

Women's Vitality Summit

Dr. Keesha Ewers Interviews Debora Wayne

April 2017

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit, everybody. Caring for Yourself Body and Soul is the name of the game here, and my next guest is no exception to that. Debora Wayne is the founder of The Pain Free Living Program. She is an internationally known energy healer and pain release specialist whose expertise is helping people to rapidly remove the hidden root cause for chronic pain, depression, anxiety, trauma, struggles with food, weight, addictions, and more. Many of Debora's past clients have recorded complete and total healing even when nothing else has worked. Since her own health wake-up call over 30 years ago, Debora has been immersed, both personally and professionally, in the healing arts. She is the number one best-selling author of *Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More!* Welcome to the Summit, Debora.

DEBORA WAYNE: Thank you. It is a pleasure to be here and connect with you and your audience. I'm very honored to be part of this amazing opportunity and what you're doing in the world. I'm just thrilled to be a part of it.

DR. KEESHA: It's such an honor to have you here. There are women all over the world right now who are in women's groups that we formed, women's circles who are leading and supporting places for women to be there for each other and to listen to the Summit and digest the material, but also to set goals and live their lives in a more vital way. I think this information that you're going to be sharing today, I am so excited for all of these circles of women and individual women to hear this because I think this is really important work that you're doing.

DEBORA WAYNE: Thank you so much.

DR. KEESHA: I always start with the word "vitality" because this is the Women's Vitality Summit. I would love to hear what vitality means for you.

DEBORA WAYNE: The word immediately conjures up a feeling in me of I feel it in my chest and I just feel this life and a huge, expansive sensation. To me, vitality is

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just being filled with a desire to be part of life, be open to life, participate in life, contribute, and just share myself wherever I am. Not in any specific way necessarily, but just to be fully present and open and saying, "Yes," to life. Vitality to me is like a big yes to life.

DR. KEESHA: I love that. You just reminded me of Harry Met Sally, of Meg Ryan going, "Yes, yes!" That was vitality. That's wonderful. What do you see is one of the biggest drainers of vitality for women of our era?

DEBORA WAYNE: There's so many, but number one is this constant need to overdo and over function, particularly for women. I've seen it in my own life, I see it in all my clients, I see it in my friends, this constant pushing, forcing, got to do, do, do; be all things to all people and just not enough downtime, not enough going inside to get quiet. It really puts us on this treadmill of exhaustion and drains the joy right out of life. It becomes a performance.

DR. KEESHA: That's a great way of putting it. That's often the role the ego plays is to put a movie screen up over there, away from you, buy popcorn, have everybody invited to watch the movie instead of you because people are so afraid that, if you see behind the screen or the façade or the compartments, that you won't be respected or you won't be liked or you won't be loved or you won't be included, and in fact, that's just so untrue.

DEBORA WAYNE: No, it's just the opposite. Really, think about the people that you're the closest to. You feel the bond when they share their vulnerable side. Even if they're not feeling well, it actually makes you want to connect deeper. This idea that we are supposed to be perfect all the time is really not true and it makes us come out of integrity.

DR. KEESHA: And it's damaging.

DEBORA WAYNE: Yeah, it's very damaging.

DR. KEESHA: I see it as one of the causal factors of pain, actually.

DEBORA WAYNE: Absolutely.

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DR. KEESHA: Trying to hold up yourself in this space that you don't really resonate with or belong to or you're just not because you're afraid, because fear is a big impetus for pain, of not being loved or not being included or respected. Talk to about pain and your journey. You have your own health wake-up call, you said, so I would like to hear that, and then let's talk a little bit about pain.

DEBORA WAYNE: You just nailed it for me, you just told my story. About 32 years ago now, it was a Monday morning, and I found myself balled up on the floor of my walk-in closet. I had a big, beautiful home with mountains in the backyard, and the perfect husband, and the perfect career, the perfect clothes in my closet, the BMW in the garage, and I couldn't get off the floor, I couldn't get dressed, I couldn't stop crying, and I couldn't go to work that day because I had hit the bottom. I call it might closet crisis. Trying to push, force and, one more day, live the lie that I was living because I had followed the formula that I have been taught, and it didn't lead to happiness for me because I was out of integrity with who I really was.

I was performing in a career I didn't even like, I was not letting anyone close to me, I had pushed everyone away, and that day was a turning point for me because, for the first time, I was honest. I said, "I can't do this anymore. I cannot live like this anymore." I was masking my feelings, taking Xanax and Valium and then drinking every night just to get some sleep, because I couldn't even sleep, the insomnia and the cortisol was pumping constantly, and just so much fear. I was really, really trying to please everyone all the time, saying yes when I meant no. I had gotten so detached from what was authentic for me I didn't even know anymore.

At that moment, I had a choice. I was at a crossroads and I ended up, fortunately, saying, "I'm willing to ask for help," which had not been my MO until then. I was, "I'll figure it out. No, thank you, everything's fine. I'll figure it out," and I would try to fake it till you make it. That day, I started getting help and that's actually what started my whole journey down the healing path. I never intended to even be doing the work I'm doing today; I was supposed to just be this ballet dancer. I had no clue where I was headed.

DR. KEESHA: You do look like a ballet dancer. You have the body, yeah.

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DEBORA WAYNE: But it really gave me a second chance at life. I cleared the decks, I cleaned the slate, and wow, did I have a wake-up call. I found out that the source of my pain was me and my thinking and the emotions I had been suppressing and denying and repressing, and I had to get honest. I thought of honesty as cash register honesty, not emotional honesty. I really, basically, had buried all my emotions and I would try to think myself out of problems instead of feeling into what was true for me. This caused tremendous pain and it really was physical, mental, and emotional. I had all kinds of physical symptoms, hypothyroid, adrenal burnout, all kinds of PMS issues, my hair was falling out, I had ulcers, I had indigestion, you name it. I had so many things, headaches, insomnia, just on and on. It's not just physical, but it was emotional that I didn't realize, underneath, and the way my thinking was was just completely off-base.

DR. KEESHA: I love what you said, you said something so powerful there that I want to just put a little bracket around and pause around, which is, "It started with me. It started with my thinking." I always say, when I first woke up to the fact that my unmet expectations were causing me distress in my life and suffering, that wherever I went, there I was with all my unmet expectations and that people couldn't actually meet the paintings that I had painted of what I wanted them to live like; I wasn't accepting people for who they were. I just thought, "My gosh. I live in this little fairytale of my own creation that nobody else has bought into. They haven't read the book and they haven't agreed to the rules that I want to hand them, so of course I'm suffering." It's just this really strange, "Oh, I'm the common denominator in all of it," so that's a really powerful thing that you just said.

DEBORA WAYNE: I can totally relate to that. I felt like nobody was reading the script that I wrote and I was worn out trying to get everybody to do and be who I wanted them to be. I was exhausted from the process, and finally, I had to take a look at myself, where the problem was.

DR. KEESHA: You work with energy medicine and you have a technique for helping people transform their pain. I would love to have you talk about how you got to be into that position and your technique and how it works and have you demonstrate it for us.

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DEBORA WAYNE: Great. Again, it's back to the ballet school. I had no idea, but all of those years of training were training in energy. How to deal with energy and feel the space around us and become in touch with the invisible quantum level, where there's all types of information that you can become sensitive to. I look back now and I see how everything in my life, my meditation practice, my work in the visual arts, everything was really guiding me to become very sensitive and to listen to the inner information that we all have, but most of us are so focused externally or we slough it off like, "Oh, well, I just imagined that."

What I discovered years later, when I look back it all makes sense, but years later I recognized, when I read some science, that there's a field of energy around every living thing including our body. There's quite a lot of research that people don't realize, there's over 20, 25 years now, talking about these fields of information; its energy and information. It's literally like having a recording device on 24/7 and it houses the beliefs, and the emotions, the traumas, everything that's happened to us is lingering in our field and we resonate with other people that are of a similar vibration. We find ourselves, magically, in a room of 1000 people, you will pick out the person who is just like you.

DR. KEESHA: I say this all the time. It's who you marry, it's who you have as your best friend; the person that gets you. It means that they're vibrating at some similar level.

DEBORA WAYNE: It feels familiar somehow because it is. It's interesting because you said I have a technique. It's actually not a technique, it's a state of consciousness that, over time in my life, began to unfold and I began to become aware of this, that we all have a self-healing mechanism, we can all connect to life force energy, and this energy can be used specifically for healing. What can happen is it raises the vibration of your field. Think of it this way: that all health is a very high vibration, the state of health and happiness, and all illness or fear or anything that is dis-ease, is a very low vibration. It's affected by our thinking and our emotions and the experiences we have, but if you can raise your vibration, which we can, to a higher state, these low vibrational forms can't hold their form at a higher vibration; they cease to exist and they drop out of our field.

With my method, I am able to, very rapidly, scan someone's field, feel where the disturbances are and change them vibrationally and there's an

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instantaneous dialogue. Through my method, I started to become very aware of all of this information and that it was flowing through me and it was getting amplified as I worked on my stuff. As I cleared out my beliefs and my emotional drama and trauma, I became more aware and this energy field became more activated and my own ability to use this to be of service to others really came alive. Now I am able to not only help others, but also activate other people and train them in their own ability and activate their own ability to do this also. It's incredible because, very rapidly, changes do occur, dramatic changes for many people, and it's just done through a silent communication at the vibrational, energetic level. It's not about talking for a long time, it's not about analyzing or using the left side of the brain; it's actually a very right brain experience.

DR. KEESHA: Let's hear more about it or let's do it.

DEBORA WAYNE: We'll definitely do it. That's the beauty, too, is that it can be facilitated at a distance, it can be facilitated for individuals or groups, and people at a distance, even listening to a recording after the fact, will have an experience. It's the most relaxing, enjoyable way that I have ever experienced to actually facilitate and receive healing. What I am able to do is help people, usually very quickly, drop into a very deep, meditative state. It would be similar to someone who's been meditating for 20 or 30 years. People who tell me constantly, "I can't quiet my mind. It just never shuts up," this can be done in seconds. They drop into a deep state of peace, which is the state where all healing comes from, that deep rest, that inner place where everything is just calm and serene.

The method will also bring up the disturbances, whether it's emotional, physical. Not everyone has to feel it again or experience it again or even remember it, but it will come out and move these out because, often, it's things that happen really early in childhood that we don't even remember. It could be years, and maybe never, we may never be able to really find and pinpoint the originating event, but this will help bring that up because it's information lingering in our field. We don't have to analyze it to death; this will just facilitate releasing it. It's what I call a 21st-century tool where we need, now, things that can speed up and accelerate the healing process so we don't have to take 20, 30, 40, 50 years to get well, get healthy, get happy.

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DR. KEESHA: What you're saying, then, is that disturbances in your spiritual force, your emotional force, your mental force will have an impact on your physical body?

DEBORA WAYNE: Absolutely. This is the key missing piece. It's a new paradigm and I realize that, but there's 25 years of research, with photography, of our field. Valerie Hunt, PhD from UCLA, her research is incredible, but she was able to photograph, in laboratory settings, consistent results where the photos in the field show that all changes occurred first in the field before it shows up in the body.

DR. KEESHA: I was actually just wanting to reiterate that. Yes, Kirlian photography, we know that this exists. There is tons of science that supports it, so I just wanted to reiterate that before you demonstrated your method because I think it's important for people to really hear that.

DEBORA WAYNE: It is, and I don't think it's that common of knowledge yet. You don't hear about this at your doctor's office and so many people say, "This is just so out there, how can this be? She's not touching me, we're not in the same room," but that's because we really are interconnected, all of us, we're intricately connected at the cellular level just by our nature and it's vibrational and it's invisible. It's no different than our cell phones, we're really all that connected and there's a communication that can take place via this field. We are living in a field, an ocean of energy and information, and you can learn to access this, connect to it, and use it for our health.

DR. KEESHA: In Ayurvedic medicine, which I've talked about on the Summit, our listeners have heard a lot about, the Ayurveda saw us as having five different layers. We have our physical layer, we have our energetic body, which is what we can photograph, we've got our emotional, our mental, and then we have that bliss sheath, it's called. That bliss sheath is the one where we get our inspiration, our epiphanies through, and we have access to our higher consciousness and to the Godself that we are, and it's connected to everyone else's.

DEBORA WAYNE: This is the field that I'm accessing. So many people actually use the word bliss, they experience a state of bliss; I never even say the word, they tell me, "Wow. Debora put me in a state of bliss." It's because the subtle bodies, which the yogis have known this for 5000 years, and it's been only considered spiritual, but now science and spirit are coming together,

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in a different language, saying the same thing. Dr. William Tiller calls it the superluminal realm. Rupert Sheldrake, he refers to it as the morphogenetic field, and he's done lots of research and studies, but it is this bliss sheath. The dimension, a layer, there are different ways to name it, but we can access this and it's a state of consciousness that is a bliss state, and we can tap into that and we are all completely interconnected.

DR. KEESHA: The thing of it is that we don't get access to our own bliss layer if we are toxic in our physical, our mental, our emotional. Having ourselves clear in all of those layers gives us constant access to that. That's why, when you sit in meditation, I've been a meditator for years and years, I can access that instantly and I can also do it off my cushion now. But that's been with a lot of practice of understanding that I have these layers that have to be cleared, and I have a lot of tools for that, so this is really important. This is the place where you have that constant happiness, where you can have joy, even in the face of what you might have thought of as suffering 20 years ago, 10 years ago, 5 minutes ago. Where you can remain in your integrity of your wholeness.

DEBORA WAYNE: I love what you're saying because that's the truest freedom there is; to be the eye of the storm. Because life is not going to go the way we want every moment of every day; that's what caused the pain.

DR. KEESHA: Guaranteed.

DEBORA WAYNE: People learn that, when you can tap into that constant state and know that you really are okay, no matter whether the winds are whipping around you, and you become the lighthouse and you stay firmly lit at the shore, and everything changes in that state. That's our natural state. All of this, the pain body, all of these painful disturbances, actually are things we've learned. All of these fears, the majority of them, are completely from conditioning. There's only two natural fears and that's the fear of falling, the fear of heights, and the fear of loud noises, and everything else is learned, conditioned into us.

DR. KEESHA: I still have that loud noises one. I am such a startle girl. A big noise will make me startle right out.

DEBORA WAYNE: The more clear you get, the more sensitive you are, then you actually hear things...

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DR. KEESHA: At a higher level. Yeah, that's exactly how I feel; it just is amplified.

DEBORA WAYNE: We can clear all this out, all these conditioned responses can get cleared out very quickly with biofield healing, that's the beauty of it. Again, you don't have to talk your way out of it, think your way out of it, it can literally be released in a vibrational, energetic level and change everything in your life and get you back in alignment with the true blueprint, the original blueprint.

DR. KEESHA: Can we see a demonstration of this?

DEBORA WAYNE: We can. Are you going to go through it too?

DR. KEESHA: Sure.

DEBORA WAYNE: I'm going to guide you in with my voice. For anyone who's watching this at any time, I just want to say one caveat: do not do this while driving.

DR. KEESHA: Thank you. I was about to say that.

DEBORA WAYNE: You've got to be safe, sitting down or lying down, because you might, very quickly, go into a deep, relaxed state. Wherever you are, just beginning to either close your eyes gently or take your gaze down to the floor and just begin to draw your attention inside yourself. Remember, there's nothing you need to do to help me; let me do all the work and you just begin to notice, to observe, notice your inner experience. There's nothing you need to understand with your mind, so just relax your mind and notice what you begin to feel or sense. Notice if you begin to see anything inside. Notice any sounds, tones, any sensations or emotions, just let them come up. Just observe them without trying to change them and without labeling them as good or bad or right or wrong. Just let everything be exactly the way it is.

If your body starts to move in any way, let that happen. Don't try to lie still. Let whatever movements occur happen. You are free to move and shift around any way that feels good to you. If you notice any pain coming up, the energy is already moving, so just let that continue. Don't try to stop it. Breathe and observe it and let it come up. Just notice everything without trying to change it.

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You may find yourself dropping into a very deep, relaxed state. You may even feel like you're falling asleep, and that's okay too. We're going to spend just a very brief moment in silence as I continue to work on you, and then you will hear my voice when it's time to come back. So just relax now and rest and let yourself relax more than you have in a long, long time.

Now very, very slowly now, become aware of the sound of my voice and just very, very slowly begin to deepen your breathing, becoming more alert, more awake, more aware with every breath you take. Begin to wiggle your fingers and your toes and take a deep, long breath in and out now. And one more time, a deep, long breath, coming all the way back now, wide awake, alert, refreshed, and relaxed, and slowly opening your eyes all the way back now.

Many people may feel this for quite some time after. It doesn't really end when it's over, so if you're experiencing this and feeling like it's still continuing, it is. It could take up to 24 hours for this to integrate, and sometimes more happens after the session than even during, even from a short, little demo like this. What did you notice, Keesha?

DR. KEESHA: It was lovely. Very, very relaxing. Lots of imagery, some beautiful movements through all the elements. It was really, really nice.

DEBORA WAYNE: You don't have to be ill or in pain for this to have meaning for you either. People have expanded states of consciousness, lots of people get interesting inventions and business ideas, and their intuition gets ignited. So many things are possible just to tap into this consciousness field. It's not always about being in pain.

DR. KEESHA: No, I can see that. It's like a deep, deep meditation, where I go and I meditate. It was really quite lovely.

DEBORA WAYNE: And because you are a meditator, you would have quicker access, most likely, to that blissful state than maybe somebody who's really in a state of trauma, but they can get there too without spending 20, 30 years. That's what so incredible.

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- DR. KEESHA:** Lovely. You've provided some bonus material for our participants in the Women's Vitality Summit, and that will be on your speaker's area of our website, and also how to reach you because you work with people individually, you also teach people how to do this, right?
- DEBORA WAYNE:** Yes, and I have group programs. There's several options, several ways to work with me.
- DR. KEESHA:** All right. What else would you like for people to know?
- DEBORA WAYNE:** The most important thing I would really like to share is that, no matter how far down the scale you've gone, if you're watching this and thinking, "This may not work for me. I've tried everything already. I don't understand this," don't give up hope. You probably wouldn't even believe all the stories I could tell you of people who really had tried everything, their doctor said, "We can't even help you anymore," and I've seen complete turnarounds. So I would just like to say, you just haven't gone deep enough to find these hidden reasons for why the pain or the illness that you're experiencing is manifesting, and you can't give up. You can, but I'm asking you not to. I'm asking you to be open one more day, to one more possibility, because I've seen it all; I've seen it all turn around and you're no different. If you're suffering, just take the next step. The gift that you'll find here will give you answers and you'll have a deeper experience of the biofield healing and your life can change. Your health can change. Whatever is a pain in your life, it really can change.
- DR. KEESHA:** Beautiful. Thank you so much for your knowledge and wisdom and sharing it with our tribe and with the rest of the world.
- DEBORA WAYNE:** Thank you. Really a pleasure to connect with you today.
- DR. KEESHA:** You too. I deeply appreciate my afternoon energizer moment there too, that was great.
- DEBORA WAYNE:** My pleasure, anytime.
- DR. KEESHA:** All right, Debora. Thanks again for all you're up to.
- DEBORA WAYNE:** Bye, everyone. Thank you.