Ancient Wisdom Meets Modern Science: Transforming Pain Through Energy Healing Transcript

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Introduction to Energy Healing and Pain Relief

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I'm here with an amazing practitioner, Deborah Wayne, who is the founder of the Bio Field Healing Institute and also the bestselling author of Why Do I Still Hurt?

Rapid relief for Chronic Pain, depression, anxiety, and more. Thanks so much for being here and chatting with me. Thank you for having me. I'm so excited to be here and I love the theme of your summit.

And thank you so much. I well, let's just start with, you know, kind of moving back a little bit here and talking about pain because it's such an important, field of discussion.

We know that a lot of people are in pain. They're always have been in pain. And that's not change. Maybe even more so these days with, with everything going on.

But we had an epic opioid epidemic. We had all of these, modalities that were being used for so long that people started to realize, oh, maybe that's not the best way to go about things.

And so it's really if you are in the field, in alternative medicine, in terms of anything to do with with pain, it's kind of the heyday because I think people are looking for other, modalities like, you know, acupuncture has been come much more common.

And also energy healing has become much more common and much more accepted. And I think a lot of people are just looking for other options. So I really appreciate you being here to chat about this and kind of explore that a little bit.

For people, it might not be something that people have heard of. I mean, everyone's heard of energy, but they want they don't necessarily realize that there are things that you can potentially do or how to use that for your health.

So maybe you can kind of start there, talk a little bit about your background and a little bit about, you know, energy healing. And then a little bit about pain maybe can go from there.

Absolutely. So yeah, this is a new concept to a lot of people. And yet it's it's really both and change wisdom and new science and it's very leading edge.

And there's a lot more research coming out every day about this. Because in 1992, the National Institute of Health, they coined the term bio field to talk about the energy field that surrounds every living thing, including our bodies.

And what we know is that this field holds information and that we are constantly think of it like a recording device, and it's taking in all the information from our life, from people, what we feel, what we see, what we hear.

24 seven and this is either causing disturbances or harmony, one or the other. It's really very simple.

Biofield Science and Deborah Wayneu2019s Background

And it's like the difference between listening to heavy metal music for a lullaby and so our physical body is being affected by all this information we're taking in via the energy field.

And I think when people think of energy, they think of, do I have energy? Well, what do I feel? High energy? Do I,

you know, feel low energy or tired?

But this is a little different take in that there's energy surrounding us that's influencing our health. It's influencing our mind and our emotions. And many people have pain because they're not processing properly what they're taking in from life.

And the energy field is the fastest, quickest, safest way to find where there are disturbances. So my background, I have, my early life, I feel like I've lived nine lives in this one life, but.

So my earliest life was in the arts, and I had no idea when I was being trained to become a professional dancer, that I was actually learning all about energy and feeling out into this energy field and using my intuition and my peripheral vision to sense energy and get the information from the audience.

And lots of clues. Right. And we're all doing this, but we don't do it consciously. So long story short, I ended up many years later after I left the world of the performing arts, and I went back to school and I got a degree in psychology, and then I became a hypnotherapist.

And then I discovered, I also became a yoga teacher, and I discovered ancient wisdom about the energy field again. And I was fascinated by all of this.

So I began studying and I began a very serious meditation practice, and I started having incredible experiences that revealed to me all of what the new science is talking about.

The principles of physics, and how the body is actually made of vibrating particles, of light and energy, and that all of this can be changed. And why this is so important.

Because if you're sick, if you have symptoms and you're thinking that it's permanent or you're told there's nothing we can do for you, I would like to challenge that today because I've discovered after many years now working with people all over the world that these principles from physics really are true.

Everything about the physical body can change. It needs to be tuned up like a guitar and brought back into harmony. And that's the beauty of energy healing and my particular method.

And I have studied and practiced numerous methods over the years. But this one that has become my own proprietary method, we call it high speed healing.

I I've never seen such rapid results and safe results, and I've worked with the most severe cases of everything from chronic pain to people with system tumors and 30 years of fibromyalgia.

And, you know, the list goes on and on. The digestive drama. And I've never seen such rapid results, whether people understand it or not, whether they, you know, whether they're interested in this or not, people can.

I just want to jump in first. Thanks. I just want to say that, you know, as a as a medical practitioner and somebody who came from a very, you know, Western normal kind of, you know, non-google background.

I mean, if I would have heard about energy healing 20 years ago, I'd have been like, whatever was this crazy person talking about? But the more that you get into the world of integrative medicine, the more you realize that there are so many modalities that have been used around the world for centuries and have been extremely helpful and are much safer than using something like an an opioid.

And so why, you know, one, why should we not explore and to why do we, you know, kind of call it woo or poo poo it just because it's energy. I mean, we we don't do that in science, right?

We know that the, the moon affects the tides, right? We know that there's magnetism. You put a magnet beside something and it affects something else. You know that gravity exists.

So you don't, you know, just throw something and it flies away. So why would we not believe that our energy is important and there aren't things that we could potentially do to affect that energy to help with our healing?

Because at end of the day, we're made up of, you know, bunch of cells and, and those cells are moving around and they're they're made up of energy.

Research, Case Studies, and Clinical Results

If you get down to the the smallest particles. Right. So there we just it's not that it's a woo woo. It's just that we don't necessarily understand it well enough yet because maybe we're not smart enough yet, but it's just a burgeoning field.

It's it's the beginning of a new era of technology. And when we have so many people with pain and you have a modality like energy healing, which so many people have found benefit from with, you know, relatively no side effects at all, then why would we not explore that as a possibility, especially as something that you would try before going to a medication?

If it's not needed, then, you know, if you can do, you know, acupuncture or you could do energy healing then. Then why? Why not? And I think that the the fault here is in not having the data that we need.

You know that in the medical world, I mean, there's lots of data out there, but I think it's like the the very slow process that medicine is. But but it really is physics and science. Right?

I mean, is, is is even more so than some of the other things. When you talk about acupuncture, it's which has been pretty, pretty. Yeah. I guess in the medical world it's you use a lot more of these days.

I would say that's more woowoo than energy. I mean, energy is what we learn in basic science class. Absolutely. I so appreciate your comments. And, you know, I had the privilege of going several times into a scientific research lab, and there's equipment that comes out of Russia and Japan, but you don't find it in a doctor's office.

But this equipment can literally measure and throw up onto a computer graph. The picture of the energy field and what's going on there. And, you know, I've worked with some very interesting and tough cases.

Stage four cancer. Another gentleman with parallel DCIs after surgery, a woman with, tumors everywhere. Just so interesting to actually be able to see what's going on in the energy field and then work on their energy field and with my healing modality and see the changes and then hear their reports.

I mean, this is data and more and more now there there are studies, particularly with chronic pain and the effectiveness of energy healing with chronic pain.

I know in the lab we saw a 51% decrease in symptoms, an increase in vitality, and how the person literally felt energetically. And this was in less than 40 minutes, no talking, no drugs of any kind.

And one of the women she had fibromyalgia, arthritis, chronic fatigue syndrome, a cataract in both eyes and spine pain, an eardrum injury from a from, an explosion.

I mean, the list went on and on with her symptoms and with no talking in 40 minutes, she was completely pain free. We followed her for several months after both cataracts cleared up.

Within a couple of weeks, the spine straightened so much, her physical therapist said, what the hell have you been doing? Like this is impossible. And so, you know, when I see results like this and I've seen this for years, it's I realize it's not on every television infomercial.

That's why people don't know about it. But the the facts are there. You know, that this is a safe way to start to influence the body and the mind and the mood.

And why not? Like you said, it should be our first choice, not our last choice. The worst that can happen if someone says, oh, that was just relaxing.

Exactly. I mean that that's the worst case scenario. It's not there's not really a lot of, you know, side effects that we would really be worried about.

So worst case scenario you kind of paid some money and it didn't get a lot of help. But you know with the worst case scenario for taking a medication, you get side effects, bad side effects.

So you know, everything is about trying to do the most minimal with the most benefit and then working your way up. And it's not about not using medicine. Sometimes you need to.

But things like this, things like energy healing, things like ancient practices are should be a part of modern medicine. There's no reason that it needs to be this one or that one.

And that's what I always, you know, fight for it. And talk about as an integrative doctor, is that like, you know, why not learn about these things? That's why I want to talk to you, because it's like, I don't know a ton about this.

I know of it for sure. And I have had patients that have gone to it and spoken very highly of it. But if we don't open our minds to these kinds of things, we're never going to get anywhere.

And if we do, I know for sure that if they, you know, take this on and really study it. And modern medicine and modern science, there's a lot that could come from this and a lot that could be done with with energy healing, because like the it's energy, we're made of stuff.

Right? It's definitely happening more and more. There's a lot of if you Google bio field science, for example, Beverly Rubin, she's a highly credible five times published author and has been doing studies and researching this for years.

And so many Jane and you know, now what's so this is why I know it's here to stay. If you look at in both California and New York, there are nurses being paid to do energy healing.

So this would not be happening without the data to prove that there are results. Yeah. And and I think also if people are going there and not getting results then the practitioner is not going to stay open very long versus you know you're seeing more and more of this pop up because I think people are going and they're seeing it and it's helping them.

And then they're telling their friends and it's starting to to grow. And I think we're seeing that in all of integrative medicine. But but certainly an energy healing, you know, this is something that I've seen a lot more of, which I was so interested to talk to you because, you know, they're there.

There's no doubt there's something to it. And I've always known that. But, you know, I think I think we're seeing the results now more and more, and especially because of what we said before, which is there's such a pain epidemic and there's a big hole for what to do for it, then people are looking for other options.

Live Energy Healing Demonstration

And I should mention that, you know, when I talk about pain, I'm including things like the pain of panic attacks, anxiety, depression, people who can't eat anything without a stomach ache or, people who haven't slept in ten years without a sleep aid.

You look at children or adults, I mean, this the the disruption in our sleep, especially the past four years. I mean, I'm hearing it constantly. And this is one of the first things that tends to resolve with energy healing.

People say to me, Deborah, I can't believe it. I slept like a baby for the first time in years. So you know, this is what

keeps me going. Because literally every day someone is saying, wow.

I mean, I had a client recently who she worked with me in conjunction with her oncologist, having had a cancer diagnosis and she had not been able to walk for two years, she couldn't take a walk.

After the very first session, she was up and moving and started to be able to walk and be out in nature and breathe fresh air. And I mean, this is life changing.

And like you said, it doesn't have to be either or. We can do this safely in conjunction with any other protocol that helps people. So it's a beautiful option.

And before we finish up, I know that you mentioned before, we were before we interrupt on the recording that you had, the, this with you. So maybe you can show people a little bit more, you know, for a minute or two, just kind of what what you're talking about.

I think it will be new technology for a lot of people. And so maybe something, you know, a little demonstration or just showing people a little bit more about it would be very tangible and helpful to be like, oh, okay, cool.

Let's machine it. I would love it. I think it's very helpful for people to have an experience, especially those that are maybe skeptical or it's or if it's brand new.

So what I'm going to do is I'm going to ask you to find a safe space where you can lie down or lean back in your chair and no driving, no operating equipment or machinery or or chopping vegetables in the kitchen.

You may quite rapidly you may start to drop into a very deeply relaxed state. And I want you to be sitting or lying down. So if you would find your spot and close your eyes, and I'm going to guide you in with my voice, and then explain a little bit about what's happening.

So as you take your first deep breath in through your nose, then I'd like you to open your mouth and let out a big sigh and just let go of everything you've been told or that you think is going on with your health.

Everything that's happened today. Take another deep breath into your low belly and draw that breath up into your heart, and then open your mouth and exaggerate your exhale and notice right away.

Your exhale will help you to relax. Your exhale alone will help you shift your energy back into a greater state of harmony. Now I want you to remember to let me do the work here and just listen to my voice and start to pay attention to what you notice inside and around your body, and also to what shows up in your mind.

Now. There's nothing for you to fix or figure out with your mind. I want you to just let your mind rest, but notice any thoughts or memories that might pop into your mind.

You might start to even see something like colors or shapes or images, even with your eyes closed. You might also begin to notice that your body starts moving or wants to move, and I want you to let it move.

If your body starts moving involuntarily, or if you feel like you want to move, follow that urge to move. This will rapidly help you to start to release stress.

Tension, tight muscles these patterns where you've been holding your energy in and down. You might also notice emotions starting to bubble up. I want you to let them come up and remember, emotions are just energy that got stuck.

Energy is designed to move and flow through your body. Your emotional energy allow it to come up. There's nothing bad or wrong about it. It may feel a little uncomfortable, especially if you're used to holding those emotions in.

You might feel it gurgling around in your stomach. You might feel your throat or your chest tighten up. Just soften your muscles, soften your breathing, and let any emotions come up and move.

It's very common to feel pressure in the head. And again, there's no need for concern. You're totally safe with this. You'll never get more than you can handle.

The pressure is you feeling the vibrational feeling frequencies that I'm able to transmit? And you're not used to certain frequencies that you actually need in order to harmonize your body, your mind, and your spirit.

You might actually feel funny to you, and it shows up like pressure in the head. You might notice other sensations. Tingling is another common one or sheet or feeling cold.

And you might notice this in different parts of your body. Just observe. Allow whatever you're feeling and noticing and seeing. You may even hear sounds, unusual sounds, tones of some kind, or music or voices.

Just listen and look and feel just like you're at the movies and you're observing. You're watching the movie, you're listening and you're having feelings, but you're not trying to change the movie.

That's what you want to do here. Now we're going to take just one minute in complete silence and just keep observing, noticing what's going on in your body and mind.

And remember to let your body move and you'll hear my voice again in a minute. So just relax. Here we go. Now. Very. Very slowly. Become aware of the sound of my voice.

And 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.

Aftereffects, Resources, and Closing Remarks

Take a deep, long breath. In and out. Start to wiggle your fingers and your toes and take another deep, long breath in and out. And feel yourself becoming alert and awake, unaware.

Take one more deep breath in and out and come all the way back. Now wide awake and alert, refreshed and relaxed, and slowly open your, scanning all the way back. Now.

I just want to share. Good. We didn't lose the host, all right, I. Was saying I was gonna say that's dangerous to do with some. With a new baby, I could just fall asleep.

You know? Just want to share with our listeners that more can actually happen after the demo than during. Don't be too quick to judge the next 24 hours.

We get emails all the time after doing demos like this that lots of things can and do happen. So listen to your body. If you feel tired, rest. Think of this is like we just put the cake in the oven and it's still baking and many people have things come up and release pain, digestive issues, even people have a physical detox if they're have if they have literal toxins that need to come out.

So listen to your body sleep if you need to. If you feel like you just drink ten cups of coffee and you got supercharged, that's another possibility. So go and do, but don't overdo it.

Just let the next 24 hours let everything settle in, and you'll probably notice you feel different in 24 to 48 hours. And for some people, the healing will go on for several days.

So if you have questions, we're here to help you. But I hope you enjoyed the demo. Thank you. That was a great, great demo. And, you know, you get some some actionable items here as well as a little, a little demonstration, which is nice, a little bit of calming.

Everybody could use that. And any parent who's tuning in here, I would think could use even just one minute of relaxation. So I think that's that's really great.

And, a wonderful demonstration for, for those that might not be, aware of energy healing or have never really gone through it before. So I really appreciate it.

And before we go, can you just tell people a little bit more about where to find you, a social media website, anything like that where they can learn more?

Absolutely. Thank you. Yes, you can find me at international cpi.com and you'll find me on Facebook, Instagram, LinkedIn and YouTube. All the the social.

If you go to the website it has all the links. And you'll also be able to download a copy of my bestselling book, why do I still her that Joel mentioned?

So please feel free to reach out. We would love to help you and whatever is going on with you. Whatever you do, don't give up hope. Take one more step because you might be very surprised at what's possible.

Well, thank you so much for for joining us. And thank you for everyone that you've helped and all the suffering that you've, you know, alleviated and, and what you're doing.

It's I think it's an amazing thing. And we need a lot more of it. Thank you so much.