



ANAEL IVON

MEDIA KIT

Author • Spiritual Guide • International Board Certified Clinical Hypnotherapist

Exploring awareness, believability, receiving, somatic experience, consciousness, and the wisdom within.

Incorruptible High Light™

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ABOUT ANAEL IVON

Short Media Bio

Anael Ivon is an author, spiritual guide, and International Board Certified Clinical Hypnotherapist whose work explores awareness, consciousness, nervous-system and somatic experience, believability, and receiving. She is the author of *Say Goodbye to Bad Energy & Negative Thought Loops* and *Beyond Belief: Entering the Field of Believability*, and creator and host of the *Open to Receive* podcast.

Extended Media Bio

Anael Ivon is an author, spiritual guide, International Board Certified Clinical Hypnotherapist, and practitioner of Neuro-Linguistic Programming, Emotional Freedom Technique, and T.I.M.E. Techniques.

Her work explores the intersection of awareness, consciousness, nervous-system and somatic experience, spirituality, believability, and receiving. Rather than approaching personal transformation through pressure, striving, or the demand to think differently, Anael invites people to become aware of what is already present and explore what becomes available when force is no longer required.

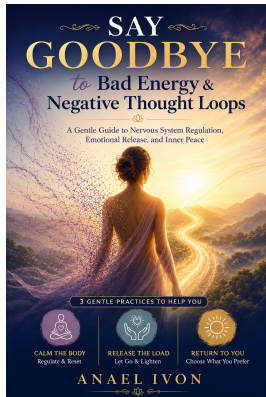
Her books include *Say Goodbye to Bad Energy & Negative Thought Loops: A Gentle Guide to Nervous System Regulation, Emotional Release, and Inner Peace* and *Beyond Belief: Entering the Field of Believability*. Her forthcoming book, *The Living Chakras: An Experiential Journey Into Energy, Awareness & the Wisdom Within*, invites readers to experience the chakra system through attention, awareness, breath, and their own direct experience.

Anael is also the creator and host of the *Open to Receive* podcast and founder of Incorruptible High Light™, where her work continues to explore possibility, awareness, receiving, and what can emerge when something new becomes believable.

Professional Credentials

- International Board Certified Clinical Hypnotherapist
- Practitioner of Neuro-Linguistic Programming
- Practitioner of Emotional Freedom Technique
- Practitioner of T.I.M.E. Techniques

FEATURED BOOKS



Say Goodbye to Bad Energy & Negative Thought Loops

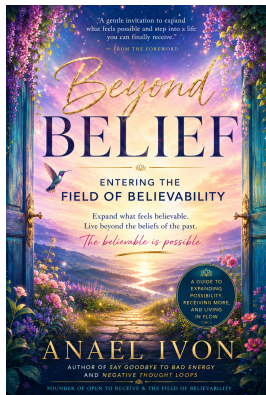
A Gentle Guide to Nervous System Regulation, Emotional Release, and Inner Peace

What if changing a negative thought loop did not have to begin by fighting the thought? The book explores emotional pressure, repetitive thinking, nervous-system responses, and the exhaustion that can come from continually trying to force ourselves into a different internal state. Anael introduces gentle practices, including the **5-5-5 Somatic Reset**, that invite readers to create space, notice what is happening within them, and approach emotional release without making wellbeing another thing they have to perfect.

Media themes: Nervous-system awareness • Emotional release • Negative thought loops • Somatic practices • Inner peace

[Official book page](#)

[Amazon](#)



Beyond Belief: Entering the Field of Believability

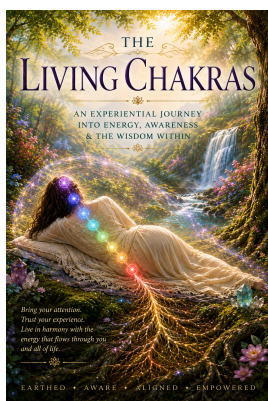
Expand what feels believable. Live beyond the beliefs of the past.

Beyond Belief begins with a provocative idea: **Believability is not fixed**. Rather than asking readers to force themselves to believe something they do not yet believe, Anael explores familiarity, awareness, permission, trust, possibility, and receiving as pathways through which something new can become believable. Structured as a journey through thresholds and sanctuary spaces, the book invites readers to experience its ideas rather than simply consume them.

Media themes: Believability • Possibility • Receiving • Familiarity • Awareness • Personal transformation

[Explore Beyond Belief](#)

[Amazon](#)



The Living Chakras

An Experiential Journey Into Energy, Awareness & the Wisdom Within

COMING SOON

The Living Chakras approaches the chakra system as something to be experienced rather than simply studied. Through attention, breath, touch, awareness, and direct experience, readers are invited to explore the energy within and develop a more personal relationship with what they notice.

Bring your attention. Trust your experience.

Media themes: Chakras • Energy awareness • Somatic experience • Consciousness • Breath • Embodied spirituality

INTERVIEW ANAEL IVON

Anael is available for podcast, radio, print, digital media, and event interviews on topics including:

Believability Is Not Fixed

How our sense of what is possible can expand without forcing ourselves to believe something we do not yet believe.

Familiarity Is Not Proof

Why what feels familiar can quietly shape expectations, choices, and what we consider possible, and what can open when something previously considered impossible begins to feel believable.

Receiving Without Force

What changes when receiving is approached through availability rather than striving.

Negative Thought Loops & Emotional Pressure

A gentler way to understand repetitive thinking without turning the mind into an enemy.

The Nervous System & Everyday Awareness

Bringing awareness to the body's responses before immediately trying to change them.

The 5-5-5 Somatic Reset

A simple breath-based practice for creating a moment of space during stress or overwhelm, using the breath as a natural tool to support a calmer mind and nervous system.

The Quiet Yes

Recognizing the subtle internal sense of openness that can arrive before the analytical mind explains it.

Living the Chakras

Moving beyond intellectual knowledge of the chakra system toward direct, embodied experience.

Spirituality in Everyday Life

Exploring awareness and consciousness without separating spiritual experience from ordinary living.

SUGGESTED INTERVIEW QUESTIONS

1. You say that “believability is not fixed.” What does that mean?
2. What's the difference between believing something is possible and having it actually feel believable?
3. You use the phrase “familiarity is not proof.” Why is that distinction important?
4. Why do so many approaches to personal change begin with effort, and what becomes possible when we remove some of that pressure?
5. How are the nervous system and repetitive thought patterns connected?
6. What is the 5-5-5 Somatic Reset, and when can someone use it?
7. What do you mean by receiving without force?
8. You have described something you call the “quiet yes.” How can people begin recognizing it?
9. How does your spiritual work intersect with somatic awareness and your background in hypnotherapy?
10. Your forthcoming book approaches chakras experientially. What does it mean to experience a chakra rather than simply learn about one?
11. Across your books and podcast, awareness appears again and again. Why is the question “Am I aware?” so significant in your work?
12. If someone feels that what they want is simply too far outside their present reality to believe, where can they begin?

OPEN TO RECEIVE PODCAST

Conversations and explorations around awareness, possibility, believability, and receiving.

Open to Receive explores the space between wanting something different and becoming genuinely available to experience it. Through short, contemplative episodes, Anael explores themes including permission, familiarity, believability, receiving, awareness, trust, possibility, and the difference between pushing for change and allowing something new to become available.

The podcast extends many of the ideas explored throughout Anael's books and broader body of work.

CURRENT WORK

The Field of Believability

Anael's work around the Field of Believability explores what becomes available as the boundaries of what feels believable begin to expand. Rather than prescribing what someone should believe, the work invites awareness of what already feels possible, what feels unfamiliar, and what begins to shift as new possibilities become more available to receive.

MEDIA ASSETS

- Short and extended author biography
- High-resolution official author photograph
- High-resolution book covers
- Press releases
- Interview topics and suggested questions
- Podcast information
- Incorruptible High Light™ brand assets

MEDIA CONTACT

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Awareness • Believability • Receiving • Experience