tanya: How? I wasn't talking well, but I was trying to communicate, you know what I mean? I think I've just been very driven, but I think it's, like, closely linked to storytelling. It's, like, I'm very interested in people and stories and connecting. And I think that the art of storytelling, no matter which way it is, is what I'm passionate about. So the reason I'm multi-disciplined is I'm just taking the same story or taking the same skill set, but just using it to talk to them, but use it in different ways, if that makes sense.

Rebecca: Yeah. Yeah, that makes total sense. Yeah and I think there's just, like, so many different ways to express ourselves. Like, when you're a creative, it's just, like, I think just, like, doing one thing sometimes feels, like, so limited. And, like, for you being a comedian, like, when, where did that come in? Was it something, like, were you just, like, very funny? And then you're, like, I'm going to be a comedian? Or was it were you inspired by someone?

Tanya: No, I think it came from more of a perspective of this is just the main thing that I do. So I was in radio for ten years, which is so wild, right? Because when I was at uni, I dated this boy who did commercial radio and I broke up with him because, and I quote, remember, I was a theater student. It's too commercial. It's capitalism. Like, I don't think you understand. I've just come back from, like, a theater camp where I was shoeless and I'm very connected to myself and I don't want to talk about ads. And that's your passion, obviously. And now I'm, like, so I've done ten years in commercial radio. But what it is, is, like, the connection and the storytelling which I'm really interested in. And to do it and survive you, kind of, I have a very weird relationship with capitalism. Like, I find it so hard.

Rebecca: Totally I think we, I think many of us do. And yeah, I mean, but I can see it being, like, and I get, like, the ad piece, but it's just a platform for you to reach loads of people, right?

Tanya: 100%. I think it's like double cleansing your skin. People are, like, it's such a great idea. I'm, like, is it? Or is it making you use the product twice as often? So you go through it twice as regularly, so you have to buy it more. Like, I really struggle.

Rebecca: I know. It's so complex.

Tanya: Yes. And I, like, you know, day and night cream. Night cream is day cream marketed differently and it just sends me down a well. But yeah, I feel like comedy was the thing I was doing the most, so it was just easier to brand myself as that. But it was very difficult too. And I still find it hard because I still have massive imposter syndrome. Like, you know.

Rebecca: Oh yeah.

Tanya: And being a girl in comedy is hard.

Rebecca: Yeah, right. Yeah. Let's talk about that because I know what it's like to be in a boy's club as well and then find your way. So tell me, radio must be like that for you.

Tanya: Yeah because you were in, like, advertising.

Rebecca: Yeah, I went into advertising, I was in the creative department. And, yeah, it was interesting. It was, like, I, kind of, I always was, like, really confused why I did that. And, like, I now look back and I'm, like, oh my God, it, like, actually really helped me with my writing. Because I started as a copywriter and then I Creative Director. And there was, like, so many things, because I loved media. And, like, I would literally be like praying every day and being, like, right, I can meet, I can reach millions of people and I'm going to put positive messages out there and kind of like code them in or whatever, but it was just fucking hard. But I learned so much in the process and, but yeah, total boys club, like, oh my God. It was, like, you had to, kind of, I look back and I'm, like, oh my God, I was, like, so just trying to be one of the boys in a way. When actually my real gift was to be in my feminine, which I would do. I would literally, like, walk along the beach, on the beach every morning. And, like, connect with nature to give me the ideas. And then I'd have to go into work and just pretend to come up with ideas with, like, creative partners. And then I'd go to my boss and deliver all my ideas and all my headlines, and you'd have to do, like, 200 to get one good one. And he'd, like, scrunch them up and throw them in the bin until you got one good one. But it was, I look back now and, because I'm very sensitive, it was such good training for me to, like, not take things personally. Which I definitely still do, but I don't I, it builds up this reserve of, like, yeah. And there's always another idea. And it helped me develop my creative process with God or with whatever force it is that's there. Because that's where I got all my creative ideas from. I just didn't tell anyone. But now, I'm, like, oh my God, if I was in advertising, I probably, like, develop, like, a whole process on it. And maybe it's time that I would, like, it would be welcomed, but I don't know. What's it like for you? How has it changed?

Tanya: It would be cool. I would love to see that. And I think that people, especially, like, we were talking about before, the Gen Zs are so switched on and interested and interesting. And I think something like a new wave of approaching creativity through, you know, your connection to self, connection to your spirituality, the universe would be a game changer. Like, I think that that is a book you should absolutely consider or even some sort of literature in that space.

Rebecca: It's coming.

Tanya: Oh, really? Okay. Oh wow, yeah. Isn't it funny that timing is everything, because I feel, like, I'm often not in my feminine femininity. And I'm going through years and years of infertility and IVF, and, you know, it's zero out of ten. And the, like, I see, like, the healers as well as, you know, IVF doctors. But I also see acupuncture, I do western and eastern. I see a lot of kinesiologists and a lot of just healers. And the main thing I get is you are living in your masculine because I work with men. And so it's so difficult to, you know, be funny and be there and available and, like, everyone wants you drunk, which I'm not, you know, I don't want to be drunk all the time because I've got a very, I want to use the morning and I want to write. And I don't know particularly in radio you have meetings in boardrooms with men about what the target audience is, which are women and you're sitting there the only woman. Look, it's so weird and backwards.

Rebecca: Yeah, I so hear you. It's been a while since I've been in those places, but I remember, like, yeah, just really having to be in masculine. Even just, like, I remember just being kind of like yeah hahaha. You know, like, just even, like, the way my voice would be. Like, oh my God. And alcohol as well because you, kind of urgh. Yeah. I hear you.

Tanya: Because they relax and they're, you know, socializing around alcohol and cigars. I remember this one time our boss came to town, like, our sort of content boss from Sydney, and we were in Canberra at the time. And they all went out for dinner and it was, like, T-bones and steak night, right? And I saw it all on Instagram. This was, like, 2016. And I saw my co-announcer the next day and I was, like, oh why did you go out and have dinner with everyone? He was, like, oh it was boys' night. I was, like, yes, but I'm the only girl in this and the extended team.

Rebecca: Like, literally excluding me.

Tanya: I was like, so you literally had a business meeting in which I was not included, but I can't complain to anyone because my boss was in that meeting.

Rebecca: Oh, my God.

Tanya: I am, like, successful in spite of what happened to me. Because every single person who went to that dinner that night, I, they do not have a career. So, you know, as much as I go, that

was a shitty thing to happen. I think you can either choose to be angry or choose to move through it and follow the calling instead of the anger. A lot of it is just, like, going okay, that happened and that was really awful. I can either carry that baggage around or put it down for my greater good. And so I've had to learn to put a lot down. And I just think I don't want to be that angry person with no, nothing.

Rebecca: But I think that the anger, like, it sounds to me like you actually use the anger to create. Because I think, like, anger and it is a very feminine thing, actually. Like, the, to instead of, like, direct the anger to destruction. I'm going to be stereotypical here, but that's like war, that's like the masculine kind of, it can be the feminine too. But, yeah, but to turn it into something like creation versus destruction, it's a really, like, we got to make a decision. And if we go destruction, yeah often, like, we destruct ourselves in the process as well. Whereas it seems to me, like, you just use the, and this is a very feminine thing, of yeah, like, you can either choose, like, death and destruction or rebirth. Which you kind of need to die to then be born again, you know? And those, like, those months of, like, autumn and winter where we're kind of, like, oh my God, I'm literally surrendering everything and I'm going to start all over again. That's so feminine.

Rebecca: You've been so open with your journey with IVF and endometriosis as well. Yeah, I obviously have gone on to have kids, but I've had several miscarriages and endometriosis as well, and I know just, like, how full on that process is. But, like, how has it been for you to, like, share that? Because it must be, like, such a push pull of, like, it's so personal, but also it's so, like, it helps so many people knowing they're not alone.

Tanya: Yeah, it's like exactly that war internally. But it's also, sometimes I'm better able and better equipped to handle it publicly than I am at, you know, because hormones and fails. And you're in a hospital and people want to take photos of you, which is fine, but it's also like bad timing.

Rebecca: Yeah, yeah, yeah, yeah, yeah. Fully.

Tanya: And sometimes people don't quite understand. And I feel like it's not my job to educate. Like, people go, how dare you not want to foster children? How dare you not want to adopt?

Rebecca: Oh my God.

Tanya: And I'm, like, no it's not that, I understand. I also have experience with adoption and foster within my family, and I have seen some pretty tough things and that has informed those decisions. And, this is what I'm saying, you see this, like, you see the tip of the iceberg. But you do not see, you know, with every situation. So, a lot of it is I share on particular platforms, so I will talk about it on Instagram and TikTok. You will never see me talk about it on my fucking Facebook.

Rebecca: Yeah, right. That's interesting. And so do you have, like, how do you find the, like, the celebrity thing and, like, you know, boundaries and, yeah, just, like, does it come easy to you? Or do you love and hate it or, yeah.? How do you navigate it?

Tanya: I mean, first of all, I don't identify as a celebrity. Like, I would never be like, oh celebrity here. Like, I don't see myself like that. I do appreciate.

Rebecca: But Tracy does right? Tracy from Bathhurst, right?

Tanya: Yes. She's, like, yeah, she's an icon in her own mind.

Rebecca: Loves it.

Tanya: It's more like I am often very, like, how did this happen?

Rebecca: Yeah.

Tanya: I feel like I fell down a well, with, because of your meditation, but I feel like I'm like, what? Like, shit, you know what I mean? Like, how did I get here? But I'm very grateful for it. I have to stay grateful because, you know, I was a young artist who had no money, lived in Sydney, went to 140 auditions, couldn't even afford to go to work. Like, couldn't afford to drive my car to work, so I'd have to walk to Luna Park as a clown. I had to walk to Centrelink to get my money for the week. I'm humbled for the fact that someone wants to publish a book of mine. Someone wants to buy that book of mine. Somebody wants to come and see me do a live show. Like, I'm constantly, like, thankful that someone cares about my art. And I think that, I think a lot of kids come up now because of social and they've only ever been successful on Instagram or successful in TikTok, and now they earn \$25,000 a post. And I'm, like, I can't imagine that. I have been the struggling artist until I was about 38, sorry, 28, maybe 29. So, like, sounds bad but years of failing have made a good. And they make me whole and they make me more relatable and they make me... I feel like because of everything I've gone through, I'm an important voice in the Australian media. I'm not a naive voice, I'm not a young voice, I'm not a silly voice. I am irreverent but I'm also really smart. And I've been through a lot of things. I'm from a regional background. I don't, I've not earned a lot of money. My parents aren't really rich, you know what I mean? It's like I am the every man and I should be talking about the budget and I should be talking about how this, like, crisis of the economy is affecting. Because it affects me and I'm still connected to that girl who grew up in Newcastle and had no money. And I am that poor artist, you know, like, I am the one who should be in this chair and not Sally Vaucluse.

Rebecca: Yeah, fully, fully. And with your books, like, do you feel like you kind of wrote them for yourself? Like, the younger yous. We'll return with Tanya's answer after this short break. .

Rebecca: And with your books, like, do you feel like you kind of wrote them for yourself? Like, the younger you?

Tanya: I felt like I asked the universe for an idea. And I wrote my first kid's book, Stevie Louise, which is a junior fiction book, 15,000 words. It is based on, loosely based on my childhood, but also not. Like, it's crazy. It was channeled through me, and I wrote it in three weeks and didn't sleep. And it's basically how it was printed is how it was written, there was very few edits. It was channeled, like, that book. And it's a play now, and it sells so well still to this day. Like, I know your books sell really, really well. And it's such an amazing feeling when something so raw that you're writing for some reason just feels, it hits different. Don't you reckon? I don't know.

Rebecca: I think with writing, I think there's something about, like, the intimacy of it. So it's like someone is there, it's just you and them. And, yeah, I think the biggest compliment, the most meaningful compliment for me is when someone says it feels like you wrote it just for me. I'm like, oh yes. And I think that's what books do, you know? Like, they just, there's an intimacy there. And I think it's interesting because I really resonate with what you were saying about, like, there's so many different ways to express ourselves, right? I remember for me, I knew, like, from a very young age, I was, like, just obsessed with the unseen world and spirit and all of that. And I, kind of like, was in a massive closet. And, like, you know, by night I'd be doing all these workshops and trainings, and by day I'd be, like, just being a normal kid, getting drunk and, you know, kissing boys and stuff. But I remember, actually Amy Firth and I were chatting and I was just, like, I just, like, know there's so many things I want to do, but I just have to pick one thing to call myself. And the most, like, normal thing that I can do is just write a book so I can be an author and I could be like Rebecca Campbell: Author. Because that, at least it's, like, okay, just, I'm an author. Is everyone, is that clear? Okay, great. Now I can go and create other stuff. Do you, was that kind of, like, similar with you, with comedian or presenter?

Tanya: For sure. I was actually really funny, so I said to Tom that I was doing this podcast with you. And he goes, how would you describe her? And I said, oh, I mean, she's written heaps of books, so author, which is funny. And then I was, like, I don't know, she's, like, Oprah. I was, like, I don't know. And he goes...

Rebecca: Yeah, it's so hard.

Tanya: Well, because yeah, he goes, is this the girl whose cards you have? Because he had a hen, a bucks night right? And your cards, you have these cards for those people listening at home. She has these, like, cards that are, like, tarot cards but not. You pick a card and it sort of, then you go to the little book and it tells you what card you pulled and what it means and how it can, like, further you. Tom goes to a bucks night. The bucks night come back to my house. I wake up at 4

a.m. All the boys are reading these fucking cards, pissed is a fucking newt. One of them's being, like, the adventurer. It means that as a starseed...

Rebecca: You did the Starseed Deck. Just, you know, starting at the beginning.

Tanya: It just made me laugh but they're all silent. Like, fuck, drunk as a... Been out drinking since 11 a.m. it's 4 a.m and they're sitting around doing, like, quote unquote, angel cards.

Rebecca: Oh my God, that's hilarious. Oh, I love that.

Tanya: So funny.

Rebecca: The card maker. It doesn't have the same ring does he? The witch?

Tanya: Well, I said, oh, you know, she lives in the UK because she moved to be closer to, how would you describe your move? Like, I would say, it's a spiritual connection.

Rebecca: I mean, I think at first it was just, like, I felt, like, this call within me to, like, explore and, kind of, yeah, I had the same ambition I think, that you had. And, like, London, I could get a visa in London, but London felt, like, big and, like, the center of the world, you know? And then yeah I had, like, amazing friends and the whole group of friends from uni. And we just had a ball here. And then I had a break up and then he went back to Australia and so I'm like nah I'm going to stick it out, I'm going to. And then, yeah, and then you just build your life. My publisher is based here and America as well, and Australia, but it was, like, my core publisher was here. And then I used to come to, so I was in London for, like, 15 years and then I used to go to Glastonbury just on my own and I used to run retreats and stuff. And, yeah, we just did not plan to move here, but we, but we were called and we were about to move back to Australia and then we just literally moved and my husband's from Melbourne originally, so we're just, like, let's just just go on a new adventure, we're thinking it was going to be, like, six months. And then we ended up getting pregnant with my son, like, as soon as we moved here and then COVID happened and then we're, like, oh shit, I think we're here you know? So I don't know. But when I reflect on it, yeah, I was, like, what? But when I reflect on it, this is going to sound, like, definitely woo woo. But there's something around, so this particular town, it's, like, very unique. It's, like, people know about Glastonbury because of the festival, but the festival came because of the energy of Glastonbury. And it's a place where it literally is in devotion to the Goddess. So it's in devotion to the feminine.

Tanya: I've heard this.

Rebecca: Yeah, people celebrate the Celtic Wheel of the Year and all of that. And I think that I'm, kind of like, being taught my old ancestral wisdom teachings through being here. Because, you

know, I'm a white woman, I grew up in Australia on land different to my ancestry and, but I do, like, deep spiritual work. I've studied herbalism and lots of different things where I connect in with the wisdom of the land and I think there is some peace around that. And I don't know how long we'll be here. I don't, like, I'm actually going back to Australia for six weeks, I've got an event. And then I've got my brother's wedding. So yeah, like, we want to spend more time in Australia. I think we might move back there at some stage. But we're definitely being, like, planted here for now. Which is, but it's a mystery. It's, like, kind of what you were saying about, like, you know, those things where, you know, the character from Bathurst comes into it and you're, like, what?

Tanya: Yes, exactly like that.

Rebecca: I think you can always see, like, the thread that's being, that you're being led by in hindsight. And then you've got a great story to tell and be, like, oh yeah, it was just, you know, it's just meant to happen. But, like, when you're living it, you got no frickin clue.

Tanya: And this is why stories are so excellent in retrospect.

Rebecca: So that's a short answer. Right, right.

Tanya: Like, if I tell a story that happened to be that's really sad. If it got a lol at the end or, like, a good, you know, like a beating structure. It's just sad. So, like, anyway. I could talk about storytelling here.

Rebecca: Yeah, we can always, oh yeah, you're a master of it. But, yeah, it always sounds better in the end, doesn't it? All right, so I have a question for you. So how are you changing right now? Like, what's changing in your life? How are you changing?

Tanya: Well, I actually feel like I'm in the most liminal space of liminal spaces, which is sort of that in-between state, just a very fancy psychological word for it. But I feel like I'm changing because I have been, because I work in social media a lot of people view me a certain way, which is like quote unquote as an influencer. Because I work on socials, it's, I wish I could just be hot enough to take a picture on a beach and be, like, beach, go to the beach at Marriott Hotels. You know what I mean? Like, I actually don't do that.

Rebecca: Do you though? I don't think you do, I don't think you do.

Tanya: No I don't. I don't do that.

Rebecca: No I'm saying, I don't think you want to either.

Tanya: Oh, no. It's so against. It's so urgh. So I think my change is that I'm coming into my own. It's okay if someone calls me that and misconstrues how they perceive me. I know what I do and I know how what I'm creating and who it's for. If somebody misconstrues me, I don't have to be mad at them or change it in my contract or get, like, furious. I can go, okay, you don't see me holistically and that's cool. You've seen one video and your perception is that your perception is not my reality. But I don't know, to be honest, I wish I was changing more. But not being able to conceive has left me and for so long has left me in this really, like, stagnant place where I, because you go a little bit forward, a little bit back, a little bit forward, 500 steps back. So I don't know, change is a tough one for me right now.

Rebecca: And tell me, like, if you feel back to your younger self. So maybe, like, the part of you when you were, like, really wanting to make it as an artist, as an actor and, like, slogging it out, like, what advice would you give that part of you? I'm just thinking, like, if there's anyone out there who's kind of like, I've got a dream, but is it really going anywhere? It should be happening faster. What would you say?

Tanya: Oh, I would say sometimes some things are not meant for you, but skills are transferable. For example, I was not meant to be an actor because the greatest role I'll ever play is myself. And that's why all the success I've ever had is just being me and doing things and telling my stories and telling it through my lens. Because there's no other Tanya Hennessy, but there's no other you. You are, like, your greatest superpower. And that lesson is something I chuck into my kids books at any point because I'm, like, maybe I'll speed this lesson up for you. But. I don't know, sometimes if you love it enough, you've got to push for it. But also, if it doesn't work out, that's also fine. You will be caught. But also if you have a voice in you that says you've got to sing like you've got to sing. I don't know, like, you'll have a sad life unless you fucking sing. Would you rather have results or excuses? Like, don't have, like, don't be paralyzed by your anxiety. Don't let it win. I have a fucking battle with my anxiety every day. I refuse to let her win.

Rebecca: I love that. Yeah, and I think that's the thing that not that many people talk about. Because pretty much all the successful people I know actually have that anxious voice within them or it's something that they're overcoming or overcome at some stage. For me, I remember, I forget the quote, but one of my teachers used to say that fear is excitement without the breath. It's, like, it's an old quote, I forget who said it.

Tanya: That's good.

Rebecca: And oh my God, that's so true. It's, like, I think when we when we, like, have this calling within us or something to share and we're not sharing it, then the anxiety, like, just builds up and, like, freezes us. Whereas actually when we breathe in and, like, just kind of leap into it. And definitely, there's definitely lots of stuff to do with, like, nervous system healing, like somatic stuff.

I'm a big, big advocate for that, that's been so transformative for me. You don't have to live with the, like, the crippling fear forever. But I think sometimes the only thing harder than answering the call is not answering it. That's been the case for me. How about you?

Tanya: Yeah, well, the thing is, mine's very loud and deafening, and I've not been able to hear anything else. And even other people have been like Tanya, it's a lot. You don't need to do it. And I'm, like, this is back in the day. And my dad was like, be a banker. I was, like, I am dyslexic. I can't do numbers. Like, I can't do anything, like, Bec, this is, I was born to do this. I am here for this reason. I am so lucky that my purpose has always been so loud. You know, not everyone has a purpose that is deafening and mine is deafening. And I'm so glad of it because I've seen people who don't have deafening callings and what it does to them. Or maybe they're not listening. But if you like, I don't know. I'm like, you've got to go for it, just go.

Rebecca: Yeah. Fully.

Tanya: The only person who loses out is you.

Rebecca: Yeah, totally. Oh, Tanya. So, so good. I'm glad we did this. Tell everyone how they can find you.

Tanya: Oh, okay. I'm [@tanhennessy](#) on Instagram and I'm, I don't know, [tanyahennessy](#) on TikTok.

Rebecca: Awesome. I'm about to cough.

Tanya: Oh my God. Don't die, we need your brain.

Rebecca: Love you.

Tanya: Oh, thank you so much for having me, honestly. You're so special and interesting. I just want to see you soar and I know you will. So thank you for having me.

Rebecca: Today's Soul Inquiry prompt is what is your soul calling you to step into? And as always, what is one baby step you can take in that direction today? Let's share a breath together as we close this Sacred Space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps others to find it too and so I so appreciate if you could do that. You can, as always, find the show notes from today's episode over at rebeccacampbell.me/podcast. Thanks for returning.