



Conscious Life presents

SLEEP SUPER CONFERENCE

High Speed Healing

Guest: Debora Wayne

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[00:00:09] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, cohost of the Sleep Super Conference.

Today I'm speaking with Debora Wayne, founder and CEO of the International Chronic Pain Institute, and a world renowned energy healer, whose leading edge method, known as High Speed Healing, has helped tens of thousands worldwide to rapidly release chronic pain, depression, anxiety, trauma, binge eating, chronic fatigue, insomnia, and other chronic conditions without pills, physical therapy, or dietary restrictions.

She's the author of *Why Do I Still Hurt?*, and Debora has earned degrees and certifications in psychology, hypnotherapy, and chemical dependency counseling, has 35 years practicing and teaching meditation, is a nationally recognized glass artist, former professional, modern dancer, and certified yoga teacher.

Debora Wayne, thank you so much for being with us today.

Debora Wayne

It is my great pleasure. I thank you for inviting me.

Meagen Gibson

So I want to start right away by talking about High Speed Healing, and what it is, how it's different from what is typically offered to people that are suffering from insomnia and sleep disorders, not to mention chronic pain, anxiety, all the things that we also associate with sometimes sleep disturbances.

Debora Wayne

Yes. So, my method, known as High Speed Healing, actually works in the energy field which surrounds the body. Now, right away, I'm sure most people are thinking, why would you even go there? Right? I can't sleep at night. I have symptoms. I'm in pain.

And the way we work, it really is very outside the conventional box of thinking. The energy field is affecting everything. And my method works simultaneously on the physical, the mental, the emotional, and the energetic, all at the same time.

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And what's so profound is that one of the very first things almost everyone reports is they finally slept through the night, sometimes for the first time in decades.

And you have to understand, everything is energy. And our energy gets disrupted. And this is the fastest, safest, easiest, most relaxing way to harmonize your energy field, which is talking to your mind and body, literally having a dialogue all the time. And it's not common knowledge yet that this is so important.

So it's just such a pleasure to be able to rapidly help people without sleep aids. So many people that come to me, they're addicted to pills, they can't sleep at night without something.

I personally had that experience myself for many years, so I get it, it's horrible when you can't sleep. And this method, like I said, is the quickest way to interrupt the pattern of not being able to sleep, which comes from many different reasons I'm sure we'll talk about, and harmonize so we get back in the rhythm of waking and sleeping, and waking and sleeping, just in a balanced way.

Meagen Gibson

And I'd love to hear just a little bit more about what you mean. Let's assume somebody at home who's watching the conference has no idea what you mean by energy field, so they can give examples, they probably know what their emotions are, mental, their physical body they're familiar with, but they may not be familiar with energy field.

So I'd love if you could say just a little bit more about that for people who are at the beginning of that journey.

Debora Wayne

Absolutely. So our physical body is not actually physical. Stay with me. If you were to look at the body under a very high powered piece of equipment, you would see that we are electrical, energetic beings. We're vibrating a mass of vibrating particles of energy and light, and it's flickering and moving and dancing, literally.

And we think of the body as stopping at the skin, but it doesn't, it actually extends out. The energy extends out in a more subtle form that most people cannot see or detect, but it's actually invisible to the eye, but it goes out far and wide.

And this is a field that has been coined 'the Biofield' by the National Institute of Health back in the 1990s. It's been studied, researched. It's not something I made up.

And this field is like, think of it like a video device that's been recording everything that's ever happened to us in our entire life, and it's recorded vibrational information that literally sticks like lint into the field.

Now, some of these experiences are very disruptive, and some of them are fabulous, but it's the disruptive ones that disturb the energy field with a frequency that's then communicating with the mind, the emotions and our physical body.

[00:05:19]

And these disturbances are what comes first before it shows up in the physical, and everything can be found in that energy field. It really should be the first place we look, not the last. Makes sense?

Meagen Gibson

Absolutely. And I love the distinction that you made there, too, because I remember I was on vacation about a month ago with my husband, and he incurred a major stressor while we were on vacation.

And then the next morning I looked at him and I said, I could feel you worrying all night, and I wasn't being facetious about it, I was like, dude.

Debora Wayne

Exactly.

Meagen Gibson

But there's a negative connotation to it a lot of times, right. We don't hear about people losing sleep because they fell in love, for instance, right? But that's still an energetic field exchange, and we're impacted by other people in both positive and negative ways, and in our environment, things like that. Right?

Debora Wayne

Absolutely. It's happening twenty four seven. And we're aware of some of these subtle energetic exchanges, and some people are not. And it's true, with electromagnetic frequencies off of all of our devices, we can't see them, but they are emitting frequencies that disturb our energy field.

And then we wonder, why do I have a headache? Why can't I sleep? The invisible realm is very important to recognize. It's real, and it's very important, and it's affecting our health all the time.

Most people have had the experience where they get a vibe from someone. We act sometimes like this is just make believe, but again, it's an indicator, like you're saying. You get a vibe from someone you've never met and you love them, or you can't stand them and you don't have any logical reason.

It's because we're very sensitive beings. We're always getting information. We live in a gigantic field that is full of invisible information. And when we look out at space, it looks empty. It's not empty. It's filled with information.

As we get better and better at discerning the information, through our faculty of feelings and our beautiful body which is constantly giving us feedback, that instead of just cutting out or drugging out the symptom, we start to understand and recognize the importance of the feedback we're getting from our body that's taken from the energy field.

Meagen Gibson

So how do people begin to notice, name, decipher, work with, these energies in your method as they start to perceive them?

[00:08:09] Debora Wayne

So, there's a couple of ways. When I work with somebody, they don't have to have done any preparation. They will feel something will happen, and they'll have a personal experience.

But you can start to prepare and become more sensitive to this on your own by, number one, either spending quiet alone time, even just a few minutes a day, sitting, breathing and listening at a very, very deep level to your inner world, you start to get in touch.

See, most people are very outwardly focused all day long. They're on a device, they're talking to people, they're looking outside themselves. The key to all of this is taking our perception inward and starting to retrain our nervous system and our listening device to listen for the disturbances.

They're always talking to us. We'll feel it in our body. Something doesn't feel right. We'll have a thought that keeps nagging at us. We'll feel the emotions, which are also energy that need to move, and if they don't move, they get clogged up and they start to give us feedback.

Like I said already, instead of ignoring, we're trying to just, 'I'll just ignore that and power through my day.'

No, we want to sit and listen and feel and recognize all this information that's constantly available and not let it build up for ten, twenty, thirty years until it becomes a crisis.

Meagen Gibson

How many of us compartmentalize that stuff all day long because it's inconvenient or it's not the right time, or we just frankly don't want to feel the things that we're intuiting, right?

Debora Wayne

Exactly.

Meagen Gibson

So I'd love it if you could give me an example of somebody that you worked with, or just an amalgamation of examples of people that you've worked with, regarding sleep and what's possible with your method and the types of results your clients have experienced.

Debora Wayne

So I work with people who suffer from a very wide range of conditions. Some are physical pain, some emotional, anxiety, depression. A wide range of all different types of symptoms.

But almost everyone who has a chronic condition, it starts, as I'm sure you know, disrupting their sleep. So pretty much everyone that comes to me says, I don't sleep well. I don't sleep through the night, or I toss and turn or I wake up 15 times or have trouble falling asleep or falling back asleep.

The list goes on and on. And, so, again and again, almost every client within one to three sessions, and often right away after the very first one, says, oh my God, I finally slept so well. I slept like a baby.

[00:11:04]

I've had clients come to me with Chronic Fatigue Syndrome for many, many years. They're exhausted, and you know that feeling where you are so exhausted but you cannot sleep, and they're just wired.

And also many women come with hormone disruptions and that cortisol is pounding and pumping all night long, and they just don't sleep.

So, I see over and over how all of this gets smoothed out. We interrupt the pattern, usually right away in that first session or second session, and they start to notice they feel more peaceful, they feel a calmness.

They all say the same thing, I feel quieter inside. My mind shut up. My heart stopped pounding. I wasn't worrying. I feel relaxed in a way that I haven't been able to access on my own.

Most people that I work with, I don't tell them ever to stop medications, they know to stop. Where they start to recognize, they even forget to take them, where they go to their doctor and the doctor says, you don't need this anymore.

So it's so beautiful to watch the smoothing out. It feels like a smoothing out. It's a harmonizing and these chronic conditions literally dissolve back into thin air and, yes, even physical pain, people with all kinds of severe migraines and a variety of headaches and all the hormone disruption that affects the thyroid and the adrenals, these are all affecting sleep.

The worry, the overwhelm, like you said, your husband, I see this all the time, people are very worried. They have been now for quite a few years about the unpredictability of life, their relationships, their career, their finances, their romances. Everything is topsy turvy. First thing that goes is sleep, right?

So, the first thing that calms is sleep. That's the beautiful thing, and from there, people get a deeper sense of what to do, decisions they need to make.

When they're more rested, they're more in touch with what would be beneficial for them as their next step, or something they have to figure out.

And instead of worrying themselves sick, now they're coming from a calm place where they feel into the decision, instead of worry into the decision. It's a big difference. Big difference.

Meagen Gibson

That's a really interesting distinction. I like it.

I'm glad that you named also, because I know you're not necessarily a sleep expert, but by treating people with chronic pain and anxiety and things like that, the correlation, and this is everything that I've seen in my research as well and all the experts that I've talked to, sleep doctors and people who are specifically experts in sleep, say that the overlap between chronic pain and sleep, or anxiety and sleep, or hormone dysfunction and sleep, they're all a circle in that Venn diagram, right?

They're all completely intertwined. If you've got somebody with deep anxiety problems, they've got deep sleep issues as well.

[00:14:15]

So I just want to corroborate exactly what you've said, that your knowledge about helping people sleep better came from trying to help them with other issues as well.

Debora Wayne

Many people do come and just say, I have terrible insomnia and I need to sleep.

I had one, in fact, she was my hairdresser years ago. This poor girl, she absolutely could not sleep, and it had gone on for weeks, and you know the feeling, it disrupted her work, her ability to work. Then she can't earn a living, her father was ill and had been diagnosed with cancer.

She had so much on her mind, and was emotionally very distressed, and didn't know what to do about it. And the life changing experience that she went through, just only doing energy healing with me.

She wasn't open to drugs. She didn't want to go down a conventional trail. And within very, very I think it was maybe the first two weeks, the transformation that took place is amazing. In fact, I saw her recently and she's opened her own salon now.

I mean, she blossomed after I worked with her in the energy field. And we have to recognize the grief, the experiences that other people that we care about and love and as things happen in their lives, this is affecting us as well.

That affects the sleep. It's like you said, it's all interconnected. We can't just separate sleep and put it over there. It's completely related to our lives.

Many people come to me, they've had severe trauma, either from an accident or an injury, or surgery that went bad, or abuse from childhood, or some type of past trauma. Many have gone into war zones.

It's quite amazing to watch the relief that comes when they do the energy healing, because, again, with trauma, especially after accidents and injuries I see this, the body holds on to a cellular memory of the emotion from these experiences and people do not want to talk about it.

They don't want to go back and dig it up. They don't want to feel it again. They're terrified of it. They're trying so hard to hold it down, they're actually wearing themselves out by doing this. It's interrupting and interfering with sleep.

And when you drop into that deep sleep, it requires a letting go of control, which if you've been through abuse or trauma, or accidents, or injuries, you're not going to just relax and let go. That's the first thing that most people don't want to feel, is a letting go of control, and then they feel vulnerable.

So, it's, again, a beautiful option for people to be able to not even have to talk about it, but to safely release trauma in this way.

I have worked with many other methods over the years. I've never seen anything release trauma so quickly and many people, they don't feel any repeat, it doesn't re-trigger the trauma.

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What's so fascinating, sometimes they know they're releasing it, but it's in observer mode. They will describe seeing a video in their mind's eye and they see scenes from the experience but they're not feeling the terror of it or whatever they're feeling.

And then they feel the big shift that happens and the relief that comes after, and some people do feel it and then they lose the fear of emotions coming up and moving. It's just energy. Simple as that.

Meagen Gibson

I love that. As you were speaking, I was just thinking about control being the false currency of safety. And if we're talking about energy and letting things go and things move through, right?

So for people that are listening at home and they're hearing about all this energy healing, how does this line up or contradict, for that matter, somebody's own spiritual beliefs? Do you have to believe in anything? Is it science based?

Take us through that. How is it going to align with the beliefs and spirituality you might come into life with?

Debora Wayne

Another beautiful thing about this. It's open to everyone. There's no dogma here. It does not require believing in anything. There are ancient spiritual healing techniques that resemble this I would say, they're not exactly the same, but they resemble.

But this is not religious in any way, and people come to me who are agnostic, they want nothing to do with anything spiritual or religious. The beautiful thing is that now the new science, all the quantum physics, is explaining why and how this is possible.

It's totally based on scientific principles. Energy field, biofield science, this is an entire area of research that's been around and people just don't know about it because you don't see it on the late night infomercials, but it's very valid, very real, and explains how we are interconnected via the field and how frequencies, this is the key, that frequencies change the energy.

So if you think about watching cable TV, for example, and you have a remote, if you click it, just a frequency change, you see an entirely different channel with an entirely different story.

Well, your body is no different. If we change the frequency in the energy field, the body, mind and emotions, it's a different story that plays out.

So, you can be interested in all of this, or not. It doesn't really matter. You don't have to understand one thing for this to work. So, some people love to geek out on all the science, some people love the whole spiritual aspect, and some people say, I don't care, just fix me, I can't sleep.

Meagen Gibson

I can imagine. I love that you don't have to have any belief or surrender into the fact that it might work. You just have to be willing to try.

[00:20:50] Debora Wayne

It's usually the wives who drag their husband and say, you just have to do this, you have to.

I'll never forget years ago, I had an office, now for many years I've just worked virtually, but years ago, this gentleman came in. He was rough and gruff. He owned a construction company and my wife's making me do this. I'll just do it. I know it's not going to work.

He had pain, he had lung issues, he couldn't sleep, and he got on my table and I worked on him and when we came out of that session, he looked at me and he said, oh my God, this is just remarkable. He went on and on with everything he experienced internally.

Many of these skeptics become my biggest fans because they have experiences they can't deny. When the pain goes, when they finally sleep, they go, something happened and there's no other explanation. So beautiful.

Meagen Gibson

I know you mentioned a little bit earlier that you've had your own experience with sleep medications, and things like that. I want to mention briefly that we don't like to demonize medication, accessibility wise, and you said as much as well that you don't encourage anybody to just stop their medications.

I have a lot of sympathy for people because often that's their first line of assistance and what's accessible to most people is their physicians, and most physicians aren't going to be able to do energy work.

But I know that you mentioned that you had some experience with sleep medication, and as we're diving into all these methodologies, trying to get at the root problem of sleep disturbances to resolve them, and perhaps allow people to get off medications as you've mentioned, I wanted to ask how you got into this work and that experience that maybe led into some of this energy work.

Debora Wayne

Yes. I went for 14 years without being able to sleep without a sleep aid. This is over 30 years ago now, but I got to a point where I couldn't go half an hour without some kind of pill. At night I would take pills and drink wine until I passed out because I was terrified at bedtime, because I couldn't sleep and I couldn't shut my mind off.

I was full of anxiety. I was depressed or anxious, one or the other. Throughout the day, I was a mess, and I had physical health issues, but they couldn't find anything on medical tests, so nothing was working.

I mean, really, my life from the outside looking in looked great. I had a fabulous career, wonderful husband, a big home, all the material things, but internally, I was a mess.

I finally got to a place where I couldn't function. As long as I could go to work and function, I would pretend everything was fine, but it wasn't fine. I got to that place where I woke up one morning lying on the floor of my closet, and I couldn't stop crying and I couldn't go to work.

[00:23:50]

I had to make big changes in how I was living, thinking, and feeling. When I started doing a lot more of that deep listening that I talked about earlier, and I started practicing things like meditation and being in nature more, where you can hear yourself think, and I stopped saying yes to people and things that I really meant no.

I started really putting my health first, that self care first, my life began to change. I looked at food, and drinking an entire pot of espresso with sugar first thing in the morning doesn't help.

So I made some actual changes in that department. But, in general, the greatest thing that brought me here to doing this work was really exploring that invisible in the inner world and meditation, and I started to have incredible experiences that rocked my world and revealed to me this entire piece about how we are made of energy, and everything in the physical realm is energy.

I didn't get it from a book or a course, or any of those degrees or certifications, it was revealed through meditation and it showed me, in living color, that nothing is withheld from us. Our answers really are within us and we need to spend more time listening and going internal, and it's what led me to all the work that I'm doing today. It's amazing. It was quite a journey and it still is.

Meagen Gibson

It's a beautiful story, and it always resonates much more when somebody's had an experience like that themselves that drew them to the work because it feels that much more rooted in intention that comes from within.

Debora Wayne

It gave me a purpose, quite frankly, that was higher than just making money or doing a job that I didn't love, which I discovered I was doing. I had a lot of my ideas about what creates happiness, I had them upside down and backwards, and when I recognized that, and went through my own healing journey, it became very clear this was first helping me, but then it could help other people who were suffering like I was and I saw how to help them.

And when I started offering the help, it just opened up an entire career path that I would never have looked for, never have gone down, and just following my own natural trail.

I think that's where a lot of us get off course, is that we forget we're part of nature and we override with the thinking mind what comes naturally and where our blueprint really is trying to take us.

We say, well, that, I can't do that or no one would approve, or I won't make any money.

This nature trail, this path that we really are meant to be on, it will reveal itself to everyone. Everyone has this. When we follow it, the world opens up.

Meagen Gibson

Well, I was going to ask you what you would tell someone who's skeptical of trying this, but I think it's time to just do a demonstration. Instead of talking about what skeptics should hear, let's just show them, right?

[00:27:20]

So if it's possible, could you give me a short demonstration of High Speed Healing?

Debora Wayne

Yes, I would be thrilled to do that. Anyone watching, I just want to make sure, you must be in a safe space where you're not driving, or operating equipment, because most people will, even in a very short demo, drop into a relaxed state.

So you want to be sitting or lying down, even better, and get as comfortable as you can and close your beautiful eyes.

Just breathe first into your low belly and draw the breath from your low belly up into your beautiful heart. And then open your mouth and let out a big sigh and let everything we've been talking about go.

Again, breathe into your low belly and draw the breath up, up, up in a big sigh out of your mouth. And take another breath like that, and begin to take your attention inside and become aware of what is going on inside of you as you begin to breathe just normally and naturally now in and out through your nose, the way you normally breathe. Very easy, effortless breathing.

You may begin to notice sensations in your body, or around your body.

You may begin to notice the temperature change.

You may begin to notice pressure in your head. Even with your eyes closed, you may begin to see something like colors, shapes, images. Look at it, even if it makes no sense to you, and whatever you begin to notice, observe it and allow it to be there without trying to change anything, or fix anything, or figure anything out.

Allow whatever you're experiencing to be there without trying to change it in any way, without judging it as good or bad, right or wrong. Let me do the work in the field and you just observe what is happening.

Now you may begin to notice if you have pain of any kind, that it comes up, it's the energy coming up and moving out.

You may begin to notice your body starts moving involuntarily and I want you to let that happen if it does.

Or if you feel the urge to move or shift around in any way, follow that urge. Let your body be free to move.

Some people move a lot. Some people don't move at all. Follow and allow any movement to happen within you.

You may begin to notice different sounds inside you, like voices, words, music, tones. Listen if you hear any sounds.

[00:30:57]

And remember, you can't do it wrong. And you cannot block the healing frequencies that I bring in, so relax your mind about all of this. You don't need to understand what's happening, and you cannot block it or do it wrong. So just keep observing.

And even if it seems like nothing's happening, that's okay too. Sometimes it gets super quiet. That may be exactly what you need today.

You might have thoughts come into your mind. In fact, your head might get busier, and you may not like the thoughts, but that's what needs to come up.

So allow what's happening. Just observe it, without trying to stop it or change it, even if you don't like it.

You may notice feelings coming up, emotions coming up. I want you to let them come up. It's just energy. Allow any feelings that start to bubble up to come up.

Rather than holding down or holding your breath, just allow this to come up. You're safe, and it's just energy, and it wants to move out, and it will do it rapidly if you let it come up.

There's nothing to control, or fix, or figure out. Let me do the work, and you keep observing and allowing whatever is happening to be there, even if it's uncomfortable, and even if it makes no sense to you.

Now, in a moment, we're going to take just one minute of total silence. I'll be right here continuing to work on you, but completely quiet.

And when it's time to come back, you'll hear my voice with instructions, and you'll know exactly what to do.

So here we go. Just observe and allow as we go now into the silence together. Enjoy.

Now, very, very slowly, as you listen to the sound of my voice, become aware of 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. Feel yourself becoming more alert, more awake, more aware.

Taking another deep breath in and out now, and come all the way back, wide awake, alert, refreshed and relaxed.

And slowly open your eyes all the way back now. And make sure you move slowly. Don't jump up too quickly. Take your time. Sit up slowly. Take your time before you stand. Make sure you're all the way back, alert and awake.

I should tell all the listeners, Meagen, that more often happens after the session than during. We've seen this in a science lab where even a short demo like this, many, many things can change and shift and continue once I get the vibration going a day or two after.

[00:36:16]

So, everybody, pay attention. Listen to your body very closely, and if you feel tired, rest. If you feel super energized, go for it.

Just don't overdo it. Some people probably fell asleep. If that's what's needed, people do fall asleep pretty quickly with this.

So, what did you experience? I'm curious.

Meagen Gibson

I'm torn. Part of me doesn't want to inform other people's experience by what was happening for me, but yeah, it was interesting.

I'm just going to name what was happening at the end, which was that, my eyes were closed obviously, I went into it just the same as anybody else who decided to participate at home, but this flooding of white light started to creep up in my field of vision from the bottom and very, very subtly, and took a few minutes, and then just took over during the minute that we were all silent together. So that's just a small part of the experience that I had.

Debora Wayne

It's a very big deal though, so that light holds all the frequencies that you felt literally just sweeping through your whole field and you had the experience of it, you could tell something was happening. It's not something I tried to convince you was happening.

The beauty of this is everyone will have their own individual experiences. There isn't a right or a wrong, and everyone's in a different place.

It's fascinating when you hear, even with a large group of people, how everybody has these unique experiences with sometimes overlap, but you can't really influence somebody else's.

I bet other people will see colors or shapes or images or have the light. The awareness of light becomes evident to many people. The pressure in the head is the number one sign that most people have at some point, maybe not right away, but a lot of people have it right away.

It's a sign that you're perceiving and receiving the frequencies that I bring in for you.

And also nausea, so if anyone felt nausea, or what they thought was a headache, it's me. Yeah. And there's no need for alarm. It will integrate.

You're feeling the contrast. You're not used to the frequencies that you need in order to get back in balance. They can feel uncomfortable.

Meagen Gibson

Yeah, I wasn't going to mention it, but I did totally get a headache. That pressure. Yeah, I did.

[00:39:00] Debora Wayne

Yes. Well, if anyone has questions, they could contact you and I'm happy to help answer questions.

Meagen Gibson

Of course and, actually, I was going to say this is the point at which I ask how people can find out more about you, and your work, and how do they get a hold of you.

Debora Wayne

When you go to my website, you can immediately download a free digital version of my book, *Why Do I Still Hurt?*, and we'll have a deeper conversation. Continue the conversation we're having today, if this is of interest to you.

You'll also be invited to a free live call, a no cost call, where you'll have me live for Q and A.

I'd love for anyone with questions or who wants to experience more of this and learn more about it. Either if you like to read or you like the live calls, please go to internationalcpi.com, and right away you'll find the ability to opt in for that free gift.

So, internationalcpi.com.

Meagen Gibson

Fantastic.

Debora Wayne

Yes. Thank you...

Meagen Gibson

Debora Wayne, thank you so much for being with us.

Debora Wayne

It's been a pleasure, really. Thank you so much. This is such a great topic and so many people suffering and I just appreciate you helping me get the word out for another option of help that's out there.

Meagen Gibson

Fantastic. Thanks again.

Debora Wayne

Thank you.