

# Rebellious Wellness <sup>over</sup> 50

## Deborah Wayne



### Episode 43: Pain-Free Living is Possible, Science Proves It with Deborah Wayne

[00:00:00] **Gregory Anne:** Welcome back everybody. To another episode of rebellious wellness over 50. My guest today is Deborah Wayne, founder of the international chronic pain Institute. Debra welcome.

[00:00:16] **Debra Wayne:** Thank you for having me excited to be here.

[00:00:19] **Gregory Anne:** Yeah, we connected years ago. It was nice to see your face again, out there in the ether.

[00:00:24] And I wanted to have you, because I would have to say that probably everybody listening to this podcast can resonate with the idea of pain.

[00:00:33] **Debora Wayne:** Absolutely. Everybody it's insane. There's pain everywhere, more now than ever before.

[00:00:39] **Gregory Anne:** It seems that way. It seems that maybe it's the pace. Maybe it's sitting, maybe it's stress.

[00:00:43] I don't know. Well, we can talk about what you think some of the advanced causes or the more recent causes of that are, but I want to, if, for people that are not in physical pain, I want to capture the people who also would say, well, this isn't for me, but what about emotional? You know, stress, you were on a podcast and you talked about the effects of stress or no, actually there was one of your calls and you're asking people what they thought, the word stress represented to them.

[00:01:08] And what were the two words that kept coming up? You may not remember.

[00:01:13] **Debora Wayne:** I think people associate stress with overwhelm, and exhaustion.

[00:01:18] **Gregory Anne:** Yeah. And also anxiety and loss of control.

[00:01:22] **Debora Wayne:** Oh, there we go.

[00:01:23] **Gregory Anne:** It's that loss of control piece that I think, again, everyone can resonate with, since COVID came into our lives for the first time many people discovered how little control they had.

[00:01:34] So the chronic pain Institute, tell us a little bit about what you do in that setting.

[00:01:42] **Debora Wayne:** So we offer a solution that is safe, effective, rapid for any type of chronic physical pain. The emotional pain. You mentioned like depression, anxiety, panic attacks, people who are suffering from extraordinary grief or guilt or shame.

[00:02:02] Many people come to us who have been suffering from abuse or trauma of some type, whether it's accidents, injuries, surgeries, or trauma from childhood, or anywhere along the line in their life. People come for a wide range of problems where they have symptoms. And they've tried a lot of things and nothing's worked, or nothing's showing up in a medical test and what's so unique is that our solution is very different than what you would find in conventional medicine, or even in alternative holistic, healthcare.

[00:02:36] We never ask anyone to take a drug, a pill of any kind, a supplement. There's no surgery. And what's really shocking to most people is there's no physical therapy required and we don't ask them to give up all the foods they love.

[00:02:55] **Gregory Anne:** Yeah Hallelujah!

[00:02:56] **Deborah Wayn:** Yeah, exactly. Usually the first thing, if someone has pain, the first thing they are told is, well, let's start eliminating wheat, dairy sugar, you know, all these foods and their food world gets smaller and smaller and smaller and very restrictive.

[00:03:10] And most people, they don't have the discipline or the desire to even go down that trail. So we have a very unique approach that is out of the conventional box, a different understanding of how health and healing works entirely,

[00:03:27] **Gregory Anne:** Which is why I have you here with me today. Now, in order to give people some context, we have to talk about energy, which leads me to the biofield, which is where you work within.

[00:03:39] Tell people what the biofield.

[00:03:42] **Deborah Wayn:** So, this is fascinating. The key to health and the key to disease lies in something which has been known and now called your biofield. The biofield is an actual field of energy and information. And I'm talking about vibrational information that is around every living thing, including our bodies.

[00:04:07] This term the biofield was coined by the National Institute of Health in 1992, when they finally said, okay, let's take a look at this energy stuff. And they did a study and they found it is legit and they coined the term biofield. It's called many different things, but the new science, the most recent science, there's an entire body of work now known as biofield science.

[00:04:31] However, people often refer to this field as the zero point field, the energy field, the quantum field that chi field, the product field, the orac field, the divine intelligence, the divine mind, the universal mind, the non localized field of correlation. And God. So there are so many names for this, and this is why people are confused, but the biofield is a field of energy and light and information that surrounds your body.

[00:05:03] **Gregory Anne:** Can you measure it? Like, do I have more than somebody else? Can you tell that?

[00:05:09] **Debora Wayne:** I cannot actually tell if you have more than someone else. I don't think anyone has more or less. Those are very left brain linear, conventional ways of thinking about it, but your field extends. Think of it this way. It's not separate from the body.

[00:05:24] It's an extension of the body because we seem to think we end at the skin. We don't. What happens is this, we are a field right now. The body is a field, but it becomes more subtle as it extends out beyond the skin where you can't see it with the naked eye, at least most people can't. The invisible energy field is actually more real than the physical and it's the precursor to the physical.

[00:05:54] So it's more important. And yet very few people are talking about this or even know it exists, but it is measurable. Here's the caveat. You have to have very high powered equipment, which I have never seen in any doctor's office. It's typically only in a subtle energy research lab. And not that many people go to a subtle energy research lab to have their field measured, unless.

[00:06:20] In recent years, there's something called thermography, which has become more and more popular, especially for women over 50. And so many of the listeners may find that, you know what I'm talking about and you've had, thermography readings done, which are totally non-invasive. There's no radiation and they're used most commonly in place of a mammogram.

[00:06:42] These devices were developed in Russia and Japan. And they're amazing. They measure not only the physical body, but the energy field and it can show exact organs and it can even show emotional centers. So it goes so far beyond what we're used to thinking of as a health reading of some kind health diagnostic tests, it's very, very exciting.

[00:07:09] And I think in the future, we'll see this as becoming standard of care, as time goes on, because it can show you things that have not manifested in the physical body that may not show up for a decade. I mean, who doesn't want to know that?

[00:07:23] **Gregory Anne:** Yeah.

[00:07:25] Yeah, so we can stop giving up our favorite foods.

[00:07:27] No, I'm kidding. Because you know, those tests, the genetic tests that you can go get now that are nutritional related. So they say, don't eat berries again, load up on bananas and all a little, not so sure that that's a hundred percent accurate, but there are tests. This one seems to be a bit more, realistic.

[00:07:46] **Debora Wayne:** Well, not only that you know, all these tests, they're measuring the here and now, but the, the body can change like that. If you were to take all of these tests on different days, you would probably get different results. And this is more accurate because it shows the more subtle level of what has not shown up yet, which gives you some information so that you can start to change things in your

[00:08:15] body-mind emotions, foods, whatever, and then get retested and see the changes. Whereas typically tests are taken and it's considered some kind of permanent prediction. And they don't retest that often if at all, and so it's considered engraved in stone, but that's not the case.

[00:08:34] **Gregory Anne:** No. Well, we know from epigenetics that our genes are influenced by the environment, including the one in our brains, our thought patterns.

[00:08:41] **Debora Wayne:** That's exactly right. That's, what's affecting the field and that's, what's in the field imprinted vibrationally, and it's changing moment by moment, based on our thoughts, our emotions, the environment we're in, it's not just the food or the EMFs it's you yourself and I affecting the field and whoever else you're spending time with.

[00:09:02] The podcast, you're listening to, the information that you take in gets imprinted in that field. And here's the really cool thing. The field is a recording device. It's recorded everything that's ever happened to you, your entire life work talking before you were even born. And so all information is in this field.

[00:09:24] All you don't get that from an MRI, a CT scan of blood. You just don't get that.

[00:09:32] **Gregory Anne:** I heard something differently. When I heard you say it on another podcast, you said actions really do speak louder than words. And for the first time I tweaked that in a much different way than hearing my mother in my memory saying young lady, you're not doing this because if you were, you would be doing it.

[00:09:49] But it is true, right? Our thoughts preclude our actions, our actions predict. Next week, next

[00:09:57] year.

[00:09:58] **Debora Wayne:** Absolutely. True. The thoughts are forces real as electricity and may begin a sequence of events. The thoughts will generate an emotion and emotion generates more thoughts, which generates more emotions.

[00:10:14] Our emotions are the precursor to every choice we made. And then the choices we make that we rinse and repeat, rinse and repeat, become a habit. The habits become patterns and our lives are made of these patterns. So if we don't trace it back, To the thinking and the emotions. This is how people get lost for decades and stuck and feel stuck and blocked and nothing changes.

[00:10:42] And they feel hopeless about their health or their life or their relationships or their career finance. Any area of our life is affected by this and starts with thoughts, which are subtle energy, which you can't see.

[00:10:55] **Gregory Anne:** Yeah. Stuck. Right. This is where chronic pain originally. It doesn't originate with stuck, but it becomes chronic because of something stuck.

[00:11:05] Tell us a little bit more about,

[00:11:07] **Debora Wayne:** It's a pattern it's repeating, repeating, repeating, and someone's stuck in a loop. Typically trying to think themselves out of it with the same thoughts that got them in. So they can't, until they rise above it, they can't get out of it. And they learn these thoughts that were literally programmed, typically in childhood.

[00:11:25] The brain is like a computer and what you put in, sticks it imprints and you buy into it. And as long as until you examine which very few people do. Rarely are taught to examine their way and habit of thought until there's a crisis. And they end up on my doorstep. People don't examine their thoughts.

[00:11:48] They just assume what they think is true. And that's how they end up on that. Merry-go-round

[00:11:54] **Gregory Anne:** yeah. And I think we, we not only assume what we think is true. A lot of noise in society that reiterate what we think is true, because we tend to hang out with people like us. You said the people we hang out with, right.

[00:12:07] That also influences us. So if everybody is saying everybody gets, you know, fatigue and fat and pain and drug ridden by the time they're 65. Well, then who's going to challenge that?

[00:12:22] **Debora Wayne:** Okay, so you're onto it. And this is the key again. It's about resonance. See this, what you just shared goes back to this field concept, what we believe to be true.

[00:12:35] We will notice that, in the field, which means we will notice that recognize that and resonate with other people who believe it. And we will filter out contrary information. And it's not that common anyway, like you're saying most people believe certain ideas, we, we hear it on every channel.

[00:12:56] These and the doctors and the medical world reinforces it. So this idea of as you age XYZ is going to happen. And it's usually not pretty, it doesn't feel good. This is common knowledge, but it's not true. Right. But you start to resonate with other people of similar vibration. And this is physics. Your field will be attracted to someone else's field that feels similar.

[00:13:24] And that's what's happening. And so everywhere you look, everything you hear, everything you think reinforces that you're right. That's the problem. I'm too old. So the weight is going to happen. I'm going to fall apart. It's absolutely not true, but it's our limited viewpoint until you rise up above it to a higher state of consciousness.

[00:13:48] **Gregory Anne:** Which takes work. You know, I'm not going to say, just rise up there. It is for me, at least decision moment to moment, most days to stay in a high vibration.

[00:14:01] **Debora Wayne:** It can often it's precipitated by a crisis, which is why a health crisis can work in your favor. Not that I recommend that route. I went through that route and I don't recommend it, but pain and suffering will cause people to seek and they'll start to hopefully seek and find something out of their normal.

[00:14:24] And that's when people can have a massive shift. Some people actually have their consciousness changed by accidents and injuries by childbirth or by taking drugs. I don't recommend that route either. There really are other ways for the consciousness to change and shift, but the most common way is really slowly over time.

[00:14:48] After you get so frustrated with the way things are and a little voice in your head says, it just shouldn't be like this and that's our DNA talking. That's the truth talking. Now that pilot light might get very dim, but there's a part of us that knows it's just not supposed to be like this. And that might keep you just Dr. Googling one more time or listening to a podcast or a friend or, you know, saying, well, maybe I'll keep searching.

[00:15:22] **Gregory Anne:** Yeah. And keep searching is intention to not get results. Action, even if the first action we take doesn't give us the resolution we were hoping, or the solution that we were hoping for the fact that we're making a step in the direction of our own, taking our own responsibility to get something to help us, that is also sending a signal out to the universe.

[00:15:48] **Debora Wayne:** It really is, it's like a neon sign and you know what? I'm so glad you said that it's actually the number one piece of advice I give people is don't stop. Take the next small step of action because the miracle you're looking for could be right around the corner and you don't see it yet, but that next step you take, but it has to be an action step might reveal a whole new horizon that just changes your whole world. Yeah,

[00:16:17] **Gregory Anne:** there was an ad for one of those quit smoking drugs. I think it was Chantix or something. And in it, they just briefly, they said, this may not work the first time. You know, the people who finally quit are the people that never quit quitting.

[00:16:32] And I thought, well, okay. Yeah, I get it. And, but it is, it's the same with getting

[00:16:39] relief for pain.

[00:16:40] **Debora Wayne:** Totally. The same, the people who tell me every day they say I've tried everything. I know I don't let until now. Right. Maybe you think and feel like you've tried everything, but you haven't. Yeah. Yeah. And it's about

[00:16:54] **Gregory Anne:** So tell us about your process speaking of tried everything.

[00:16:58] **Debora Wayne:** Yeah. So the process, it's unique to each individual, however, The basic template of it is this, there are three areas we have to examine. If you want to live pain-free number one, we have to go in and we have to like a car, take out the parts of our brain. We have to take out the thoughts, the ideas, the belief systems, and really learn how to sort out the true from the false. And that's

[00:17:29] massively important. And I teach people a step-by-step way to examine those thoughts, throw out what is really not true. And it's shocking because most people think everything they think is true. Would it find out 99.9% of it is a false idea? So we do that first. And then the second thing is I help people

[00:17:50] discover the emotions that most people are not even aware they have. And these are damaging emotions that are literally sending disruptive hormones

signals to the nervous system they're affecting your immune system. Correlating to different organs in your body that can either cause health or disease.

[00:18:18] And so I teach people how to find and release underlying damaging emotions and get out of denying and suppressing and repressing them. And this is probably the biggest and most overlooked area of health that is necessary. So, mind, emotion. And then I do the work in the third area, which is the energy field.

[00:18:41] The biofield it's very relaxing for most people. It's easy. It takes absolutely no effort on the participant's part and it's the fastest and safest way to. Speed up the entire healing process because the energy field, as I mentioned, has all the information in it and I can scan the field just like an MRI.

[00:19:05] And within seconds, I can feel where there are disturbances in the field and when the proper frequencies come in. It literally changes the state of consciousness that changes the vibrational information. And this is why people have these miraculous, instantaneous healing effects, not everybody, but many, many people do.

[00:19:30] It's not a miracle. It's a technology we don't understand yet. It's based on physics.

[00:19:37] **Gregory Anne:** Hmm, you were at one point in time, a Reiki, a master instructor,

[00:19:43] Reiki master, hypnotherapist,

[00:19:46] **Debora Wayne:** chemical dependency counseling did a lot of art therapy. I used a lot of different, I studied over 40 different methods of healing in my life and stopped all of them overnight when this was revealed.

[00:20:06] **Gregory Anne:** You talk about release. Does the person have to believe that they can release it? Is that part of the work on the beliefs first?

[00:20:15] No, that's,

[00:20:16] **Debora Wayne:** what's so fantastic about this. It requires zero belief in anything. I have had more skeptics dragged in by their wives and daughters saying, I don't know, you know, I just told her, leave me alone.

[00:20:28] I'll do it once. And that's the beauty of it is that. You know, it either is, or it isn't, and you don't have to believe in it for it to work. So it's not me trying to

convince anyone of anything. There's no dogma. It's not religious it's it's based on physics, but you don't even have to understand physics.

[00:20:50] I'm not a physicist. You don't have to understand one thing for it to work. You just have to be willing to do a set.

[00:20:58] **Gregory Anne:** And these are both remote or in person or one or the other.

[00:21:01] **Debora Wayne:** I used to have an office and worked with people in person, but about six, seven years ago now. Found it much more efficient to just work virtually.

[00:21:12] And so all of my work now, unless I'm doing a live event where I'm speaking, it's all virtual. And usually I use zoom or a phone or Skype in some cases when they're out of the country, but I don't have to see them for it to be effective either. Most people they enjoy getting on a zoom call where we can see each other.

[00:21:30] And that's how we do it.

[00:21:33] **Gregory Anne:** Yeah. Now the interesting thing about your work and other modalities that are out there on the skinny branches, way ahead of their time. And in some regard, although I wish time would catch up with you. You've worked with so many thousands of people.

[00:21:46] Yeah. And you've taught people how to do what you do, which have also, probably then worked with thousands and thousands of people. And yet there are thousands more of us who have not heard about this yet.

[00:21:57] **Debora Wayne:** Well, this is the unfortunate thing is that it's still very unfamiliar. You know, you're not going to see this on an infomercial on TV.

[00:22:06] You're not going to hear about it in the conventional medical model, when you go to the doctor's office, even the alternative health world, they understand that there is energy healing, but very few are trained in it or all energy healing gets thrown into the same bucket. And they're not all the same.

[00:22:25] So that's why I spend so much time and energy speaking and getting the word out and, um, tip of the iceberg. Really.

[00:22:35] **Gregory Anne:** Now, we've covered a lot of what kinds of things could be helped with this process. And I think I read something on your website, that

even people that have cravings or, substance abuse, food, what, so that's not pain typically.

[00:22:54] **Debora Wayne:** Right, but that's why, when I say the word pain, anything that's causing you any type of pain, it's not just physical. If it's affecting your life like a pattern, which is what an addiction is. Strong compulsion. It's very painful to live like that. So I've done a lot of work with people suffering from drug addiction, alcoholism, food.

[00:23:20] Addiction, binge eating, disordered, eating, where they either don't eat at all, or they binge and purge. This is highly effective. I'll never forget one woman was in my program and she had for 17 years not gone a day without binge eating and throwing up. I mean, it's amazing. She was still as healthy as she was, but she was in a lot of distress over this and in shame and hiding out and sick and it had affected her physically.

[00:23:50] But about a week into the program, she said to the group, I woke up this morning and I realized I have not binged in an entire week and it happened so naturally I didn't even realize it until today.

[00:24:06] **Gregory Anne:** I just got the chills all over my body.

[00:24:08] **Debora Wayne:** It's so exciting. The changes are so organic that it feels normal to people.

[00:24:14] They don't even remember what happened. I had another woman who she had severe back pain and was trying to avoid surgery and she only had one session and I never heard from her again. And I thought, well, she must not have resonated with the method. A year later, she called me and said, I'd like to come in for a tune up.

[00:24:36] And I said, really, what do you mean? You never came back and you never answered my email. So I figured, you know, you must not have liked this or me or something. She said, oh, did I forget to tell you it was the most profound experience of my life. I've never had back pain again. I went back to work the next day.

[00:24:53] And it just was so natural that I just forgot to tell you. Oh yeah. Right. So it just, it is really quite extraordinary. It's not always a big Hollywood moment. One woman who was 92. Never forget her either. She came into my office years ago and she was walking with a walker. Her nephew brought her in she had terrible physical pain and bone pain and spine pain. And I worked on her and she had to raise the height of her walker, two inches because her spine straightened and she

literally grew two inches. And she said, the next morning she found herself in the kitchen making her coffee and realize all of a sudden there was no walker, no cane.

[00:25:40] **Gregory Anne:** Wow.

[00:25:41] **Debora Wayne:** She's like, oh my God, how did I get here? It was the first time in years she had walked without an aid.

[00:25:49] Yeah,

[00:25:50] **Gregory Anne:** those are seriously exciting results. Now you mentioned being in a group, so you have one-on-one sessions, you run groups now and again?

[00:25:58] **Debora Wayne:** I have a regular ongoing group program, the pain free living program.

[00:26:04] And then I also take still a handful of very urgent cases as private clients. And I still offer an introductory private session for those people who are like, I don't know, but I want to test the waters and they're not ready for a deeper healing intensive or the group program. So there's, there's something for everyone.

[00:26:21] Do you work with people on the aftermath. If they are going to be very different, there's going to be people that expect them to be the same or for them to feel different. How do I go about my life?

[00:26:35] Yes, I do. In fact, the people that come into the group program are invited to stay on as an alumni and many people stay one two years because they love the support. They're not in pain per se or their disease has resolved in many cases. When people have chronic conditions, they're not dreaming about writing books or traveling or, or starting a business, they don't have any dreams anymore. Except how do I get rid of the pain?

[00:27:03] So once that's relieved, I have to help people and give them the support they need in moving into a life that they didn't think was possible anymore. So people stay and work with me and keep getting the healing sessions to invigorate their energy and help them. It helps with creativity and productivity very much when you're not in pain and you keep getting the energy healing, the biofield healing.

[00:27:29] Oh my God. It's amazing. The ideas people come up with and then they want the support and they have questions about, well, how do I do this? And what

about this? And you know, new problems show up. So they stay in. Plus they made a bond with a lot of other people who have been going through.

[00:27:46] There's no deeper bond than people who are in pain who recover together, support each other. And there's no judgment. It's a very, very valuable connection. And so people become lifelong friends and stay in the group for that reason.

[00:28:00] **Gregory Anne:** And that, that connectedness alone, women's brains, especially need deep connection with people that can see them for who they are and accept them as they are.

[00:28:09] **Debora Wayne:** And now we're all speaking a new language as well. And it's nice to have people who understand the words. We use, the concepts, the way of healing that we practice, the self care that we practice, people get us. And so now, even sometimes their own family members don't get it, but they have a support team around them that understands, and that they resonate with.

[00:28:32] **Gregory Anne:** Well, I want to let the listeners know that you have a free gift that they can find at your website, which is the international [cpi.com/free gift](http://cpi.com/free-gift). Would you tell them what that is?

[00:28:46] **Debora Wayne:** Well, I have a copy of my book, which is Why Do I Still Hurt? And I wrote this book for the people who, and I know who you are and you're going well,

[00:28:55] why me? Why do I still hurt? I've tried everything? Why are they recovering? They stopped eating sugar, but what's wrong with me that I still have pain. This is more like a workbook and it will take the conversation that we're having today much deeper and help you begin your healing journey or go deeper on your healing journey.

[00:29:15] It is a digital download to any device. So if you want a hard copy, you have to go to Amazon, but on the web. International [cpi.com](http://cpi.com) forward slash free gift. You can grab a copy immediately and get to work. And I've had more people write to me and say, this book changed their lives. So I really hope you'll all download it.

[00:29:38] Absolutely.

[00:29:39] **Gregory Anne:** I was going to say and do it. You, you hit the phrase there. We have to do it right. Take action. Don't just download the book and let it be another file on the computer.

[00:29:47] Exactly. You have to just do it. Yeah.

[00:29:51] For the skeptics. You said you've had skeptics.

[00:29:53] There are going to be people listening here that are skeptical. It's I, it is normal because this is so new. It is something you may never have heard of. And yet you just heard the results. They're pretty astounding. And so don't be afraid. It's, it's worth your, at least intention to find something for yourself to go to Deborah's website.

[00:30:13] Take a look around, there are success stories there. You can read a report about her high-speed healing and it's just such a great resource. I can't recommend her highly enough.

[00:30:25] **Debora Wayne:** Thank you so much. Yeah, I really do. I welcome all skeptics. You do need to experience for yourself and I'm not here to convince you, but

[00:30:35] just see what's available to you, that you may not have recognized before. And there are a lot of really powerful, success stories on the website that will plant the seed of hope. Right?

[00:30:46] **Gregory Anne:** Perfect. Well, Deborah, thank you so much for your time and all of your great information.

[00:30:50] It has been just, I I'm amazed at some of those stories are just wonderful.

[00:30:54] **Debora Wayne:** Thank you for having me. It's such a pleasure to be here and thank you for the great podcasts that you're getting out into the world. So more people realize there are solutions that work. Thanks for having me.

[00:31:06] **Gregory Anne:** Oh, you're most welcome peeps be well till next time I will be back next week with another fabulous guest.