



Episode 19: Experience HighSpeed Healing - Rapid Relief for Chronic Fatigue

Evan H. Hirsch, MD: Hello, and welcome to the Fix Your Fatigue Podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity, and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome.

Evan H. Hirsch, MD: Hey everybody, welcome to another episode of the Fix Your Fatigue Podcast. I'm so glad that you're here with me today because today we have Debora Wayne with us. Debora is the founder and CEO of the International Chronic Pain Institute and is a world renowned energy healer specializing in rapid release of chronic pain, depression, anxiety, trauma, battles with weight, binge eating, chronic fatigue, which is why we're here today, and other chronic conditions.

Her specialty is helping people to find and remove the hidden reasons that lie at the root pain and symptoms but that often don't show up on diagnostic tests. A highly sought after speaker and number one best-selling author of *Why Do I Still Hurt?* Debora has earned degrees and certifications in Psychology, Hypnotherapy, and Chemical Dependency Counseling. Has 35 plus years practicing and teaching meditation.

Is a nationally recognized Glass artist, a former professional modern dancer, certified yoga instructor, and leads the only practitioner training worldwide in her proprietary method known as High Speed Healing. Debora, thank you so much for being with me today.

Debora Wayne: It's truly a pleasure. I love your work and I'm just so happy to be here and hello everyone. And just excited to talk to you.

Evan H. Hirsch, MD: Yes, I think this is a great fit because I'm really curious and I'm always open to what works and I think that that's a big part of the work you do is that it works. And so let's, let's dive in and kind of learn more about it. So my first question for

you is kind of how you ended up in the position that you're in right now in this unique field of energy healing?

Debora Wayne: Because my life was not working. My health was not working. I hit and crashed and burned many years ago. Woke up one morning on a Monday mornings and instead of getting up and getting dressed and going to work, I laid on the floor of my closet, crying my eyes out and just having suicidal thoughts because I was in so much pain. I was so anxious. I was just a mess in heaven.

And I I didn't know what to do. I was out of ideas. I was out of faking it until you make it. And that day I had a really profound experience that totally changed my life and is really the turning point that led me here today. I had all kinds of pain. I was exhausted. My hair was falling out. I had ulcers, I couldn't sleep. I became addicted to painkillers and sedatives and alcohol and Ben and Jerry and I just was really a mess.

And that day, once I just quit trying to figure it out and fix myself, I screamed out at the sky and a God to about, I did not believe in at the time. And I had a profound spiritual experience. And what happened was I became filled enveloped in the closet with this piece that I'd never known a feeling of love, unconditional love, and peace. I would call it a spiritually transformative experience. And immediately I stopped crying. I felt calm. I knew everything was going to be okay. And I got up, I went in the other room, I called a professional and I finally shared the truth about what was going on.

And I started to get some help and that journey, I went back to meditation, which I had dropped. It stopped meditating. And I started to have a series of experiences that showed me not, I don't know how to explain it other than I literally could see, feel, hear, and know that everything is made of energy. And I could feel life-force energy flowing through my hands. And my intuition started literally teaching me and said, you are going to discover and use this life force energy for healing yourself and other people. And this is your higher purpose now.

Like I was quite skeptical of all this. I thought I might got, I'm losing my mind and that's here. But, and it took me many years to come out of the closet, literally with what was going on. But I spent, I did go back to school. I started exploring everything that had to do with healing, natural healing, spiritual healing, hands on healing. I started really exploring that. And over time, my own method, which I call High Speed Healing was revealed to me.

And I discovered this was not Debora going cuckoo. This is based on physics. It's real, real, real, not woowoo at all. And so I just finally embraced it and put my stake in the ground and started. After I tested it for a long time, obviously, and worked on a lot of people I saw there was consistency and positive results. And I realized it would be very selfish to hide the fact that we can heal. We can heal no matter how bad it is, where the body's designed to heal and everything is possible. So that's how I ended up here.

Evan H. Hirsch, MD: Wow, thank you so much for sharing that. And so let's talk about your technique. Let's go into a little bit of the physics. I'm really curious about how it works.

Debora Wayne: So it's not even a technique. That's what sets it apart. This is not, I did become a Reiki master in the early 1980s because I wanted to just see if I could, even if that's what this was, or I wanted a piece of paper that gave me some credibility. But what I discovered was that what I'm doing goes beyond technique. It is a state of consciousness that I learned to access.

And if you think of how one candle can light unlimited number of other candles, or even better a tuning fork, and they do experiments in science where they take a series of tuning forks, they strike one of them. And then all the other tuning forks begin to resonate at the same vibration. That's physics. That's what High Speed Healing does. So I'm able to tap into a particular vibration that is present in the universe, the space, when you look out at space and it looks empty, like nothing's happening, it's actually filled with not just energy, but information.

And what I mean by that is it's filled with vibrational information and we have access to this. And if you know how to bring it in, you can transmit it to other people and literally change the physical, mental, emotional, energetic state of being. It's remarkable. It's free, it's everywhere present. And it requires getting out of the way, the conditioning, the mental conditioning, the emotional pain that's been stuck in the body it's never been processed.

And when you release enough of the false destructive thoughts and the destructive emotions, what you find is amazing information, it's at our fingertips literally, and that we can heal. In fact, we don't even really need healing. We need to remove what's disturbing our natural state of being, which is a state of health, which is a state of peace and high energy. And it comes back on track. And then it can get out of the way, the disturbances that are clouding over the real you.

Evan H. Hirsch, MD: So what are those disturbances?

Debora Wayne: There are quite a mixture of things, but they could be anything from birth trauma. Literally while we were being born. That's very common that people had trauma from the birth experience. It could literally be the well, the most significant is the environment that we're soaking in before the age of eight. So that could have been in the womb. It could have been, if you had a mother that was traumatized, that was addicted. That was abusive. That was unhappy.

And before the age of eight we're just like a sponge taking it. We're like a computer with no virus protection, just taking in the information we're soaking in. And so that environment is literally programming us. And so when we're born, the people that were around, what we hear, see, even though we don't have the ability to discern what's true from what's false, what's going to help us and what's going to harm us. We're taking it all in anyway and we're imprinting it.

And so that environment, that early childhood environment is key. It's literally determining the foundation for what we're going to believe and even see in the world and who will resonate with. So that's huge. And then what happens is later on in life, if we learn things we grew up in an environment for example, where there was violence, neglect, screaming, and yelling. A lot of criticism over achieving, perfectionist, things like that. Where we were taught to keep your mouth shut and don't be. Nice girls are seen and not heard. Always say yes, be a people pleaser.

These are the things that literally disturb our natural blueprint, and it will shut down the full expression of who we came here to be. And if we repeat, repeat, repeat, it turns into literal pain and symptoms and suffering. And you have to remember that thoughts are a force is real as electricity and thoughts are connected to emotions and emotions emit chemicals into the body. They affect the nervous system, the immune system, right?

That organs of the body, the energy flow, and these emotions are frequencies. And these are often disturbed frequencies that are just causing harm. And then top it off. We live in a world that says, Oh, don't bring those feelings here. That's unprofessional. That's immature. Think about it. Just think about things, use your intellect, put those feelings aside and grow up. And so they go underground.

And this is probably one of the key reasons that so many people are in pain and ill and have mystery illnesses and try everything. And they don't get well because they have actually, actually intense, emotional pain that they may not even be aware of because they've done such a good job at suppressing repressing and denying. It's not their fault. They were programmed to do it. But until you go deep enough to get this to come up and out, people don't even know.

Evan H. Hirsch, MD: Yes. I recently heard that ACEs, Adverse Childhood Events, the new definition is anything less than nurturing.

Debora Wayne: Oh my God. I love that because it's really what I found to be true.

Evan H. Hirsch, MD: Right.

Debora Wayne: And children's so easily misinterpret. What's going on at me have nothing to do with them. But I know in my own example, when my parents would fight, somehow I got the idea. I caused it. Now that couldn't have been further from the truth. They never said that to me. But I made that decision somewhere along the line. And that translated into other relationships later in life, where I always thought if someone was even had a look on their face, I caused it.

I didn't took things so personally, and that effected my self esteem, my energy level, my ability to perform and do the things I wanted to do in the world with confidence. I didn't really work on that because it was a misinterpretation. And I certain it affected my immune system as well.

Evan H. Hirsch, MD: Yes. I'm glad that you mentioned that there's a couple of things that you just talked about, which I think are really important to highlight. One of them is the thoughts that we put into our minds, right? And these limiting beliefs that we have from the situations that we had growing up and whatnot and how we saw the world. And so I think that's really important. A lot of people are like, Hey, you got to do organic everything, whatever.

You're putting in your mouth has to be gold and that's true. But we forget that whatever we're putting into our brains has to be gold as well. So like, what are these stories that we're telling ourselves? How do we change our mindsets? And then the energetic component to that which, which goes really hand in hand with that. You can't seem like change one without the other. Would you agree with that?

Debora Wayne: I totally agree with that. Totally. It's interesting. You brought up the thoughts and, and food because I work with a lot of people who have food issues. They're told they have food sensitivities or allergies, or they just have gut issues, no matter what they eat and they've tried elimination diets. They've done all these protocols, but they still have pain or some form of dis-ease when they eat before, during, or after. And, and some people were, nothing is even showing up on a test. And what I have found is more than anything, emotions play a huge role in how we digest food.

How we assimilate nutrients and what happens in our gut and the thoughts about the food before, during, and after you eat. Probably have more power than the food itself. You can take the purest, most incredible food, all organic, right? Grass fed, whatever, and be angry when you sit down to eat, be it just very sad, depressed, or worried about food, because you have a lot of beliefs about a lot of fear about food. This will completely affect how you digest it.

Evan H. Hirsch, MD: Right.

Debora Wayne: So it's also very, very powerful. And unfortunately, we're not taught how powerful we really are. And that thought is a form of subtle energy. And it's the precursor. See the bodies need effect, not the cause. The precursors are the thoughts and the emotions and the energy field. And that's, what's in our energy field and that's everything. The physical is the last place. Anything shows up, not the first, but we haven't been taught this.

So we'll have it backwards and they get obsessed with cutting it out or dragging it out, thinking they're going to find the solution. And sometimes it provides temporary relief and, and many times it's just a band aid that falls off, but then they feel even more hopeless, right? Because they've done everything they've been told to do, and they can't figure out why it's coming back or it won't leave. And they're stuck.

Evan H. Hirsch, MD: Kind of dovetails into my next question, which is kind of when people feel like they've tried everything. Why, why aren't they getting better? What have you seen?

Debora Wayne: Yes. Well, the first and foremost that mistake that people make that will practically guarantee that the pain or symptom. And when I say pain, I don't mean just physical pain. It could be emotional, depression, anxiety, panic, worry, overwhelmed. It could be issues with food, weight. It could even be finances and romances. Quite frankly, it could be your relationships, any kind of pain or pattern that's showing up.

That's what I mean when I say pain. If there are symptoms in your life and you are trying to stop the symptom, suppress it, repress it, deny it, cut it out, or drag it out. What will happen is that you will actually make it block it and it will, it will be stuck. It will get worse. In most cases, it will get worse because pain, I know this sounds crazy to people. Pain is actually your friend. Is there to teach you something. There's a message in your pain.

And until we learn from it and recognize the immense wisdom of the body and mind the body-mind complex, then if we just put it over there and try to hide from it, and we, we don't want to look at it. We don't want to feel those feelings. We don't want to do the work to find out what's really going on at a deeper level. It's not going to magically go away. So I help people stop the resistance, the resistance to what you're feeling and experiencing thinking is the number one cause of the problem. So we need to learn to release, not resist. Release, not resist.

Evan H. Hirsch, MD: And so what does that look like? Is that the energy work is that, do you do thought some sort of thought or mindset change or transformation? What are the components to your method?

Debora Wayne: Yes. I have an exact system at my Pain Free Living Program has three areas that we cover. And if you cover those three, there's nowhere else to look. So first I teach people how to find and release those damaging destructive thoughts to really examine and learn what thoughts are true and what thoughts are harming me. And we don't go into an analysis, but I teach them how to literally flip learn from the thoughts, but find the ones that are harming you and release them and change them because the brain is worked on repetition and is malleable.

We know from neuroscience, you can change and rewire the brain much easier than you think. So, number one, we work on the mind, the thinking, which is like, you've been saying it's key. We know from science that the average person is thinking 60 to 90,000 thoughts a day [inaudible] bus. And the people I work with, I find out there's like 10 thoughts that they recycle 90,000 times a day. So work on those.

Then number two, I show them, I teach several techniques to literally learn, to have the most amazing relationship with your body so that you can discover what were the feelings are literally getting stuck in the physical body. And instead of hating that and ignoring or suppressing the feeling you learn to not fear the, the emotional feedback you're getting and learn from it and let it release and then make the necessary changes. It's remarkable that alone is life-changing for people.

And then the third area is the energy field. And this is the High Speed Healing superpower because I do the work for them in that case. And it requires no belief. You don't, you don't even have to understand it, but it's very relaxing in general. It's the fastest, easiest way to speed up the entire healing process, including the beliefs and the emotions that are hidden. It will often bring them up and release them for people just like that. And it's quite remarkable how rapid just working in the field first.

So I, I recommend that people always have a series of those sessions and they notice, and they document the changes that are occurring to ask sweet questions. And most of the time, even people who've tried everything and they're working on themselves for 20, 30 years. They get results sometimes right away after the very first session. So it's very rewarding and remarkable work. And I just, every day I get excited to see what people call it miracles.

I don't, it's a miracle anymore. I think it's an inner technology that we just are finally realizing this is here to stay and I'm not woowoo. I get excited as to see all the various wide range of things that happen for people. It's just, Oh my goodness. It's so much fun.

Evan H. Hirsch, MD: That sounds fun.

Debora Wayne: It is.

Evan H. Hirsch, MD: And so, and you can do this over zoom.

Debora Wayne: Oh yes. I don't even need the, a device. Quite frankly. I know it's difficult for people to wrap their mind around that, but we're all interconnected through the gigantic field, through the quantum field. So typically I work with people either just audio over a phone line or the computer. When I first began, I didn't use anything. We would set the appointment. And at that time I gave people instructions to lie down and I just hung up and worked on them.

And then we would talk after, because the device has nothing to do with it. But instead of having to explain that to people so often it's a really, it's so outside the common paradigm. People were get stuck they're like, what, how does that work? So I just on zoom so they can see I'm real and I'm right here and it helps them relax. And I want them to hear.

Evan H. Hirsch, MD: Right.

Debora Wayne: But.

Evan H. Hirsch, MD: Hey, not checking your email.

Debora Wayne: That's not the final request.

Evan H. Hirsch, MD: Right.

Debora Wayne: Yes.

Evan H. Hirsch, MD: Hey you're not checking your email during their appointment?

Debora Wayne: No.

Evan H. Hirsch, MD: That's great. So then there was something else that you mentioned that I wanted to touch on, which was people who have trauma, oftentimes they're really uncomfortable in their bodies. And there was something that you had commented about when people are uncomfortable in their bodies. How do you find that you have to address those people differently so that they're not re-traumatizing or that, that they're not more they're harmed by the process?

Debora Wayne: I'm so glad you're asking this question because I do a lot of people with trauma and that's the thing they're, they're even, they're afraid to try anything new and they're afraid that it will really trigger the trauma and nobody wants to get stuck in that. And there's a huge fear that if they, if those feelings come up or the memories come up, that they'll feel overwhelmed out of control and it will never stop.

And so I'd love to reassure anyone listening that that is not what happens with this. In fact, I've never seen people release trauma so rapidly as I have since I began the High Speed Healing and in fact, what I tell everyone is that you just, just try a little demo with me first and you feel you will feel something most likely because people with trauma are super sensitive. That's part of a gift on the flip side of trauma, as they become sensitive. They know when they're uncomfortable.

And so they will feel right away in most cases, how soothing and loving the vibration that I bring in is, and I tell them right away, if you don't like how this feels within two seconds, you just tell me to stop at any time. And I've yet to have one person ever asked me to stop. They go, Oh my God, that feels amazing. And they start to feel what they've been yearning for, which is a sense of peace and calm and like everything's going to be okay. So we want to get the disturbed vibrations that they're holding in their field. We want to get those off without 10 years of talking about it, talking, isn't going to release it.

Evan H. Hirsch, MD: Right. So do you think that the good vibrations are pushing the bad out or the bad being converted?

Debora Wayne: Neither. Okay. What a great question. So when you change the vibratory rate of a person's field, the lower vibration cannot hold its form. And so think of it this way. Like if you took some kind of bacteria that thrived in a moldy hot climate, you stuck it in a freezer, it would cease to exist. It can't exist in freezing cold, right? It's the same with your vibrations, everything, a state of consciousness of depression, anxiety, trauma, that's a, that's a particular vibe, vibratory frequency.

If you change that to joy, love, peace. That is a very different vibratory frequency. It's a different state of consciousness. You can't have both in the same place. They don't exist. They're completely different. Think of it like music completely different notes. Does that make sense?

Evan H. Hirsch, MD: It does.

Debora Wayne: Yes. So we literally changed the field. See the person's body is vibrating at a particular frequency and the body, mind, and spirit and emotions are all one complex. So if they're vibrating at a particular frequency and you change the frequency, they are not going to feel the same thing, the same exhibit, the same physicality, and the two are not cohabitating. You can't have both at once.

That's what's so exciting. And that's, what's so cool about energy is that it can change instantly. And we know it never dies. It can change form all the time and all the symptoms are nothing but an energetic pattern. So it's changeable. It doesn't matter how long you've had it. It doesn't matter how bad it was. It's changeable.

Evan H. Hirsch, MD: That's great. Yes. And I love the fact that you just said that it's, that it, it, that it changes that evolves because I can't remember which law of physics it is, but energy can, can neither be created nor destroyed, right? It's just changing.

Debora Wayne: Just changing form. Yes.

Evan H. Hirsch, MD: So is there an example for people who haven't experienced this, and I know we're going to do that in a second, which I'm excited about. We're going to do a little demo here, thanks to Debora. If they, if they have, is there like a moment, like when I go to musicals, when I talk about, when I ask people, where do you feel spirit? Whether it's a God or whatever it is that people believe in is that kind of a similar, a similar vibration that we're looking to achieve just on a more regular basis?

Debora Wayne: Some people probably would describe it that way. Some people feel awesome. Here's what, some of the things I hear people say, when I work on them, they go. I felt like I was expanding. I felt like I was vibrating. I felt like I was huge. I felt like I was light and free. I lost the sense of having a dense, heavy, painful body. I felt like some people will say I felt heavy. And these are people typically with trauma who had disassociated. They, in order to survive their trauma, they literally left their body and there, they never fully in their body.

So those people often say to me, Debora, I feel like for the first time I feel like myself, like I'm actually in here. It's really beautiful. People report having blissful experiences. Like sometimes they'll say they actually saw, they remembered a place they loved as a child where they felt safe or will show up in their internal experience. And they'll say, I saw my grandmother or I saw Jesus or Buddha or I saw geometric shapes. You see it, it's not religious. It's not it's spirit. What shows up for people is what would relate to them, resonate for them. And so the one there's a wide range of what people experience.

And some people don't believe in God or spiritual anything, and that's fine. And they will still get results and maybe have a completely different experience like where they see geometric shapes or where they just experience knowing that they're different. Life is going to be different. People often have dreams stirred up and they'll, they'll have a lesson. A learning from the dream and they'll well wake up in the morning and they go, Oh my God, I have the answer now.

I know what's been going on. So it's, it's, it's difficult to put this into words because what I would, I call it a multi-dimensional experience and, or a spiritual experience, but sometimes people just resonate with nature and they will have the same feeling that they have when they're taking a hike or watching the clouds in the sky. Whatever it's unique to the individual, I guess that's the best way to say it, it's truly unique to the individual.

Evan H. Hirsch, MD: Nice and how long does the, would you consider it a treatment or how long does the experience last?

Debora Wayne: Well, in a perfect ideal setting, it's different for each person and it's different each time we do it. In general, I've found over time the average, well, it's funny when I first began, I needed 60 minutes for every person, but over time, I think what happened is I became a better conduit. Then now 15, 20, 30 minutes is plenty to have very dramatic results for most people. So, and in fact, if I do too long, too much, Herxheimer reaction where people actually like that, that happens where people, the, the toxins, whether it's thoughts and emotions, even literally physical toxins start to move so quickly. People will feel sick as they're detoxing from it. So I don't like to overdo it, especially in the beginning.

Evan H. Hirsch, MD: I appreciate you saying that. That's, that's great. We focus a lot in our programs on heavy metals, chemicals, molds, infections, allergies, negative emotional patterns. And so then in terms of the infections, have you seen, I know that infections have vibration, I guess all these things have vibrations, even if they're inorganic. And so, and so are there certain, I guess my question is, are there certain patterns that you've seen with some of these or is there a certain amount of, I'm just, I guess I'm just curious about your experience with these toxicities and your technique or your therapy-

Debora Wayne: So.

Evan H. Hirsch, MD: -or Your treatment, I don't know, what should I call it?

Debora Wayne: High Speed Healing-

Evan H. Hirsch, MD: The-

Debora Wayne: -oh, it was the-

Evan H. Hirsch, MD: -your process.

Debora Wayne: Yes.

Evan H. Hirsch, MD: The process. Yes.

Debora Wayne: Correct.

Evan H. Hirsch, MD: Okay.

Debora Wayne: So yes, I have seen amazing things, Evan well, for example, if, and I don't always know what's going on with the person and sometimes people don't tell me on purpose, which is fine. I don't need to know intellectually. I can literally scan the field and feel where I need to work and I'll feel a vibration change and people will start detoxing right before my eyes. I have had people break out in rash from head to toe during the session. I have seen people have all the detox symptoms, flu like symptoms, headaches, vomiting, nausea.

I've just seen people with everything you just mentioned. Mold, virus, bacteria, candida, lyme, like you name it. I have worked with it and I have seen people heal without ingesting anything. Just from the energy healing alone. It's so exciting. And they tend to detox more rapidly than if they do a slower cleanse type process.

That I won't kid you, it can be uncomfortable, but it doesn't. They know what's happening, so they're not alarmed by it. And it happens more rapidly. So they'll tolerate it. Yes. And some people detox without the discomfort. It's not always a bad, painful or an uncomfortable experience for everybody.

Evan H. Hirsch, MD: Yes. I love that. It seems like you're kind of hitting the reset button.

Debora Wayne: Totally and if emotions are at the root of a lot of these things, which I find they are, the emotions come up and they either release them without even experiencing the emotion or they, the feeling, they do feel the feelings, but those are the people that need to learn to feel without being afraid to cry or have an emotion and not let the emotion have such control over them. They feel it, they learn, they don't have to fear having an emotional come up.

And some people get it in total observer mode where they're actually seeing like a movie of what happened and they know they're healing and they know they're releasing it, but they don't have the trauma or the emotional experience. They just know they're releasing it. That's quite extraordinary. I wish I could facilitate that for everyone but I really have found some people need to learn to feel and not fear their emotions coming up.

Evan H. Hirsch, MD: Yes. So great. So I would love to experience High Speed Healing. Is that possible?

Debora Wayne: Well, I, I love to do this. I live for this, so yes, it's possible. I'll just do a short little demo but oftentimes even from a short demo, like this in a recording, yes. Everybody in a recording, people write to me all the time saying, Oh my God, like I had healing and pain was gone and this doesn't hurt anymore. And I slept for the first time in years. And so like, just be open you don't, you can, I'm not taking anything away from you just be open to an experience.

Even if you don't believe it's possible, all skeptics welcome and you don't have to understand what we're doing even for it to work. But I would say no driving, absolutely no driving. You must be in a safe space when you experience this and it's best if you canceled. Start lying down on your back but if you can't, that's fine. If you're in a wheelchair and any kind of sitting position, you just want to get comfortable and we will begin and I'm going to guide you in with my voice.

And then I'll give you instructions while I'm guiding you in. And then I'll work on you just a minute or two with silence. So I'll be working on you the whole time, but there'll only be a short period of silence and then I'll bring everybody back out and then hopefully we won't lose the host and we'll be good.

Evan H. Hirsch, MD: I was just going to say, should I participate because-

Debora Wayne: Yes, it's fine. Definitely.

Evan H. Hirsch, MD: -I might be out of it. Okay. I'm going to go headlight down then.

Debora Wayne: All right, everyone. So close your beautiful eyes if you're willing, because I want you to begin to notice your inner experience. So close your eyes and just take a gentle breath in through your nose and fill up and then open your mouth and let out a big sigh and exaggerate your exhale and relax your low belly and draw the breath into your low belly. And then continue that breath up into your beautiful heart area. And now open your mouth and let out a sigh, let every drop of air go. Again, relax your low belly. Draw the breath from the low belly, up, up, up into your heart and then open your mouth and let it all go.

And now, as you continue to breathe, just normally and naturally at a pace that's comfortable for you breathing in and out through your nose. Just the way you normally breathe. Feel your body sinking down into the cushions beneath you and notice how your exhale and gravity helps you to relax and just listen to the sound of my voice. And remember, you cannot do this wrong. You cannot block the healing and there's nothing for you to do. I want you to let me do all the work and remember I have no control over you. You'll always be able to stop at any time if you wish. You're totally safe, but there's nothing for you to do. Don't try to help me. Don't try to clear your mind.

I want you to just begin to notice what comes up inside you. If any thoughts come up, let them come up without trying to change them. And without judging your thoughts as good or bad, right or wrong. The same have any feelings that come up. Let any emotions

that bubble up, let it, let them come up. It's just energy coming up and moving and it knows how to release on its own. So just notice you may, even with your eyes close, you may notice that you start to see something like colors, shapes, images.

Just begin to notice. Also remember if you're, if you feel that moving at any time, I want you to let yourself be free to move in any way at any time. And if your body starts moving on its own, I want you to let that happen. Let your body be free to move. You may find yourself adjusting, moving a lot or a little or somewhere in between. Just let that movement happen. You may notice a taste or a fragrance. You may notice memories flashing across your mind. You may notice that pain is coming up.

Just let it come up and do your best to just breathe. It's coming up and moving out. Just allow it to be there without trying to change it. Whatever you notice happening, even if it seems like nothing's happening. That's definitely to just notice that or if you think you're imagining things and making it up, that's okay. Just notice that you're thinking that. You literally cannot do it wrong. I want you to just rest your mind and let your body relax and rest, let your body be free to move in any way that you feel like moving or that happens in voluntarily and observe what happens without judging it without trying to fix anything or figure it out and without labeling as good or bad, right or wrong. Just notice what you notice and do nothing about it.

Know in a moment, we're going to go into the silent portion and for just about a minute or two, I'm going to be right here working on you in silence. And when it's time to come back, you'll hear my voice. You'll know, and it'll be very easy to come back. And you may find that you drop deeper into a more relaxed place. I want you to just let that happen. If it does just relax your mind and let your body relax more than you have in a long, long time, and just observe your inner experience. And you'll hear my voice in a moment when it's time to come back, enjoy the experience. Now very, very slowly now become aware of the sound of my voice and begin to notice all these sounds around you in very, very slowly now. Begin to deepen your breathing. Feel yourself, becoming more alert, more wake more aware and staying very, very relaxed. Take a deep long breath in and out now.

Begin to wiggle your fingers and your toes as you take another deep breath in and then come all the way back now. Take your time. No rush. Come all the way back. Wide awake and alert, refreshed, and relaxed, and slowly, gently, no rush. Open your beautiful eyes and let the light come back in slowly, all the way back wide awake and move very slowly as you sit up if you we're lying down and take your time before you stand up, sit for a moment and just feel what's happening in your body.

Take your time. Sit for a moment before you stand up. If you stand up, stand in place before you start moving around. You may find that you feel different, even your posture or you feel different in your body. So take your time and notice the changes. Make sure you breathe and hopefully we did not lose the host.

Evan H. Hirsch, MD: I'm coming back.

Debora Wayne: Take your time. No worries. What have you noticed?

Evan H. Hirsch, MD: That was, that was so yummy. I didn't want to come back.

Debora Wayne: I love it. People are like, do I have to come back?

Evan H. Hirsch, MD: Yes, I felt nice warm bubble around my body. Like I had been meditating with a hundred people in a room then there was definitely a moment there where I had, I was trying to stay a little bit more conscious in order to make sure I could come back and finish speaking with you but I did notice that there was a time that I dipped down and there was a period that I don't remember.

Debora Wayne: Yes. Yes. Did you feel pressure in the head by any chance?

Evan H. Hirsch, MD: I felt a little bit in my jaw.

Debora Wayne: So I want to make everybody very aware of the number one sign that you are receiving and perceiving the healing frequencies is often a feeling of pressure, usually somewhere in the head. So if you felt pressure or nausea is numbers two the numbers, the second sign. Don't be alarmed and it may still be with you because once I get this going, it's not really over when it's over and sometimes people have more healing after than during the session.

So there's a good 24 hours after even a short demo like this, you may notice things changing and happening and transforming. So don't be alarmed. Don't be too quick to judge. Give it time, give, let the cake bake and but if you felt pressure in the head, don't be alarmed by that. And you may notice it comes back later. And if it does, because usually it will integrate it's, it's, you're feeling the contrast between your normal vibration and what just happened that I helped you bring in and that pressure will usually integrate pretty quickly, but it may come back because this sets up a vibration and like a wave.

You may get another wave of healing later in the day without me being there. So if you feel it again, you just want to sit down and let it wash over you and just have more. I'm curious though, Evan do you ever have a jaw issue?

Evan H. Hirsch, MD: I do. I, yes, it's been it's better now, but I still have it occasionally, but I used to grind a lot.

Debora Wayne: And we know that's why you had pressure there. It was a sign of healing in the area where you actually still have an imprint and you may not even have the symptom, but it was work. It found the area and started working on that to change the vibrational pattern that you have still have going on. And I have people tell me, they've had like skiing accidents 25 years ago that haven't hurt for 25 years and I'll work on them and they go, Oh my God, my knee flared up because it's still, the imprint is still

in the field and they're vulnerable in that area until the actual imprint is pulled out and changed. So isn't that fascinating that I didn't know that you had a jaw issue.

Evan H. Hirsch, MD: Right.

Debora Wayne: Yes. So cool.

Evan H. Hirsch, MD: Yes. Thank you so much. The other thing that I also noticed was the, the borborygmi or the the sound of the belly, like the bubbles and the-

Debora Wayne: Right.

Evan H. Hirsch, MD: -yes.

Debora Wayne: Very very common for people's digestive feedback to start happening. Yes. And if you notice yourself swallowing or yawning or sighing, or even some of you may have had what I half grieving where your breathing changes and it starts to be very rhythmical and out of the corner of the mouth, like very rhythmical that can happen to a, to a lot of people and it's, you're going into a deeper brainwave state and you are releasing and it, it, it's really a very common for that to happen.

Evan H. Hirsch, MD: Wonderful.

Debora Wayne: Yes.

Evan H. Hirsch, MD: So this, and this was just the taste?

Debora Wayne: Just a, just a tiny, tiny taste. Yes. And there's a cumulative effect. When I do a series of sessions with people, oftentimes there's results right away, first session, but what's so important is that this introduces a new pattern and we want to make sure we back it up so that you stabilize an anchor in that new pattern, so you can hold it on your own. And so I always recommend people have at least four to six sessions before they evaluate fully because I literally have had so many people haven't with like years of, for example, fibromyalgia, chronic fatigue digestive drama, insomnia, you name it, I've worked with them.

And in one session they will report feeling completely different, even brought in a science lab and seeing 99 point percent symptoms gone measurably. And yet often, if they don't, if they only have one session, they will end up dipping back into their old patterns because people don't realize you are participating in those patterns with the thoughts and the emotions we were talking about earlier.

And you may be contributing in a way that you're unaware of that's causing the pain and the symptoms. So we want to interrupt all of that, clear it out and help you establish a new pattern that you can hold on your own. That's the ultimate, to me, that's the

ultimate goals. You'll become a master, not a victim of whatever's happening that you're unaware of.

Evan H. Hirsch, MD: Yes. This sounds like a wonderful compliment to, to our program. So I'm curious how the people who are who are going through our program, how they can work with you, what are you offering right now?

Debora Wayne: Oh, there's some that you, there's three ways to work with me. I have a handful of urgent cases that I do still take privately as one-on-one clients. I have my Pain Free Living Program, which is my advanced program that I recommend for everyone. And it's offered either digitally, which is you can do at your own pace alone. If you want the highest version of that, you, you take the digital course and then you show up to the live group as well, where you can have me every week to ask questions or let me know if you get stuck and where I facilitate the healing sessions live every week for six weeks.

That's really what I recommend first for everyone, because that's where I can teach you how to clear those beliefs and emotions and you have enough of the energy healing, the High Speed Healing sessions, and then you'll have the tools for the rest of your life that you can use on any pain pattern or symptom. I also have, for those of you not ready to dive into the deep end, I have a, a membership program called the High Speed Healing Universe and we do have a call every week.

And that's where I teach. I go deeper into my philosophy and I teach tips and tools and different self-care techniques that you can use on your own. And once a month I do a healing session and have Q and A. So you have access to me, but it's not, it's not nearly as much as in the Pain Free Living Program, but it's really, really, if you're new to all of this and you're like, I don't know yet the member of the High Speed Healing Universe is a really great way to start and you can stay shorter long as you like and you'll know for, you'll know in a short while, if this is for you or not.

Evan H. Hirsch, MD: Yes, that sounds lovely. And then you have some free gifts for our audience?

Debora Wayne: I do have a bundle of gifts for all of you. So the first is a digital copy of my bestselling book, which is Why Do I Still Hurt? And it's somewhat like a workbook. It's designed to help you understand what I'm, when I'm talking the hidden reasons for pain, we'll go into that deep, more deeply. And it will, it gives you exercises to do, to start tapping into your unconscious thinking patterns that you may not be aware of, that will, that are contributing to your pain and patterns.

So for those of you who like to read, I recommend a book and do the written exercises, but for those of you who like to watch videos, I've also included three short videos that are very practical. They're prove it to me, Debora videos and follow along. It's me guiding you through different exercises to clear the beliefs, clear the emotions and the energy field.

You'll love those if you like video. And then the third gift is a free week in my High Speed Healing membership the universe, a live calls. So you'll be able to join me and see what it's like and test the water for yourself. So I hope you'll take advantage of any or all of those. And I'd love to have all of you there. Any anyone in your universe Evan is welcome in mine.

Evan H. Hirsch, MD: Yes. I think it's definitely a good fit to, it's a good vibrational fit to.

Debora Wayne: Simpatico for sure.

Evan H. Hirsch, MD: Right, yes. And I really appreciate all those gifts. I think they're definitely of high value and I hope that everybody takes advantage of them. And we'll put all the links to those below this video. So thank you so much for being with me here today, Debora, I really appreciate all the amazing work that you're doing are operating on this different level where it really it's, it's not, it's not the work that I'm doing.

So it's just, it's just a really nice compliment in a different way to help people achieve healing at another level when, when they're stuck. When they're not having the success that they want. This is, this is a really wonderful option. So thank you so much for being with us here today.

Debora Wayne: Thank you for having me. I'm so honored. And again, I, such a fan of your work and we are so complimentary. So thank you for, including me and helping me get the word out to your tribe as to what's possible. I really appreciate it.

Evan H. Hirsch, MD: If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives.

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