



Sonya Sophia

How To Heal From Trauma Without Expensive Therapy Sessions

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Hello, welcome back to the optimum performance summit. I'm your host, Dr. Patrick Porter. And I have a very special guest with you. And I can't tell you the technology she's going to be teaching you. I've used for years in my franchise in fact, we thought it was so valuable that we have all of our therapists learn it so they could teach it to our clients are talking about Sonya, Sophia, and she's an expert at something called Emotional Freedom Techniques. Some of you might have heard of EFT. It's also called tapping in for those brain tappers out there. It's not to be confused with Brain Tap, but it can be used before Brain Tap session to unlock the nervous system and get the neurology working for you. She has 30 years experience in the healing arts. So this study has been around been doing she's helped thousands of people below the poverty line. But she also has some very influential people she's worked with. She's trained directly with the founder of this technology, and she's been featured in two movies. So here's somebody we have a movie star in front of us and she also has the Sophia School of Living Arts and at the end of this presentation We're going to give you a link where you can go start using this technology at home. And I'm going to encourage everyone listening to go grab that free gift over in the VIP section because you're going to start seeing life changing things happen to you right away and who I'm talking about. Sonya, welcome to the summit.



01:18

Thank you so much, Patrick. I am overjoyed to be here. And thank you for doing what you do to make this world a better place. You know, as we know that, as we believe, you know, so we receive and what what we're doing by changing the way we feel and perceive has everything to do with recreating and rebuilding life on our Earth right now. So thank you so much.

01:40

That's great. And your topic today is going to be how to heal from trauma without expensive therapy sessions. And this is very timely for what we've just experienced and people are still depending upon where they're living there might still be under some kind of stay at home orders or wearing mask or the fear is up to here and people need some some way to do this, but you don't know need this just under these situations? This is some, this is a technology you can use anywhere. So why don't you tell us a little bit about how this therapy can do what what we're saying here? Yeah, well,

02:10

what's beautiful is you know, I came into this when I was a single mom, I was traumatized. I had done so much kind of talk therapy in so many different ceremonies and rituals and, you know, things to try to heal my trauma, yoga, meditation and all those things helped me to some degree, but when my mind was somewhere else, that trauma would come back. And I thought, Man, there has to be a way to deal with the endless onion. I've never met an endless onion actually cooked dinner many times. And I noticed that when I chopped through them, the layers get smaller disappears, and you can actually be done. So I was looking for my own sake, to be done with trauma and I didn't have a lot of money. I came upon Gary Craig back in 2004, who was putting out EFT I thought, well, what the heck. So I started using it and practicing. And sure enough trauma was somatically processing out of my body. All of the spiritual development and the psychological information I had suddenly made sense. I could feel it changing not only the way I felt physically, but the way I felt emotionally the way I showed up, how much functional hours per day I had to put into things. And notice that my good days started stacking up on each other. And pretty soon I had full function and I thought, wow, I want to help people like me who didn't have enough money for expensive therapy had actually tried a bunch of therapy and didn't find that I gotten as much as I needed. And also there would be you know, childcare and the things that you need to drive across town and to schedule an appointment. Sometimes when you're not even triggered. It's like, well, how can I create something where people can learn to do this for themselves when they're triggered when they're in the night, how can they have inexpensive therapy that actually gets traction and helps them complete processes so that it's not just constant maintenance? So EFT does all of those things. I spent six years learning how to broadcast online. I've raised about \$3 million to research and develop the way that I'm



producing the world tapping circle and it's helping thousands of people right now and I built it robustly to help 10,000 people at a time. So this is an exciting moment. For me to be able to say hey world, guess what? We have something that works. You can do it from your phone, you can do it in your bedroom, you can do it in the bathtub, no one has to hear see you. It can literally you know cost a few dollars a week. As a matter of fact right now it is my free gift.

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spoiler alert to be able to jump in and to try this time. It just felt like the ethical thing to do was just to open it up and say, you guys, I know, we need help. And money should not be an object right now. So come on in and we'll figure it out.

05:11

Right. That's great. And we'll share that link at the end of the of the summit talk. But tell us a little bit regular therapy, talk therapy, things like that. And that was my background that I quickly found out wasn't serving people in the way that I wanted to. So I shifted gears and I do other things like bringing tapping into our counseling sessions and things like that. But tell us from your perspective, what's happened. You know, when somebody talks about something, their physiology almost relives it and then anchors it in. What's the difference between that and what you're sharing with, with EFT?

05:46

Well, what I'm noticing in watching people processing in my own body as well, is that you can't heal emotions at the level of mind. So it's the you can talk about it and think about it. You know, the physical comes up. But if it's laid in on a physical level at an emotional level, you actually have to use the physical and emotional level of yourself to release it from the body. So anything that's really working these days has three components in my experience and EFT has all of those three things. One is that it has a physical component to it so that your body is accessed and engaged two is that it has the psychological and the mental component like we know from talk therapy is quite valuable. And three has a spiritual component meaning it brings love and empathy and acceptance and compassion into the situation. So when you're doing EFT, you're taking your fingers and you're stimulating the physical meridian points of the body, getting the electrical current to flow basically looking for where you blew a fuse. So it's like a circuit breaker and you're going and turning on and off the circuits being like did I blow a fuse here? Did I blow a fuse there? The electricity is actually being pumped through the nervous system while you access them. The file in your brain opening up the memory and the cellular memory of where this information is contained. And then the third thing, of course, is you're putting acceptant they're accepting for now, what is, which is kind of the underlying spiritual practice, and that unconditional love. So we learn to love ourselves, we tell our by these, Hey, open up, open up



these corrupt files open up this toxic old storage inside of us. And then we breathe, we release this through our breath. And then we also make a clear commitment mentally to say, Okay, I am now creating in this data file, a new file and I get to rewrite it myself according to my own will and my own desire, which is very empowering. You know, I want people to get therapy and be done. I don't want people to be hooked into therapy forever and ever. We do therapy so that we can get free. We do therapy so we can move on with our lives and do other things with our time and energy, and we want therapy that works and then lets us be free. Right?

08:05

Right. Well, it sounds like it's, it can be done even right now. So I'm gonna put you on the spot, could we could you actually take us through as a group? how we might deal with a traumatic event? Or maybe even just what's happened to us? I mean, you know that that might be something there.

08:19

Absolutely. And I love it. It's like, Oh, yeah, let's test this out, right? Because it's one thing to talk about. It's another thing to experience it. So let's start with something really simple. And we don't want to open up a huge, huge can of worms. But let's start with how everyone's feeling right now. Maybe you're having a really hard day and watching this video is very useful. Maybe you're feeling pretty okay, but maybe tired. So just tuning into how you're feeling right now. And, Patrick, I'll ask you to tap along with us. And maybe even just mute your microphones so that people can hear them own their own voice and I'll show you all how to do this. I'll do the points on me. You do the points on you, and know that each one of these meridian points is a point that stimulates a different electrical flow of energy through the body. So as that body starts to release this stored stress, you're going to find yourself off gassing stored stress from the nervous system. It might be yawning, burping, laughing, crying, tingles of energy, sudden realizations. Even a sudden sleepy feeling all of that is normal, it means that it's working and you might not even feel anything you just might suddenly feel lighter and lighter as we grow. Okay, so just all you need is an open mind to try this. So find your collarbone. Shift down four to six inches to the front of the chest feeling for a tender spot or a sore spot in the front of the chest. Upper pectoral region, upper breast tissue for women. Give it a light massage, big deep breath.

10:02

Repeat after me,

10:06

even though



10:09

I'm feeling and then say how you're feeling right now maybe a little tired or completely terrified and overwhelmed, whatever it is.

10:19

I'm open to loving and accepting myself.

10:24

And just notice the emotional intensity you have right now about how you're feeling. In other words, how tired Do you feel or how overwhelmed and stressed out do you feel if you could give it a number from one to 1-10 being the highest so you can see where you are when we start to see if you can rate that intensity. Okay, tapping the eyebrows, part of me feels and then say how you're feeling right now. For example, stressed and overwhelmed sliding down the eyebrows to the temple. I'm open to loving and accepting myself. big deep breath. Happy in the front of the cheeks. I deeply and completely forgive myself

11:16

for holding on to this energy

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and then describe that energy again like overwhelm or exhaustion

11:27

and brief

11:30

having ended the nose, this feeling of and then state the feeling that you have having under the lips, this feeling of stated again because every time we touch it we're finding that neural network with this information, tapping the chest, I give myself permission

11:55

to relax

11:58

and to release the idea of What idea is behind this stress? Is it this idea that I'm going to get sick? Or this idea that things are only going to get worse? What is this idea that is in your head that is creating this experience with deep breath, now we're going to tap the bottom of the front of the ribs. That's right here. Tight bottom of the rib cage. So asking yourself again, what is this idea so say it out loud part of me believes that and then just say this negative thought again.



12:40

Then breathe,

12:41

no cross your arms and you're going to tap the side of the rib cage. If you were wearing a bra, this is where your bra strap would go across. big deep breath. Tapping the inside of the wrist. I accept the part of me that believes this right now. Just opening your heart to this part of you that

13:03

may be pretty convinced that this is the truth.

13:07

Tapping the side of the thumb, putting your hand like you're going to karate chop something.

13:13

And breathing.

13:15

Part of me believes this. Tapping the index finger, holding on to this fear and stress, tapping the middle finger in an effort to protect myself. checking to see if you're holding on to this limiting belief, this negative thought and this feeling in your body because secretly you're trying to protect yourself from something tapping the bottom of the fourth finger. I deeply and completely accept myself. Even if I continue to hold on to this thought and say this negative thought again.

14:02

Tapping the little finger back to the inside edge

14:07

tapping this side of the hand

14:10

asking yourself what am I trying to protect myself from feeling

14:16

or doing?

14:19

What is this protection about tapping the top of the head



14:23

every part of me thinks that if I stay and then say the way you've been feeling, for example, overwhelmed and exhausted

14:37

that somehow

14:40

it'll protect me from what

14:48

happened eyebrows. big deep breath, big sigh tapping the temples I allow myself To come back into balance, tapping the cheeks, even if I'm secretly afraid. Tapping in under the nose of having to what? What would you have to do or feel or B or C, if you felt fine if you had all your energy if you felt really capable and clear

15:28

tapping the chest, so big one. I love and accept myself. Even if I accidentally slowed myself down in an effort to preserve myself, capping the front of the ribs,

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it's safe for me to have my energy back.

15:54

Tap the side of the ribs, which you can also do by crossing your arms either way. It's safe for me to have my energy back now. Tap the inside the wrist, to have my peace of mind.

16:13

Tap the side of the thumb

16:17

to release this fear,

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this anxiety and overwhelm big deep breath. Tap the index finger tuning to how you're feeling now. Ask yourself what number of emotional intensity is there for you now compared to where it was in the beginning. So for most people, it will be dropping for some people it will spike a little bit because actually it was worse than you thought it was. And you might have been a bit numb.



Tap the middle finger I accept and then just accept for now. Whatever stress level, you're actually at Meaning whatever number of emotional intensity you have tap the bottom of the fourth finger. I except for now, this remaining feeling of and then describe again how you're feeling

17:16

and tap the little finger

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I give myself permission

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to gently bring myself back to life. Tap the side of the hand, allowing my brain to function.

17:33

My body to function,

17:36

tapping the top of the head, giving myself permission to relax and reconnect with myself.

17:47

Tapping the eyebrows

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I'm learning how to process stress. Tap the temples. I'm learning how to balance my brain Breath tapping the cheeks, I'm learning how to process old feelings and fears tapping into the nose, including the fear of and what fear did we just come up with? That was the protection mechanism right tapping under the lips, including my fear of overworking myself or being over committed or having to figure out technology, whatever it is for you. Tapping the chest and breathe. Coming back into my body, coming back into my power. Coming back into presence, back into alignment. All right, tapping all over the body just to wind things up. Give yourself three compliments. Learn to speak Speak kindly to yourself because your subconscious is listening. So let's say it nobody can hear us right now say something nice to yourself like I'm proud of you.

19:14

I believe in you.



19:17

I love you.

19:23

All right. Now I'd love for you to check in with us and let us know how you're feeling compared to where you were a few minutes ago when we started.

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Yeah, well, hopefully people are like me. I went from I didn't have a lot of anxiety. But now it's, it's gone. And I see that you've made some improvements or changes since the early 2000s. The last time I did it. So there's a few things that are a little different. So that's great. So so new things. So tell us when somebody's practicing this. How often do you find them using it to get the to kind of reduce it? Let's say that they went from it. Eight or nine down to a seven or six? What do you what do you I know everyone's different but what what do you find happens how many times they do it? And what's the experience? Well,

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I find that once people get used to processing this way, they start using it spontaneously throughout the day, so that you can self regulate in a few minutes. It's very helpful for parents, you can walk into the other room, close the door, tap for two or three minutes come out and you're not gonna lose your temper. Very good for stressful business situations, you might tap for four or five minutes, and you come back and your brain is clear and you have lost your fear of, you know, saying whatever you need to say in that meeting. People's underlying issues tend to be some of the basic childhood wounding. And the method I've developed is a series of questions that take people down the core causes questions I asked them five minutes worth of questions during the world, tapping circle. That helps you see, okay, here's my issue. Here's my feeling. Here's my thoughts. And then oh, when did it start? Okay, when did it really start? Who in my family model this? Where do I feel it in my body. And in five minutes, you've gotten to the substrata, of where this presenting issue is working. And as you start using this process on the regular, you'll find that most things lead to these basic traumas. So the more inroads you make to them, the less they hang together, and the more they kind of break apart and diffuse. And pretty soon, you're just doing little pieces, little scraps of patterns. Instead of dealing with just kind of mowing the lawn up here, you're really getting down under feelings of abandonment or feelings of, you know, violence or trauma, and all of that comes out of the nervous system. So once that happens, I would say, you know, give it a couple of months of really sincerely using this technique, maybe once or twice a week. You'll feel a huge improvement, but even just doing the little bit, we did On the regular is going to give you some instant energy back.



22:03

I know that in our clinics, we used it a lot for addiction because we were dealing with stop smoking alcohol. And then it went to course food addictions and things like that. How would you change this technology so that if somebody was working, because a lot of our clients are coming in for different issues, how would they use it for like a, like an addiction? Let's say?

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Well, the first thing you do is you start tapping on the drivers of the addiction. So the addiction is a symptom. It's a symptom of a overwhelming amount of fear or stress or anxiety. Right? So you start tapping on what it is that makes you want to eat when when do you get triggered? Oh, when my mom comes to visit or Oh, when you know my husband comes home or Oh, when I you know get ready to you know, decompress from work or, you know, so you start to process the underlying stress. And then you can also use it for cravings which is very, very interesting. So some people say To cigarettes, for example, you would tap on all of the deliciousness, make a list of all the reasons that you love to smoke. And you tap on each one. And you put a number next to how intense each one of those is like, Oh, I like the taste of it, or Oh, it relaxes me or it's the friends that will never leave me. Right? And you put a number like, well, that's a nine of like how much I believe that that's a six. I don't really like the taste, that's a three. And then you tap into that number goes to neutral until you're like, oh, it doesn't really feel like a friend. It's not really a friend. It's a cigarette, hey. And that helps disengage the craving, but you actually have to accept the desire and the way your body wants it, and give your body permission to feel that way. And be gentle and respectful to this part of you that really believes that you need this and that it brings you peace and as you untangle those neural networks the desire to smoke disappears or the desire the craving will disappear. And then you also reprogram yourself to

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and that's what we found in our clinics as well. So that's great ruggedness. Now people just came through this app home orders and things depending upon where they're at in the country of the world. And I know in psychology we call it the infinite now because you don't know what's going to happen. It happens to hostage people, it happens to people in prison, there's no future for them. So what are you recommending when somebody you know cuz, I mean, they're talking about maybe even you know, this might not be over till next year or something. I mean, it's crazy just keeps coming resurfacing so and when you're not in control of it, you know, there can be a whole host of emotion so what would you recommend for that?

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Well, a lot of tapping so



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I've made these sessions in the world tapping circle, very open ended. So you can actually use them for anything. But basically you do an EFT session I'd be like, even though there's no insight I love and accept myself even though I feel terrified and I feel anxious in my stomach. It makes me want to scream, you know and you basically are accepting your situation accepting that I want to know accepting that I'm uncomfortable not knowing. And if you can accept it instead of fighting against it, you can relax. In the only time we have which is the now it's the only time you've ever had the futures already is always a part of our imagination. It's not actually real. We all have plans that go awry. Sometimes they come through right so the truth is we're always resting in the infinite now and now we're just noticing it.

25:42

Right So what is your tips for living in the now like, how if somebody finds themselves catastrophizing about the future or really ruminating about the past, it's so bad and they just feel just super bad. What's what some tips you can give them on that?

25:57

Well, again, If you want someone to be able to move forward, you have to accept and honor the pain. So again, it's making a list of all the terrible things that could happen. Breathing and tapping and going through each one of those things. Maybe just going through a round of these points on each one of them just a few minutes, and then also training your brain to come back and say, Okay, well, yes, all those terrible things might happen. And what's working Actually, my body doesn't hurt right now. I have air conditioning, there's food in my fridge, I have running water. My house is clean, or I have a cat, you know, you go through this list of things that are actually working so that your brain has a perspective because it is like you said catastrophizing, it's exaggerating the bad thing. So first, we go with it. Okay, fine. Yes, we might all be just about to blow up and die.

26:54

And what else is happening?

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You know, and your brain starts to be like, Oh, well. Because you didn't tell me that that was wrong and bad. You've heard me out, I can relax. And now maybe I can listen to also what's new and good. And, you know, of course breathing is it's always going to come down to. Okay? Where's my body? Where? Where's the air?

27:18

And actually what is working and reframing it for yourself.



27:22

That's great. Well, we're here with Sonya Sophia, and she's teaching us how to breathe, tap, get, get our nervous system back online, live not only in the moment, but look forward to the future, whatever possibilities hold. They're giving us tools and tricks we can use right now. And hopefully everyone got this, get as much out of that as I did. And we'll continue to practice that. But what I'd like you to do now, before we got on the air, I asked, hey, do you have anything free to give away to our VIP people? And you said, yes, you could. So I want to talk a little bit about how because this was a great exercise. So tell us what they're going to get when they click on that link that says, hey, learn more about tapping or whatever we do here so that they know that there's some things they can do to help themselves without expensive therapy sessions.

28:08

Well, I have a very exciting free gift for you, which is to come to a group of people, hundreds and hundreds of us on a global level get together every single week, and we tap for an hour. And it's a live stream just like this. It's recorded for you. It's uploaded into a video library, and we'll even send you the replay video if you subscribe. And right now, I've opened it up for free. I feel like everybody deserves to learn how to

28:37

process.

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Gary Craig developed this technique and he freely taught people how to do it. And I want you to have that same opportunity. So you can come to the world tapping circle, and practice that right now. You can use the video archives. You sign up you'll be getting an email if you put your telephone number and you'll even be getting a text message reminder saying come tap with us. And we want to share this work with the world. We want this circle to do what it was intended to do. We want to build it up to 10,000 people tapping simultaneously, for two reasons. One more happy, healthy people are then able to create a new, happy, healthy world to is that the more of us who are pumping the field with the energy and information that comes out of our bodies. Our brainwaves are affecting reality out here. They're affecting all the people. When we do this in a synchronized way, it really helps us shift on a planetary level and there's a huge revolution of consciousness going. So I'm so grateful to help be a part of that. I'm here for you. And Patrick, you're here for all these beautiful people. Thank you for the good work that you're doing in this world and all the people that you've helped train and teach. And I'm so honored to be working hand in hand with you to help elevate made the peace and the healing in this beautiful world that we share.



30:05

That's great. And we appreciate you being part of the summit in sharing this information. Now I also know that you have a you can teach professionals right? Do you have a course that teaches them how to use it in practice, because this is this is an area especially if you're doing any coaching out there any health coaching, this could be another tool, very valuable tool you'd have in your toolbox, especially because it's so hard to get people with their cravings, their addictions, their worry, all those things are I think some people are addicted to being worriers. I mean, they they wake up in the morning worrying. So tell us a little bit about how someone can get trained on a on a professional level. Yeah,

30:40

well, I have a website and on that website, you'll see a list of trainings and CDs that I've made and other courses online courses, but I have a 35 plus hour pre requisite training course that is good for anyone who just wants to deepen their own practice of EFT which is of course step One, if you're going to help other people with it, you actually have to use it and understand how it works. And then I do a 10 day residential training, which I am pivoting to create an online version as we speak. And depending on where things go with this, there'll be a truffle practitioner training online or we'll continue to do these in retreat centers. But either way, the first step is to do the beginner through intermediate level of EFT training available at my website.

31:29

That's great. So again, thank you for being part of the optimal performance summit teaching people how to heal from trauma without expensive therapy sessions. Before we leave in thank you again, but before we leave, what do you want to leave our listener with? As far as a key message quote, or just reinforcing what you've already done?

31:47

I want you to remember

31:50

that your life matters.

31:53

And as we free ourselves, the world will follow people make this planet So as I clean up what's happening inside of my head and my heart, and you clean up what's happening inside of your head in your heart, it changes our world from the inside out. So as we free ourselves, the world will follow. So have hearts.



32:16

That's great, great advice. And remember, there's an emotional component to everything that happens to you. And this is a great way it says Freedom Techniques. You want to be free from your emotions. You don't want it like they say that tail wagging the dog. You know, if you let your emotions control, control or dictate what you're doing, that's might not be the best way to live. Unless they're all healthy and harmonious emotions, which we all know if you don't do work. You're going to be pulled like beads on a string every which way. So again, thank you for being there. Go to the go to the VIP link. Link on to Sonya Sofia's link. She's going to teach you how to do this. She'll have step by step processes there you can go get involved with her circle there and keep learning keep becoming a part of this tapping circle. Let's grow beyond 10,000. Let's get 100,000. You know, our goal is to help a billion brains. So let's get it all going in. We can do that together if we all work together helping people in changing this morphogenetic fields we have on the planet so we can all live in more of a peaceful harmonious and people that try to get in those negative vibrations. The brain just won't connect with it. That's my that's my hope. There's so much love so much joy, so much caring in the world, people will forget about all this greed and competition that we have going all the time. Like you said, there's plenty out there, there's there. We can learn, we can grow together. So again, thank you, Sonya. We'll look forward to to hearing about your successes and helping Sharon in move tapping up to that next level like you want to do first, get that 10,000 and we'll go for 100,000 with you,

33:42

thank you, darling.

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Tell your family, your friends, your co workers, you've got to wait for them become emotionally free from from all of the past trauma you have. They just need to tune in here, get the first start and then they can go out and get even more training on Sonya's site. Again, thank you for tuning Be ready for the next speaker now

