



# Show Notes

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## Episode Summary:

You know when energy feels stuck and you just don't feel motivated. Deborah Myers shares her insights about how self-acupressure can open energy pathways through your body, releasing tension and anxiety so you show up effectively.

Deborah shares how her own personal journey of health lead her to close her insurance business so she could help kids, parents, and adults of all ages improve their health and wellbeing with simple acupressure moves they can do at home. Join us to learn about the [Daily Clean Your House Flow](#) video and how you can get free access to this amazing tool.

## About the Guest:(bio, personal links, resource links)

A certified acupressurist and Jin Shin Jyutsu practitioner, Deborah helps people get and stay healthy. Since 1995 she has worked with clients utilizing light, gentle touch to reduce stress, relieve pain, and bring balance to body, mind, and spirit. Her sessions are available virtually and in person. She founded Deborah Myers Wellness to treat, educate, inspire, and empower people of all ages to achieve balance and integrated health. Through coaching, workshops, workplace wellness programs, the Productive Mindfulness School Program, and her Easy Self-Help Acupressure animated video and books, Deborah has helped thousands of people take charge of their own health.



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## **Free Gift Link: [Daily Clean Your House Flow Video](#)**

This charming, playful animated video leads you through nine acupressure positions to immediately reduce stress while grounding and centering you so you show up as your best self. Now you can quickly and easily clean the house of your body for optimal energy flow. It works for kids of all ages! Just a few minutes at least once a day primes you to be more effective and enjoy life more.

## **Social Media Links:**

Linkedin: <https://www.linkedin.com/in/deborahmyerswellness/>

Facebook: <https://www.facebook.com/DeborahMyersWellness>

Facebook Group: <https://www.facebook.com/deborah.myers.7982>

Website: <https://deborahmyerswellness.com>

## **About the Host, Elaine Starling: (bio, personal links, resource links)**

An international TEDx speaker, bestselling author, coach and mentor, Elaine Starling is recognized for her video show and podcast, The Abundance Journey.

After a comprehensive conversation with our higher power during a stroke, Elaine created The Abundance Journey 6 week course to share what she learned. As the Abundance Ambassador, Elaine mentors spiritual, growth-oriented women to align with Divine guidance to achieve their dreams. Elaine's clients experience more clarity, confidence, and commit to action that achieves their goals.

## **Elaine Starling Social Media Links:**

Facebook: <https://www.facebook.com/elaine.starling1/>

Linkedin: <https://www.linkedin.com/in/elainestarling/>

YouTube: <https://www.youtube.com/channel/UC3eXgwdMYyZLicCEcB1Ddrg>

TEDx Talk, "Abundance Is a Choice" <https://www.youtube.com/watch?v=tMQ0D4sfEys&t=1s>

Website: [www.TheAbundanceJourney.com](http://www.TheAbundanceJourney.com)

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## **Episode Transcript:**

[00:00:02.480] - Elaine Starling

Hey, did you know that your body is constantly sending messages to your brain? Constantly! And you can actually change the kinds of messages that your body is sending through something called acupressure.

Well, that's why I'm so incredibly excited to have Deborah Myers join me today for The Abundance Journey. Deborah is a certified acupressurist and I can't even say that, Jin Shin Jyutsu practitioner. (I'm going to let her say that later!) She's able to help people get and stay healthy. In fact, since 1995, she's worked with her clients using a very light, gentle touch to reduce stress, relieve pain, and bring balance to body, mind, and spirit. Her sessions are available virtually and in person. She founded Deborah Myer's Wellness to treat, educate, inspire, and empower people of all ages to achieve balance and integrated health. Through coaching, workshops, workplace wellness programs, the Productive Mindfulness School program, and her easy self help acupressure, animated video and books, Deborah has been helping thousands of people take charge of their own health, including me. I absolutely love and adore her [Daily Clean Your House Flow](#) process. Love it. I do it every day. Highly recommend it to everybody.

Deborah, so glad you're here!

[00:01:32.280] - Deborah Myers

And I am glad to be here, too. Thank you for the invitation and the opportunity. You rock. You're so much fun.



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[00:01:39.450] - Elaine Starling

I love what you're doing. I absolutely love what you're doing because it's simple body movement that I can do myself, and it changes my whole atmosphere. It changes how I show up and it changes the conversations that I have, and it changes how focused and productive I am. It's really remarkable. And that's why I'm so excited to have you on the show.

But I got to ask you, what got you started on this? Because you're really passionate about helping people understand how body movement and self touch can transform their life. What got you started here?

[00:02:17.890] - Deborah Myers

Well, I got introduced to energy medicine way back when in the 70s when I was in college. That's dating me, folks. I took to it like a duck to water. I was just like a sponge, soaking it all in. I was taking classes and experiencing services and receiving and getting more information and learning how to do it and da da da. But it never entered my consciousness thinking, how could you do that for your livelihood? I did lots of other things.

In fact, by the way, I was a probation officer back in the '70s for kids. Wow. That said, I've done lots of different things, worn lots of different hats, but through it all, I was consistently receiving, learning, and experiencing self help. I was always doing my own self help because it resonated.

And then, thank goodness for all that, because in 1993, I was in a really bad car accident and I ended up with multiple herniated disks and I hurt a lot. Surgery was recommended. I said, I don't think so. And I went searching. I was relatively new to the area I live in now. I went searching for someone who could offer me light, gentle touch healing. And as I received, my body really started healing through it. And of course, I was also still always doing my self help. And that was working even better because I was in that space of healing. And that's when the light bulb went on.

Girl, you know this, just do it. So I, at that point in time, I was an insurance and securities rep for a big company. I proceeded to hang up my license, give all my business away, laid off my employees, closed it, and said, Okay, this is what I'm doing next. I went into a certification program for acupressurist, kept studying. I'd always been studying, but really grabbed even more onto Jin Shin Jyutsu.

[00:04:29.460] - Elaine Starling

That's how you say it!

[00:04:30.740] - Deborah Myers

Which is an ancient form of Japanese acupressure. And there you go.



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I've been doing this now since 95, full time. Can't imagine not getting to do it. And it was my clients who just a couple of years into it because I was always giving them self care guidance. It was my clients who said, Will you just teach a workshop? That was back in, I don't know, 97, 98, somewhere in there where I said, okay, I'm going to do that, too. I started doing these wellness programs and ongoing workshops and always loved teaching kids. So, hey, there you go. That's why I'm doing what I get to do.

[00:05:10.680] - Elaine Starling

That's really fabulous. Now, I do have to bridge the gap because you're talking about acupressure. I'm talking about abundance. So could you help me understand, from your frame of reference and given the work that you do and the transformation you create with your clients, how would you define the abundance that they can experience?

[00:05:32.000] - Deborah Myers

What a beautiful way to ask the question. Abundance in that framework is the experience of your body feeling all the potential it has to offer you to step into the world in a bigger way, to go from where you are to where you want to be, to know where you will be if you just give yourself the opportunity. That requires abundance. Abundance of health, abundance of energy flow, abundance of breath, which then brings other types of abundance in. You walk around in an energetically balanced body of abundance, you will more easily attract everything else you want to receive and everything else you want to offer the world. So yes, it's health, it's wellness, it's financial abundance, it's relationship abundance, because everything I offer helps physical, mental, emotional, and spiritual. I can't take the piece out of pie. So no matter what someone comes to me with as their project, I call things projects instead of problems because projects are more fun to work with and have a beginning. And as their body processes all that and moves through, then whether we're virtual or in person, the body goes there and then it can receive and offer even more.

[00:06:56.820] - Elaine Starling

I love that. I so love what you're talking about. It's really interesting because I got a download from The Divine just this morning that was talking about one of the challenges that we have is we're so fixated on doing. What do I need to do next? How do I do this? What could I do to make it better?

And what we forget is how you are being while you are doing is half of the piece of the puzzle. When you are being someone who's open and receptive to receiving, you're willing to get the energy moving. That's the other thing that's so interesting to me, people want something different. They want to change. They want the energy to flow. They want to feel better in their body. They want, they want, they want, they want, they want. And as soon as the energy starts to flow, they go, Holy Cow, what's happening? This is not business as usual. I want to cling to the old way because I know what to expect and I know how to control that - even though it makes me feel bad. How bizarre is that?



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So when you can welcome that energy flowing through you, and that's truly what I believe you're doing with your programs, you're helping people be and do at the same time. And to me, that's what's so incredibly profound about what you're doing.

[00:08:10.700] - Deborah Myers

Thank you so much. And guess what? If I didn't do my own energy balancing and my own [Daily Clean Your House Flow](#) on a consistent basis, I'd be in the same pickle. In fact, I'm oftentimes there. I'm human walking around in a human body. And there are so many moments of time that I go, I just need more clarity. Or all of a sudden I realize, okay, I'm touching points, I'm getting a message here, my body is searching for, and that helps me get from where I am to where I want to be.

[00:08:43.760] - Elaine Starling

I love that. I love that. There's so much power and knowledge in your body and being able to access that information is incredible. But I got to ask you something, Deborah, because one of the biggest challenges I think we all face is we don't know what we don't know. We're just going through life as usual, and something happens and we go, oh, I really need to check out Deborah Meyer's posts. If only I knew. What is a sign? What is a symptom that people typically have before they work with you so that they know, Oh, I got to be checking on this acupuncture thing.

[00:09:25.860] - Deborah Myers

Okay. Well, oftentimes it's physically related because people more oftentimes recognize the physical symptoms, the sensations that they're not in comfort, that they might even be in pain, that there's chronic stuff going on, whatever. So oftentimes that's an issue where the body just is always talking to them, getting their attention, whether it's a headache or whether it's reproductive issues, hormonal issues, whether it's clarity and focus, whether it's losing touch, whether it's fuzzy brain.

Not having the clarity and focus that you really are wanting to be able to address what you want to address and be productive about and creative about and with understanding and compassion for self as much as for who you are serving. Hello, we need to serve ourselves before we can serve anybody else.

And then the other piece is being in breath. If all of a sudden you find that, Oh, where's my breath? Where's the tightness? How come I'm feeling so tight?

Or that feeling connected. That's another symptom, feeling just disconnected and unaware or not able to listen, not able to understand and comprehend not only what someone else is relaying to you, but even understanding yourself. Or all of a sudden you recognize, I am in touch. I'm not understanding, I'm not comprehending. And again, a big one is just feeling stuck.

Or how about this one? Feeling like you're in your own way.



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[00:11:15.290] - Elaine Starling

Oh, yeah. I can totally relate to that! Absolutely. But it also brings up the next question because this is really key. One of the things that I've noticed and we are talking about body, but I mean this in a slightly different way.

There's always something that has to shift inside before we experience a transformation on the outside. And that is more of a mental outlook, more of a willingness, a shift. What is that shift that you've noticed your clients have to be willing to make, or they're not going to see the results they want?

[00:11:50.540] - Deborah Myers

Good one. It's to be in a state of recognition of what they're searching for, at least subconsciously being open to that. Recognition, acknowledgement, and then allowing and welcoming that, hey, this is an energy that I am searching for. This is a healing, a change I'm searching for. It's recognizing the words I want to change. I want to change. I want a difference to be recognized by me and by my body and then by how I am in the world, how I spend my days, how I spend... How about this one? How I spend time talking to myself?

[00:12:46.860] - Elaine Starling

Oh, yeah.

[00:12:47.520] - Deborah Myers

Are you kind to yourself? I mean, there's times when I recognize, well, that was pretty mean to yourself, Deborah Meyers. Hello. What is like in your face is when you hear that from someone else and it's like, okay, it's time to be more aware. When someone else shares with you that you're not being very kind to yourself right now.

[00:13:19.620] - Elaine Starling

Well, it's always easier to see when somebody else is being unkind to themselves. And then it's a good reminder to go, oh, yeah, am I being kind to myself? This is a reflection. This is a mirror back to me, a reminder to me. I need to really think about how I'm showing up.

[00:13:37.940] - Deborah Myers

In and of itself, that is a space of being aware, being ready to hear the messages, even if they come from somebody else's mouth and not necessarily from your body trying to get your attention.



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[00:13:51.820] - Elaine Starling

Part of what I love, it's that I want to change the message and then commitment to me is what comes next. Because I want to change and I'm going to sit on the couch and eat bonbons, but the world should just totally open up for me. Yeah, no. Sorry. No.

[00:14:11.960] - Deborah Myers

And thank you for that. Because in that moment of saying, yes, I am committed, and that is the beautiful phrase for it, is then we then can give ourselves the opportunities for choices. And that's where, for instance, the [Daily Clean Your House Flow](#) comes in. Because that, if I may be so bold, is a very simple, easy way to spend anywhere from five minutes to 10 minutes or more if you want to be in your body and allow that. It's a very simple nine step self help acupuncture flow that helps your body feel the state of balance and harmony. Give yourself that opportunity. All of a sudden you have a firm foundation and from there, everything else changes up. That's what I started doing for myself years ago. I assure you that I do the daily flow at least twice a day. There's no such thing as too much self help.

So do whatever you do as often as you contemplate it. Get out of your own way and give yourself the time. The way I like staying in a lane is we walk around with these things called fingertips 24/7. Pull them out of your pockets and make use of them. Utilize the fingertips to place on your body where the acupuncture points are. Help the body feel that state of balancing of the points actually talking to each other, feeling that experience. Then all of a sudden, guess what you get to do? You get to get out of your way even more.

So, Number One, you need the commitment. Now you're making additional commitments to yourself because you're out of your own way to hear what the messages are about who you want to be.

[00:16:08.060] - Elaine Starling

That's awesome. That is awesome. It's also a really great lead into the free gift you were talking about. Yes. It's going to be a shocker. Guess what she's going to offer you?

The [Daily Clean Your House Flow](#). Yeah!

I begged and pleaded for Deborah to make that available to you because I've been using this [Daily Clean Your House Flow](#) every day since I met Deborah and she told me about it. Oh, my gosh, what a difference. It's subtle, but it's amazing. Over time, I've really noticed how I'm showing up in a different way. Who I am being is much more aligned with what I'm doing. And so I'm getting more results. I'm more in flow. And honestly, the guidance that I'm receiving is just perfect timing. Try it for yourself because it's really going to make a massive difference. And I'll make sure that the link to the [Daily Clean Your House Flow](#) is in the show notes so you can access that. But honestly, sign up and do it every day. Right. Twice a day is really good. Yeah.





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[00:17:15.500] - Deborah Myers

And additionally, folks can also go to my website, [www.debbormyerswellness.com](http://www.debbormyerswellness.com) And in the Getting Connected button, you just click on there and it gives you the opportunity to put in your name and email address and you will have access to the [Daily Clean Your House Flow](#). Again, it's an easy nine steps self help acupuncture flow. And guess what it comes as? An animated video.

[00:17:42.220] - Elaine Starling

I love that video. And the timing is perfect because you're supposed to breathe slowly through the video. And it's really cute because as you're describing each one of the different techniques and what to do, it's the perfect amount of time for just the right number of breaths. And then you move on to the next one. I just love the video. It's simple, it's easy. Sorry, I know I could go on and on.

[00:18:05.900] - Deborah Myers

I know you could. And I love it. I love it that you want to. And the reason, folks, it became an animated video is I wrote that nine steps self help acupuncture flow 23 years ago, maybe, and I was teaching it to all my clients, all my students. It utilizes Jintu and Jutsu points as well as a few others. It just became a process.

And yes, people do it for five minutes or 10 or 15, or it becomes a full meditation, so it could be longer. And I had teachers who were my clients who were taking my workshops and then took what I was teaching them, predominantly the [Daily Clean Your House Flow](#) because it's so simple and taking it into the classroom. They were noticing such a difference with a whole classroom individually and as a group, 25 kids maybe, right? Noticing such magnificent changes take place, they came to me and said, Would you just do a real program? They were just following along with the nine steps. Well, I said I started creating something, and then one of my clients, who's a phenomenal artist, heard what I was up to and said, Let's create an animated video.

That's how the animated video came to be. It was up on my website in conjunction with my copies of my three books I've written to go along with it. They're guide books, if you will, to describe even further about the nine steps and all you get to receive as part of it, because it really goes into it.

Then March 2020 hit, and it was all... Because it was a paid-for item. It was the video and the copy of the eBook of your choice for this certain amount of money. I had a full e-commerce site to allow that to happen. March 2020 hit. I called up my marketing folks and said, This has to be made available to everybody. Every kid, every family, every parent who's also trying to be a teacher, any teacher who's trying to figure out how to teach better, any business owner, any health care provider, it has to be available. So I just put it up on my website as a free offering, as my gift.



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[00:20:20.080] - Elaine Starling

That is so generous.

[00:20:21.680] - Deborah Myers

It's been there ever since.

[00:20:22.620] - Elaine Starling

Deborah, one of the things that makes The Abundance Journey a little bit different is we always turn the table on our guests because we know that when we give and support you is when we receive even more. So what could we do that would really help you?

[00:20:38.180] - Deborah Myers

Thanks for that question. I feel it in my heart. Thank you.

Watch and experience the [Daily Clean Your House Flow](#). Do it. Follow along. Do the steps. Feel it. Make use of your fingertips. Maybe you'll even start feeling the pulse underneath your fingertips. Give yourself the time. And as you're experiencing it, see what your body feels like. And then if you would be so kind to let me know what you think, there's opportunities on my website to do that. If you go to the self help acupuncture page, there's plug ins there where you can say, this is what I want.

[00:21:21.960] - Elaine Starling

That is fabulous.

[00:21:22.860] - Deborah Myers

And if you'll do that for me and let me know what you think, or just reach out and send an email to [debra@debramyerswellness.com](mailto:debra@debramyerswellness.com) and say what you're feeling. If you want something more, let me know. How do I know what to give you unless you ask me? Right? And let's be on this in a game of reciprocity so that we can all find ways to be more grounded, more centered, more in our breath.

And by the way, a way to really discover how the changes are happening and how your body is experiencing is before you start doing the [Daily Clean Your House Flow](#), initially, place your hands on your tummy, for instance, and just feel your breath. Feel how you are with your inhale and your exhale. Get a read on your body, then come up to your diaphragm, do the same thing. Come up to your chest, do the same thing. Couple of good breaths. Feel how your body experiences the breath, the inhale and the exhale. Then do the [Daily Clean Your House Flow](#). In fact, I'm willing to bet that with the very first step of the daily flow, which as you know, Elaine, is simply giving yourself a hug.

And there's no right because there's no wrong. Just hold each one for a couple of good breaths, light, gentle touch. When you're in this area, I'm going to tilt my anywhere from your elbows on



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up. There's no wrong breath into that and feel how immediately, automatically your body experiences a deeper breath.

The very first step starts helping make the difference because where breath opens, energy follows. Where energy is flowing, breath follows. Then the very next step is to sit on your hands, bring that breath into every cell of your being. I know that sounds really silly, but that energy balance point at your sit bones is all about bringing it into a state of alignment. You can connect with consciousness and awareness with higher consciousness, with Divine, with the information your body wants to give you. Absolutely. Give yourself the opportunity.

[00:23:35.900] - Elaine Starling

Deborah, one of the things that I think is really incredible and really powerful are the books that you've written. I have not ordered one yet, and I'm going to get on that right away. I want to order one because of something that you said about how it goes into more detail about what you can receive with each one of the different moves. I want to point out to people, I always talk about Intention and Attention. Intention is how you want to feel. Now, the biggest mistake that people make is they think they have to be in charge of all of that, that they have to handle it all, they have to figure it all out, they have to be in control of everything. No, you're putting an order into the Universe when you make your Intention clear. And by reading that book and saying, Okay, with this move, I'm immediately going to feel my breath deep in my body. I'm going to feel my body relaxed. Here are all the different things that I can receive if I choose to by doing this move and that setting my Intention. I don't have to understand how it shows up. I just have to do the Intention and then put my Attention on, Holy Cow, I'm breathing deeper! Check it out. I feel more relaxed!

[00:24:48.620] - Deborah Myers

Right. In fact, when you read the book, you'll discover that there are bunches, and you can find the link on my website for the Amazon link to the pages for each of the three books. And that's on the self help acupuncture page as well. Within the book are bunches of testimonials from people who are saying, this is what I experienced.

[00:25:15.930] - Elaine Starling

Yeah, it's so helpful. It's so incredible. Deborah, I cannot thank you enough for joining us today. I mean, you're one of my heroes, honestly, because you're helping us become whole again. You're helping us hear the messages of our bodies and tune our bodies so that we're actually receiving more than ever before and putting us into that space of abundance. So thank you, thank you, thank you for being here today. I so appreciate you.

[00:25:46.240] - Deborah Myers

And remember, folks, this works for all ages. So start with your kids early on and show them and have them show you because they're ready to do it. It works.



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[00:25:59.610] - Elaine Starling

Yeah. That's so cool. Thank you, Deborah. I really appreciate being here. And I want everybody to stay tuned because I'm going to Activate Abundance in just a minute.