A Live Healing Demo on Releasing Trapped Energy Behind Your Meno(pause) Symptoms Transcript

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Introduction to the menopause and energy healing conversation

Hello, ladies. Welcome back to the Future of Menopause Medicine. I am your host, doctor Sharon Stills. And you know me. I'm always excited and honored and all the things to be here with you today.

And sometimes I sound like a broken record because I say this is going to be the most important interview you've ever heard, but like, this is going to be the most important interview.

So I'm really excited to bring you this next conversation. It's like near and dear to my heart as a physician, as a human, as a colleague. And we're also going to have a live demonstration for you.

So if you can, before we get into it, like if you can close the door, if you can turn off the rings and the dings and really like, just give us the next 30 minutes of your attention, it's going to serve you so much better.

Now, of course, if you are listening and driving, don't do any of that. And then just make sure to watch the replay in a quiet place. Today I have a new friend who I met just a little while ago.

We were at a conference together and we kind of ended up sitting next to each other at lunch and just fell in love with each other on a professional and personal basis.

She's just a beautiful soul. Her name is Deborah Wayne. Some of you probably already know her. She's not a stranger to helping to share her gifts online and to educate, and she is an energy healer. And the conversation is so important because often, especially when we're going through menopause, we're rolling along and all of a sudden we don't feel good and we just start going, what's wrong?

And what do I need to take to fix it? And this is not to discount. You guys know I love my bioidentical hormones and all the things. And this is not to say, you know, it's not this or that.

It's this and that. Right? We are we are physical beings, but we are energetic spiritual beings as well. And so this is an inclusive conversation of bringing the energy conversation to your menopausal healing journey.

And I'm thrilled to have Deborah here to have the I can't think of anyone who I'd rather have this conversation with. She is a gifted healer, and we're going to get into why this is so important and how this applies to you, and answer the question when nothing's working like, what is missing and why is that so welcome?

Deborah, I'm just so excited to have you here and share your blessings and your gifts and your wisdom with our audience. Thank you so much. I feel it, I feel it, and I am so grateful to you and to be here and be part of your beautiful community.

It's it's a real honor. Thank you. Thank you. And already you like just her presence, right? Like her presence is just like, oh, let's all take breath.

I know we're going to get in, but it's like, let's just take a breath and arrive and exhale and be here. So for those that don't know you, because we had a little glitch and I don't have your bio in front of me, maybe you can just tell us a little bit just, you know, a couple of minutes like your story and how you ended up doing what you do and why you do it.

Well, I'll take you back to the pivotal moment, because I had no intention of ever doing any of this. But I woke up one morning on the floor in my closet, and I was crying my eyes out, and I was in pain from head to toe, and my

pain made no sense.

And I did not know what to do. And I had been faking it til you make it for a long time. And that day I was done. I was out of ideas. I was out of willpower. I was out of pretending.

Everything was just fine. And I had a lot of pills in me and a lot of booze in me, and nothing would stop the pain. And I screamed out to the sky, to a God I did not believe in at the time.

Deborah Wayne's healing origin story

And I said, if there's anything out there, I need help. And I had a rock. Me to the core spiritual experience that literally changed my whole life overnight.

And I was shown and I took. I didn't know this right away, but over time, I discovered I was shown all the basic principles of quantum physics. I had this experience in the closet where I saw, felt, heard, and could could sense that my body and everything physical is made of energy and light and sound, and it's all changeable, including my pain, your pain and suffering and symptoms.

It's all changeable. And I, a part of me thought I was going a little cuckoo, but the rest of me knew this was very real. And I started meditating again and following this inner guidance.

And I was led to a new life. And it's a long journey. This is over 35 years ago, but you fast forward to today. I've never looked back. Everything in my life changed.

My career, house, husband, clothing, car. It all changed and I got on a path. This healing journey stuff that I thought, oh my God, I can't tell anybody.

They're going to think I'm nuts. But in time, I recognize this has been ancient wisdom. And it's the new bio field science. And the two are saying the same thing in the same, in a different language.

And I became aware of my highest purpose for being here. And first, you know, was able to help myself and then started helping others. And that's how I ended up right here today, helping people all over the world.

That's amazing. I love I love those, I love those dramatic stories where you just, like, change everything, including the clothes and the husband. Not that we're recommending that for you.

Listening. No, but it's it's times in a person's journey where there's a dramatic shift, a dramatic course correction or not even a correction, a change and an evolution, you know?

And that's where I was at, and it really was wild. But I'm so grateful for it, because that worst day of my life turned out to be the greatest blessing of my life.

So, you know, that alone is, you know, powerful, right? Like we never know what we think is horrible. There's always juicy nuggets hidden in everything there really, really is.

And that's why, you know, if you're here today because you're suffering and searching like, don't give up hope. My story is a perfect example. I was thinking of ending my life that day.

That's how bad I was. Wow. And instead, like a second later, a whole new universe opened up. So you don't want to give up before your miracle? Well, yeah. And everyone's.

Everyone has at least one miracle, if not more, waiting for them. So we're talking about medicine for menopause. Menopausal medicine. So I'd love your energetic take on menopause.

Yeah. And what you what it's about from an energetic perspective. First of all I'd like to say oh where do I begin?

The body is always changing. However, what we don't talk about nearly enough is what happens before the body changes.

And there's always a precursor. You see, the subtle energy becomes physical. Your body is the out picturing the physical expression of your state of consciousness, your mind and your emotions.

That's what your body is expressing. So my take on all of this has a lot to do with what you were told and what you were taught, and what you believe about menopause.

Now, I was reflecting back today before this call on, you know, things my mother told me about everything from menstruation to menopause. And let me tell you, the way she told it and what she said made me want to run for the hills.

And I personally shut down. I shut down my feminine energy at a very young age. I actually stopped menstruating because I did not want that experience that she gave me, that she told me what happened.

Now, energetically, energy comes first before it's physical. Your thoughts, your emotions are energy. But were not taught that they are a force as real as electricity.

And so the thoughts we think that, especially the ones we repeat and that have a strong emotional charge connected to them, look out world, because this is what's going to show up in your feedback machine.

Your body is a big feedback machine. And then unfortunately, what most people are taught to do is if a feeling comes up, a sensation, a feedback that we don't like, how it feels or we don't understand what it is, we get afraid of it immediately and we want to get rid of it.

We want to stop it, cut it out, drug it out, avoid it, deny it, do whatever it takes to get rid of it.

Energetic roots of menopause symptoms

And this causes it to stick and get worse. So there are beautiful changes that happen in life physically, mentally and emotionally. And as a woman, as of and we all have feminine energy and we all have masculine energy.

Now, this is a whole nother conversation we could talk about for months. So I'll try to keep it short, but energy needs balancing. It's a balancing act and higher part of you, and even your own body knows what you need and it will take you on a journey.

But if your personality and your mental conditioning says, oh no, I don't want that, then people try to fight what's natural. And I have really felt and learned and personally experienced that anything having to do from menstruation through menopause has a lot to do with emotions.

And if we don't listen and express and resolve emotional energy in particular, it comes out sideways as very uncomfortable symptoms and thoughts are connected to emotions.

Thoughts create emotions and then emotions create more thoughts and you can get stuck in this very uncomfortable merry go round and not know how to get out and off.

But if you start to really be present and not fear the sensations, but listen to what your body is trying to tell you, or teach you or show you that you should do or not do, say or not say.

Starter. Stop. You can easily get back on track and feel much more comfortable. I hate to say this out loud because people get mad. I've never had a menopause symptom, a negative one, never.

I don't know what a hot flash is. Once when I took niacinamide, I think it was right and I had I don't know what they are and I believe that's because I stopped resisting.

Thoughts and emotions in my feminine energy. Does that make sense? Doctor stills please. Yeah, well, we actually share that I have to have never had a hot flash and don't know what they feel like.

I've been hot. Yes, but I you know, I always say it's because I pre-game and a lot of times I talk about things through the physical lens as a physician.

But I am very like those of you that know me and work with me, you know that I we can't address the physical body without also talking about the energetics and the emotions.

And so I think that what you're saying is it's sort of like I remember my Kabbalah teacher said, if you want to know what you're thinking. Just look at your life because it is a manifestation of your thoughts.

And that's a little like, you know, some of you probably want to just slam down the computer now because it's very in your face because, you know, and I'll be vulnerable here for a second.

Like currently I'm single and I have to keep going. Well, why am. You know, I say I want a partner, but yet I'm still single currently, so do I really, because if I really wanted one, I would bring it into my field.

I would manifest it. So I'm doing some deep diving into thinking about that. So it's not to make you feel bad or shame yourself. Like. Like Debra said, we have been just like dumped upon what to think and to think about aging and to think about how we heal and to think about all the things.

So it takes a lot of unwrapping, unpacking, unraveling. And so this is just a, a precursor to, to doing that work. It's just getting the conversation going.

And as you were talking, I was thinking how this is so true and how we just put into our new clinic, we have a Kirlian camera. And so we can take pictures of your bio photons, which is your energy and how we as a human species, if we can't see it, we don't really think it's real.

So it's really easy for us to go, you know, my hair is falling out or my skin is breaking out because we can see it. But if we can't see our energy, it's very hard to like then go, oh, that's creating this even though it is.

And what we're talking about is not like woo woo theory. It's, you know, it's been quantum medicines like it's been proved. But again, we're like these 3D beings who just go, well I have to see it.

And when you were talking about like the electricity, I'm thinking, yeah. Like we don't see electricity, but we see the light turn on and we just think of the lamp which we can touch and press.

We don't really think of the currents that are feeding it. And it's the same with the body. So what Deborah is bringing to the table is like, you know, it's the bomb diggity.

It's like the root medicine. So. So thing that's so incredible is that the energy field that the Kirlian photography takes photos of your energy field is like a recording device.

And it has recorded imprinted vibrationally everything that's ever happened to you good, bad and in between. And many things that you do not remember and have no clue affected you in a negative way.

They show up in your field as a disturbed vibration that can easily be found, felt and released, and when this is cleared and harmonized, it changes the information in the field and the field informs the body, and the body must change.

And like you said, sharing the body, mind and emotions are a complex a one unit. They're not separate car parts. They work together as a unified all. And so when you change the information and you harmonize that in the field, the mind body spirit must change.

And this is new medicine because it's safe, it's faster, it's non-drug. It's like, who doesn't want that? Find me up, please. So I could talk to you forever.

But you said you were going to do a demo. And I really want to just, like, jump into that because it's like we're talking about something you can't see.

So I want you to give us an experience. And that's very kind of you to do that here in the summit. So tell us I'm going to participate too. So tell us what we need to do.

All right. It's my pleasure. I want you to make sure you're in a safe space. No driving, operating equipment or chopping celery to sit or lie down and close your beautiful eyes.

I'm going to guide you in with my voice, with instructions, and I'll be right here with you. And please know you're totally in control. You could stop at any time.

You're safe and you will never get more than you can handle.

Live healing demonstration and guided transmission

But as you breathe into your low belly and lean back or lie down. I'd like you to begin to notice your inner experience. There's nothing for you to do.

It's not hard work. I want you to let me do the work. All I want you to do two things. Notice your inner experience and do not try to change anything.

Let whatever happens, whatever comes up, shows up. Whatever you become aware of. Let it be there without trying to change it or analyze it or figure it out or fix it.

There's nothing to fix or figure out with your mind. Just notice what's happening in your mind and body and around your body. And the second thing I want you to do is let your body move.

If it starts moving on its own, which happens for many people, but not everyone. Or if you feel like you want to move, follow that urge and let your body be free to move in any way it wants.

And as much as it wants. Some people flip and flop like a fish the whole time, and other people don't move a muscle. There's no right or wrong. You cannot and will not do this wrong.

It may get quiet inside you. It may even seem like nothing's happening. And that's okay too. Notice. If emotions come up. Notice if thoughts come into your mind or memories.

Notice if physical pain comes up. Let it come up. What I'm doing is going to stir up and bring up and move out. Old trapped energy that didn't release at the time of the event.

So you may have odd, unusual memories or sensations that you don't expect. You may even start to see something even with your eyes closed. Colors. Lights.

Shapes. Images. Geometry. You might hear sounds, voices. Words, music. Tones. You might even notice a fragrance or a taste. I'll explain that later. Just observe and allow whatever comes up to come up.

You don't have to understand one thing to benefit from this. If you feel pressure in your head. It's not a headache. It's me. You're feeling the frequencies that I'm transmitting to you, and they often will feel like pressure in the head.

You might notice tingling or other sensations in different parts of your body. You're safe and you will not get more than you can handle. Let your body respond.

Let your mind respond. Let your body move. Let your emotions come up if you feel them coming up. It's just energy. Remember it's energy. Old experiences often don't fully process at the time of the event.

This shows up later in life as pain and symptoms of discomfort, and this can come up rapidly and release. Just keep observe and allowing whatever shows up today to be there.

We're going to take one more minute in complete silence. And I'm right here continuing to transmit these healing frequencies to you. Just keep noticing and let yourself relax deeper and deeper with every breath you take.

Here we go. Into the quiet. You'll hear my voice when it's time to come back. Enjoy this. No. Very, very slowly. You should become aware of the sound of my voice.

Begin to notice all the sounds around you and begin to deepen your breathing and feel yourself becoming more alert, more awake, more aware, and staying very, very relaxed.

Take a deep breath in and out. In your exhale. Again. Take another deep breath in and out and exaggerate the exit. Feel yourself alert, awake, alive. Start to wiggle your fingers and toes and take one more breath in and out.

And come all the way back. On wide awake, alert and slowly open your eyes. Take your time. Come back slowly. Make sure you sit for a minute before you stand up and move.

Make sure you're fully back. Wake and alert. And I didn't lose the host. Good. Almost. Who do I have to say? Anything like that was beautiful. I just, I like it was hard to come back.

I wanted to just keep going deeper and deeper. So can you just briefly explain like that was more than that. You were doing something, you were projecting.

And so that wasn't just a meditation. No, not at all. That is not a visualization or a meditation. Although you may have seen many people will see colors, light, shapes, images, or hear, as I said, sounds.

What I am doing is literally transmitting these high dimensional healing frequencies that are freely live streaming into our cosmos. But most people don't know about and I'm able to transmit them.

I can feel it moving through my body, out my hands, and transmitting via the energy field where we are all interconnected and even in a group and even in a recording.

Think of music as recorded. The sounds like sound waves are recorded on a piece of on a device, on a record, on a tape, on a whatever. And that's what I'm doing.

If you could hear the sounds, which I actually hear. There are sound waves coming through the field to use individually, and your body will respond to these and it starts to clear out and harmonize any disturbances in your energy field.

And as I said earlier, your field is the extension of your body, mind and emotions. So when your field is harmonized, the rest of you starts harmonizing.

And this sets up a vibratory continuum that will actually keep working on you even when I stop, even when we end this call and many, many people for at least 24 hours and sometimes longer, as we've seen with certain devices that measure the energy field like Kirlian photography does.

We've seen that there's a three day window, and even from a short demo, more can happen after the demo than during. And many of you will have experiences tonight.

When you sleep tomorrow, you may start to notice detox symptoms. The detox might be emotional, it might be physical detox. And then in 48 to 72 hours you may notice feeling you know what of a lot better.

So don't be too quick to judge, especially if you're highly analytical. You may think, oh, nothing happened, but you may be surprised. Should they drink extra water?

Listen to your body is what I say. Don't purposely drink extra water, but stay hydrated if you feel this is what's common. People feel tired. Even from the short demo.

Aftereffects, integration, and self-trust

You're not tired. You're the cake is still baking. So what I want you to do is I want you to rest more. It won't last forever. It's not. It's the fatigue.

Is is urging you to lie down and let more happen. Let rest happen because you're in a process of healing. Some people get what I call the ten cups of coffee syndrome, and they feel like they are speeded up and just drank coffee.

If you get that, you needed actually a higher, faster frequency and it may actually feel uncomfortable. So go and do, but don't overdo it. Just take it easy and let your body catch up with the frequency merging the integration that you needed.

Some people need slower and some people need faster. And listen to your body. That's all I can say. You will know what to do if you don't fight it and just listen to it.

I love that because we so often want to outsource. How many of this should I do? What should I do? And it's like, listen to your wisdom. Listen to you know what?

What is your body asking for? So well, that was I shouldn't play favorites, right? Like you shouldn't pick a favorite child. But I'm like, this is like my favorite interview because I got to, like, I got a little mini healing in here.

So thank you for that. Any last minute before we wrap up, like just words of wisdom or things you want to share. And then obviously like, I want more because you're new in my world and you know, where can the ladies learn more about you?

Do you hang out online like give us that information as well too? Because I also wanted to thank you for asking so you can find me on all the social media channels.

But the best way to find all those is just go to my website, which is international CPI. It stands for Chronic Pain Institute, international CPI. You'll see all the services and the social media places if you like.

If you prefer that, get ready for my new podcast and I'm going to have you on my friend and that's coming. We always have exciting things going on. The words I want to leave you with, though, the thoughts I want to leave you with is it is way too easy in this day and age more than ever before because of all these social media outlets and 24 over seven digital devices and all the AI coming around, it is way too easy to outsource your.

Choices and decisions and look for answers outside yourself, because you've not learned that you have every answer inside of you that you will ever need, that you may have not have learned to trust that and to sort out the truth from what was given to you.

And so you may need some support at first to learn how to do that. Happy to help you. I cannot wait to empower another woman because I suffered terribly from doubting myself all the time.

Every thought, every decision. I don't know, I don't know, I don't know. I have learned that I don't know is always the wrong answer. We do know, you know, I know and you know.

And so we need to learn to tune in to the deep wisdom that is coded in your DNA that will never leave you. Even though the flame might get dim, it will never leave you.

And so, please, if I can help you, I know you're in good hands here. If you are here still, you have made a good choice. Something's guiding you to the right, empowering place.

And you are wiser than you think. So don't give up. Keep coming back and learn more, feel more, do more, say more, express more and be yourself. That's the end.

I feel like we should all stand up and give her, like a bravo standing ovation. And I never I've never had that feeling come over me. But it's just like so powerful, so beautiful, so true and so embodied.

You know, just in your in your voice and your presence. So I hope you all loved this as much as I did. And you can listen to that little mini demo, you know, as often as you like if you, you know, have access and can replay the summit.

So but go check Deborah out. And I was one of the other things I was thinking was like, you know, patients come in and I run 24 hour urine tests on them, and I run blood work and like, imagine if there was a blood level that said your thoughts or not your own or your energy is getting blocked or like, imagine how different we would respond.

And so we don't need that blood level. We just need this awareness. And we need healers like Deborah to help us find our way and to unravel the energy and to also take advantage of this beautiful energy.

You know, I call it the morphogenetic field, or you can call it the quantum field or whatever you want to call it, but it is there. It is there to support us, whether we see it or believe in it or not.

It's affecting us. So why not? It's like why I say I'm not an anti-aging doctor. I say I'm a pro aging doctor because why be against something that's happening anyway?

Might as well get on board and go with the flow. And so it's the same with this energy that is available to us all, and we just have to tap into it so that you, for being such an integral piece of the summit and bringing this topic and this conversation and this beautiful little mini healing to us all, I deeply, deeply appreciate it.

Thank you so much. Thank you for having me. It's really an honor to be here, and I love you and thank you, everybody for participating. Real, real thrill.

So sending you all so much love. And we'll be back with another talk. I'm probably going to take a little break and just let this let this percolate. But we'll be back for you with another piece of the summit.

So till then by.