Energy Medicine: Reduce Your Pain With Ancient Wisdom Transcript

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Introduction and Guest Welcome

Hi. Welcome. I'm doctor Roger Murphree, and I'm the host of freedom from Fibromyalgia Summit. I'm really happy that you're joining us today. And I want to welcome Deborah Wayne here.

Let me tell you a little bit about Deborah. She's the founder of the International Chronic Pain Institute, and she's written, bestselling book, bestselling author of Why Do I Still Hurt?

She's a specialist in energy medicine. Energy medicine? Some of you not heard anything about that? Well, Deborah has helped thousands of patients around the world with her energy therapy.

So we're going to talk a bit about going into detail about that. Deborah, thank you so much for being part of the summit. Thank you for having me. I'm just thrilled to connect with you and your audience and talk about energy.

You know, people here, your energy medicine, and sometimes they're just is the thought of voodoo or, you know, it's you know, it's sometimes got a negative religious connotation to it.

You know, I think people, you know, have a lot of baggage issues associated with it. But I was we were talking before we started the interview and I you were actually on my, I think my first fibromyalgia summit about 4 or 5 years ago.

And we had this great conversation about energy medicine, something that I've been interested in, and I've kind of fell in love and fell out of love with or fell out of really thinking about over the last few years.

But I think this is where we're moving and we're moving there faster than ever before. I really believe that we're coming to the realization that energy medicine is is the next big thing that's going to allow us to really make some progress on some chronic illnesses, especially chronic pain, as you know, that we haven't been able to have any traction with 100% agree 100%.

We're there. It's not even we're going there, we're there, but we're at the very beginning of an avalanche, truly a revolutionary understanding that's different from what we've been told about health and healing.

And everything is energy. The physical body and all the symptoms are made of energetic information. And this is the most exciting thing in town because.

Yeah. All right. We can we can change energy.

What Energy Medicine Is

We know that energy changes form easily and constantly, which means people are not stuck like been told with certain conditions, particularly fibromyalgia.

It's my most exciting, news is when someone tells me they have fibro because, you know, if you Google it, I'm, you know, better than anyone. The first line says there's nothing we can do for you.

It's inferable right? As you well know, this is not the case. And what I have found over decades now is that using energy healing, working in the energy field, this is the fastest, safest way to shift people who have been in a chronic state of pain, like fibro or arthritis pain, out of it, and often in less than one hour, which I realize is difficult for people to wrap their mind around because they've been so conditioned to think this is going to be forever when we have to just manage it forever.

It's not the case. Not the case. Well, energy medicine is another tool for sure, and it's a very handy tool to have if you're trained in. And you can share that as you do.

And you just basically before we kind of dive into the meat potatoes, share with us what is energy medicine. What is this? Give us an idea of some of the basics about this.

Okay, so around every living thing there's an energy field. Just like around a magnet, there's a magnetic field. Well, we have a field of around our body which most people cannot see.

It's invisible to the naked eye. But this field, it holds the key to both health and sickness, is a field of information. It's often it was termed by the NIH, National Institute of Health.

They call it a bio field, but the origin term was coined by physicists, and they called it an information field because they discovered that the field informs body.

So there's a precursor to any and everything that shows up in the physical. And it has to do with the energy field. And more and more technology now is working in the energy field.

Even in MRI. It's scanning your energy field. Yeah. Oh, what people don't realize is that, like myself, I've developed the ability to also scan the energy field.

We can learn to do this. And you can find where there are disturbances in this energy field. And like tuning the strings of a guitar, you harmonize the field and the field informs the body.

And Roger, this is what's so astounding and takes zero drugs, zero physical therapy and it's safe and rapid. So this energy field is the missing link because we get obsessed with, as you know, the symptoms in the body.

But what if we could start with the precursor. This is why I'm so passionate about this. Because it changes everything. Now there's different forms of energy medicine.

One that comes to my mind is Reiki. I mean, that's kind of a basic, but it's based around this energy medicine. You know what the energy itself, we have cellular energy.

We you know, we have the nervous system that's generating this, this electrical current with two cell, you know, one cell communicating with another. It's an electrical, communication.

What is this energy? What is it? Is it you know, what is it? Is it mechanical? Is it electrical? Is it what? What is it? All right, so think of it. When you look out at empty space, when you look at nature, when you look at anything, even physical, the computer, the walls, the couch.

It's made of lifeforce, energy. It is lifeforce energy that animates the physical body. So we think of ourselves as a body. We're not a body. We have a boss.

It's like a car. You. You have a car, but you are not your car. Well, what are you? You're made of lifeforce energy. Now, this has been called many names over time.

How Energy Fields Affect Health

You've heard the name Chee or, Some people think of it as a divine intelligence nature. It's a raw, pure form of energy that literally makes up every living thing.

And the entire cosmos is made of this. So I think the missing link for most people, if they don't realize we have access to it and it's changeable and we influence it all the time, we influence this with our thoughts, our beliefs, our emotions are a huge, huge.

It's like putting gas in the car. The emotions are influencing the energy as well. And we have we have not become we've not been taught in school. Probably the most important thing that could shape our entire life and our health.

And that's how to use the energy we're made of and how to access the energy that's literally live streaming into the way into the universe. It's at our fingertips. Yeah.

So how does someone even get in touch? I guess the first thing is to acknowledge that there is this energy and be comfortable with that. And then moving forward, how do they tap into this energy that's been just become dysfunctional?

Where where is the problem? Where's the disconnect between health and disease? Okay. Great question. So think of your energy field as a recording device.

It is gathering information 24 seven. Since you were in the womb. And every experience is either something you enjoy and makes you feel good or at ease or expanded or peaceful or it's a disturbance.

And these disturbances and all the good times are recorded in your energy field. Think of it is information that's vibrational in nature and you can't necessarily see it.

But you know how if you've ever gone over to someone's home and you walk in the door and immediately you go, oh my God, what's what's been happening here?

And you find out later they've been having a big fight. And or you go and you walk in the door and you're just like immediately filled with joy and excitement, and it's like there's a party going on.

We are constantly interacting and picking up information from people, from podcasts, from pills, from food, from everything. We think the thoughts we're picking up from other people.

This is constant information and it's being recorded in our energy field, and then we're either digesting it or not. And this is the problem. Our body tells the story of how we're digesting life.

And when we have a lot of disturbances, like if you grew up in a household where there was violence or abuse or neglect, or you had somewhere in your life accidents or injuries or some kind of trauma, or even just the beliefs you've picked up along the way from the news you're affecting, you're the information and your energy field.

And this is either going to bring you health and high energy and happiness or health hell, depending on what you've picked up. Yeah, yeah. So is this this where you feel this energy?

This is like a, you know, someone has a good vibe, somebody has a bad vibe. You can pick it up, you know what's what's the vibe? You're very picking up in that situation.

And it goes back to, Michael Gerber, who wrote a book about vibrational medicine. You know, so I remember that book years ago, and it was all about this, everything that you're talking about and being able to tap into that and make sure that it's doing what it's supposed to be doing, which is to give us health. So.

So what are some of the things that people could do to be more aware of their energy or lack of energy? Great question. The first thing and most important thing anyone can do is to develop a very deep, intimate relationship with your innermost self, with your thoughts, with your emotions, and unfortunately, we live in a world that says, well, don't, don't take much quiet time, don't sit alone and listen to your thoughts.

Keep yourself busy. Distract yourself from those. That's the exact opposite of what we need to do. We need to spend time every day, either in nature or sitting quietly, and really get to know what are the 90,000 thoughts that we know people are thinking on average every day?

What are they?

Deborah's Personal Healing Journey

What are my habits of thoughts that are going around and around and what are the emotions that I am not willing to feel or acknowledge? They're getting suppressed and repressed, and these are the real dramatic keys that are either causing health or sickness.

Yeah, yeah. So I think people get kind of locked in to this stinking thinking, this is Ziglar used to talk about, and we get in the maze where we can't get out or just in this negative thought process, but also we get our neuroplasticity, especially if our magic is compromised.

And so stress becomes more magnified. And then the nervous system is overreacting. And I think what you're sharing is that that energy then gets sabotage from trauma, stress, whatever things that come along that compromise our body's energy systems to be able to work correctly.

And I think the only way to know is you do have good energy here. Bad is is exactly what you just shared. Having that quiet time. That's the only time that whatever your religious, background is, it's only time the universe can talk to us.

Is is when we're listening and purchase our, electronic gizmos all day long, and we're trying to be a type, you know, I think doo doo doo doo doo doo doo.

We miss out on the opportunity to to know what's going on inside of us. Absolutely, 100%. And, you know, whether you're religious and you believe in God or whether you're a scientific and you believe in physics, we're saying the same thing in two different languages here.

And if you want to hear God's voice, you have to get quiet and learn to listen. And if you want to hear the intelligence of the universe and understand and the resonance that they talk about in physics and what you're resonating with and who you're resonating with, you have to get quiet and listen.

And if you're racing around all day, you will be ignoring the GPS that's inside of you, that's hardwired into our DNA, that's there to guide us because we're always either in is or one or the other.

So I'm just and you will know by how you feel and by listening to your thoughts. So this is the key to health right here. Yeah I think this is a fascinating topic, but I'm really curious.

And I and of course I know some of your background, but I want you to share with the with the audience. How did you get interested in how did this how did you, you know, get to be, an expert in energy medicine?

Tell me about that. Yeah, I know this was not on my to do list. I went through a health hell, personally, over 30 years ago. And in my recovery, which exactly what you described a moment ago, I was going round and round in a revolving door trying to figure out, figure out, figure out what was wrong with me because nothing was showing up on medical tests.

And everybody was just saying, oh, you're fine, you're just stressed. You need a vacation. But, you know, I had so many symptoms, from pain to hair falling out and ulcers and thyroid and digest.

I had so many things were wrong and I was full of anxiety and nothing was working. And I was starting to live on these pills that were having very negative side effects.

And I was becoming addicted and it was scaring the hell out of me. So I had to find a new way to live without drugs. Yeah. And I started one of the early practices that I started was meditation and taking walks in nature.

And what I began to discover one day I had this extraordinary meditation experience where literally all of the principles of physics were shown to me.

I could see the walls vibrating, I could feel this life force energy flowing through my body and out of my hands. I knew that I was going to recover and that I had a purpose here, and that I was first going to heal myself, and then I would be able to share this with other people and help out on the planet and show people there was a way to get well without pills.

And so I took, you know, it took quite some time. I had a lot of, I'll call it fog in my head. A lot of beliefs that were affecting me, a lot of very negative emotions that I had to work on clearing out.

And literally everything that I did became the basis of my program and how I help people. And yes, I went back to school and I got degrees and sort of, I tiptoed around this for quite a while because I was worried about being judged.

Yeah, right. And I school, family and, you know, we just want to see the data. We don't want to hear anything about energy out of your hands. But what I started noticing was when I experimented with people, that I knew that the healing was so profound and fast that I realized, I can't hide this.

This is what I'm here to do. And energy is the future of medicine. And I finally said, here I am, like it or leave it. I'm just you're not getting rid of me.

Yeah, yeah. What now? Tell me about pain. So, I mean, this is your thing. I mean, this is. And obviously this is, a big part of fibro people, you know?

Energy Medicine and Chronic Pain

Of course, you know, many dimensions to fibromyalgia, the fatigued insomnia, the brain fog, the fibro flares and neuro bowel syndrome. But pain, pain is such a hard thing to wrap your your mind around and to get, you know, to get a hold on.

I mean, most of the time it's got a hold on you and you can't get rid of it. Right? This this is an opportunity to look at it another way and start to break that, that, that that cycle that you're in.

Absolutely. And this is why I'm doing what I do today. Because I discovered that when I was, when I would feel and scan a person's energy field, I could feel where there were disturbances without even having a long dialog with the person.

And it may have taken me years to help them figure out where it came from, but I could feel it and start to harmonize the vibrational imprints in the field.

And then people would have these inner experiences, and they became aware of the beliefs they were carrying of the, experiences they had earlier in life or accidents or injuries.

They became they started to bring up the thoughts and the emotions and release them very, very rapidly. And I'll never forget the first client that I officially worked on.

I didn't know a thing about her, and she laid down on my table. In those years, I was working privately in an office, and now everything's virtual. But she lay down on the table.

I worked on her in her field for about 30 minutes, and when she set up she said, Deborah, I have had fibromyalgia for 15 years. I have not lived one day without pain from head to toe.

And in this session I absolutely became aware of how this began, why it began. I resolved it and I am complete pain free, and I was as astounded as she was.

And every person that I started to work on who had chronic pain was releasing, releasing, particularly the emotions that they had been storing up. And this is why I'm here today, Roger, because I've never looked back.

Once I saw how rapidly some of the energy is most effective for pain of all. You know, I work on people with a wide range of conditions, but you have to recognize pain, combination of our thoughts and our emotions and our experiences.

And what unfortunately most people do is they put they keep focusing on the problem, so they're feeding their energy into the very thing they're trying to get rid of.

And this is like putting a log on a fire you want to put out. It's the opposite of what we need to do. But like you said, when you're wracked with pain, it's hard to get your mind off of it.

Right. So you need a leg up. You can't think yourself out of this on your own. You need a leg up to get enough relief to start course correcting the part that you're contributing to, and it's mostly thoughts and emotions.

Do you find that many of your clients the big trigger for them is trauma some type of past traumas? At a common denominator, it's very common. There was either a misunderstand thing, some form of acute abuse.

Or there was. It could have even been misinterpretation. Like a lot of people, myself included, grew up in a family where there was a lot of yelling and screaming and a lot of children think it's their fault now.

It's not their fault, but they don't understand. They feel everything that's going on and they just know they're in danger and something that they don't feel safe.

And this is at the root of most pain is that people do not feel safe. The body goes into red alert. They go into that sympathetic, the nervous system is just looking for the danger or looking for the danger day and night.

And they don't relax. They start a pattern of holding on to tension, which over time creates some kind of symptom. Typically pain. And then they're exposed to other people and other experiences that look like, sound like, and feel like the originating experience.

And it I think I joke about it, but it's like you're gathering lint all day long until you have black clothing on that looks white. You don't even know anymore because you're so you've gathered so much of a life that feels the same, looks the same, sounds the same, and your nervous system is trying desperately to keep you safe.

But it's not working because it's a misunderstanding of how to stay safe. Yeah, and what's going on in your environment? Yeah. Yeah. Well, we know with fibromyalgia there's a sympathetic nervous system, is hyper vigilant.

It's overreactive. So everything is magnified, especially stress. And they've lost that ability to handle stress, you know, as a baby because it's become so magnified.

And one of the keys is really stimulating that parasympathetic nervous system, which is dormant. So we've had people talk about vagal nerve, exercise and things that are really important and talk we've talked about the cell danger theory, which fits right in.

It just with what you're sharing, when the body feels threatened, it starts to shut down and your energy production from the mitochondria shuts down. You start generating inflammation and it creates this, this, this loop where you just, you know, you just can't get, you know, what is the hamster wheel?

You can't you can't get off this. I guess this explains then from from, you know, from your point of view. Well, let me ask you from your point of view, why is it that people who have all these symptoms of fibromyalgia have tried to be proactive?

They've done all these things and they just can't get to the next level of feeling decent? Yeah, there's two critical cues. One actually three, one. The first is they are not consciously aware of how their their self-talk and their verbal speech, which is a vibration.

They're using it incorrectly and it's actually feeding energy into the problem, which is, you know, why is so important and why teach people how to find and slip and release these beliefs and these habits of thought that are contributing to the problem?

That's number one. Number two is, again, the emotions. These emotions emit frequencies and frequencies affect the physical. And then especially the nervous system and many, many people, what they do is they're afraid of their feelings.

So they hold them inside, which is exhausting, number one. And they keep it to themselves. So they become isolated and they are literally in a lockdown, unknowingly holding the pattern.

Trauma, Emotions, and the Nervous System

Yeah. So the biggest thing I have to help people with is learning that they, they can feel safe finding where they're storing the emotions in the body and releasing them.

This is just a technique we should learn in kindergarten. Yeah, yeah. And then the third thing is in the energy field, there are many things that are imprinted that cause us, the nervous system to go into fight, flight or freeze.

But we don't remember we were too young or even in the womb. You, you're in a watery environment which is a great carrier of vibration. And so if your mother was stressed, anxious, in pain, upset, you're going to pick up the vibration of your mother's energy and emotions and bring that in with you.

You grow up in a house where there's sea energy is held in spaces as well. So this is why you can feel the vibe. As you said earlier, you can feel the vibe when you're growing up in whatever fishbowl you grow up in, but you don't understand it because before the age of 8 or 9, your brain doesn't know what's true, what's false, what's going to help you, what's going to harm you.

It just is picking up the vibrational information. So again, this is where energy healing is so powerful because it can find things that would take you decades or maybe never, that you don't realize is impacting your health today.

And I'm trying to remember the author, maybe you know, but it's it's a book. And I several years ago when I was kind of playing around some of the energy medicine, really interested in it, feelings buried alive never die.

And that's always stuck with me because, you know, I'm when I'm interacting with my patients and they're sharing things that happened to them in their childhood, they don't think anything about it, but they suppress that and that, that negative thought pattern.

Yeah. Which often times gets up in this loop, like I said earlier, that is generating some of this, cell danger theory where the body is just shutting down and that can be triggered by numerous things.

And I think I think a lot of times people discount that. They think that, oh, well, that didn't have any bearing. That was 40 years ago. I don't know about you, but, if there's a certain smell and I don't know the name of the perfume, I think white showed or something, probably don't even make it anymore or whatever it is.

Yeah, that my first crush. You know, I think I was sixth or seventh grade. Yes. She had this this perfume. And I remember any time I ever smell anything similar.

Yeah, it takes me back immediately. Are certain songs like, Phil Collins Groovy Kind of Love. I remember that song, and I remember, where I was with my wife, future wife at that time when I first heard that song.

So you these memories. Yeah. These emotions and and the emotions are triggering certain energy states. Now, those are great examples. And it's exactly what I'm talking about.

And they are stored in the cells literally. And they're very powerful. And so somebody gives you a look. Somebody

uses a tone of voice or has a certain physical body posture, and it reminds you you're not thinking about 40 years ago, but it has the same feeling quality and your whole body reacts.

And if you've ever had that feeling, you walk in a room and immediately you don't like that person at all and you have you've never met them before, or you love this person and you have no idea, these this has to do with the emotional resonance that we're picking up on all the time, because every animal is wired to pick this up.

Yeah, yeah, yeah, it's very powerful stuff. You know what's also fascinating, Roger, is when people go under anesthesia for surgery, they often come out.

I've worked on so many people who had some type of chronic physical pain, went for surgery. I had one client, had six surgeries on her knee. I still have the pain after six surgeries and under anesthesia.

You are not consciously awake, but you are still aware of everything going on. You're you having emotion that never get released, and people often come out of the surgery worse than when they went in.

And so again, this is imprinted in the energy field. And I've been able to help people literally release what was causing the pain that they carried over from the surgery or that they, couldn't find and fix insert because it was emotional.

It was not physical. It showed up in the physical, but the root was emotional. Well, we talked a lot about energy medicine, and some people are going, okay with energy.

But you know what I think would be great if you could do this, a demonstration, show us a little bit, you know, just a just a little of that, what you would, you know, you would do.

I'd love to demonstration. Yeah. Great. My favorite part. Okay, so no driving, no operating equipment or cooking, chopping, dicing. You want to be in a safe place where you're sitting or even better, lie down if you're able to, and close your beautiful eyes.

And I'd like you all to take a deep, deep breath in through your nose and then open your mouth and let out a big, relax your low belly, breathe into your low belly, and then draw that breath up, up, up into your beautiful heart, and then open your mouth and let out a sigh.

And do that twice more as you listen to the sound of my voice. And I want you to remember to let me to all the work here. Do not try to help me. Don't use any technique.

Do not try to clear your mind. I want you to let whatever comes up into your mind, your emotions and your body. I want you to let it come up.

Guided Energy Healing Demonstration

Observe your inner experience, but do not try to change it. Do not try to figure anything out with your mind. There's nothing for you to fix and nothing to figure out.

Let me handle that. And you just relax and observe and notice what's going on. Now you may begin to notice different sensations. It's very common to feel pressure in the head.

It's not a headache. You're actually feeling the frequencies. These are healing frequencies. There's no need for any concern. And remember you cannot do this wrong and you cannot block these frequencies I'm bringing in.

So just relax your mind about getting it right. You are not going to get it wrong. I promise you. You may notice the temperature change. You may get really cold, really hot, or even both in different parts of your body.

I want you to remember to let your body move if it starts involuntarily moving. This might surprise you, but it's very

common that the body will start moving and shifting.

And literally sometimes shaking, flipping, flopping as these tension patterns, these imprints literally release. So let your body move if it starts moving or if you have the urge to move in any way, I want you to follow that urge and move.

Now, if you notice pain coming up again, this is a sign of healing. The pain is the energy that got stuck and it comes up as it moves out. So do your best to allow it to come up.

Allow it to come up. Remember, it's just energy. It's just a feeling, a sensation. Allow this energy to come up and move and it will if you allow it to come up.

You might begin to notice that even with your eyes closed, you start to see colors, shapes, images. Just notice this if you do, and we'll talk about it in a little while, even if it makes no sense.

Just notice what you notice without trying to change anything or figure it out with your mind. You may begin to notice some kind of sounds, voices, words, music, tones internally.

Just listen. If you do, it may or may not happen, but just listen. If you do, you may notice the fragrance or a taste. Let whatever thoughts and emotions come bubbling up, let them come up.

And if you think you're imagining things or making it up, that's okay to just notice you're having that thought. It may get very quiet inside you and seem like nothing's happening, and that is perfectly fine.

If that's your experience. That's exactly what happens sometimes. And you'll notice very, very quiet, deep quiet. Just let whatever happens and trust the process here.

You cannot do it wrong. So we're going to take just one minute in total silence. Keep observing and you'll hear my voice when it's time to come back. 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.

Take a deep, long breath. In and out. Now. Again, take another deep breath. In and out. Now. And one more time. Take another deep breath. In and out. And come all the way back.

Wide awake and alert. And slowly open your eyes. Now. All right. All the way back. So I should mention Roger, lots of people are probably thinking. I don't want to come back. I felt good.

That was a nice little break. I'll. I'll tell you that. Yeah.

Aftereffects and Where to Learn More

If you feel tired or if you just don't fully feel that you want to come back, lie down. Because once I get it started like this, the session will continue.

And for many of you, it will go on quite a bit longer. And more can happen after the session than during. This sets up a vibrational continuum and so many, many people will notice things happening over the next 24, even 48 hours.

We've seen in a science lab that often the benefits occur after over a two or even three day window, so don't be too quick to judge. Listen to your body if you if you feel tired, rest.

If you are someone who felt energized by that and had pain relief, great. But don't overdo it. Trying to make up for lost time. Go and do, but don't overdo it and listen to your body.

Deborah, this is fantastic and the demonstration was wonderful. People get an idea kind of what you're talking about. I want to encourage those who are watching this to check out Deborah's website.

What's the best place for them to go and learn more about this incredible work that you're doing? Thank you. Go to international cpi.com international cpi.com. Great.

And we'll have that in the notes for the seminar as well. But hey this has been fun. This is I think this is cutting edge stuff that's becoming more and more recognized.

And it needs to you know the researchers there, it's been there for quite some time. And I want to encourage people really just open your minds and take a look at this and see this could be a good fit for you.

Maybe this is a piece of the puzzle that you have not even knew, that this piece of the puzzle was out there on the table. And there it is. So check it out one more time.

Give us the website one more time. International CPI. It stands for Chronic Pain Institute or international cpi.com. Perfect. Thank you so much. Such a pleasure. Thank you for having me.

Thank you everyone for participating and don't lose hope.