

Molly Knight 0:00 Hello, everyone, welcome to Health Australia Party Thursday night talks. I'm Molly. Tonight we have a great talk. It's about a topic that I'm incredibly passionate about. And it's something that is a topic that is for every single person from children to adults to elderly adults. And tonight, if you want, you can join in and participate. It's a bit of a hands on night. Now, this is definitely one of my favorite modalities doesn't matter whether you've got a physical ailment or an emotional element. I know that this modality can help you. We're talking about EFT Emotional Freedom Technique. And it's a technique that I would love to see taught in schools. I think from Little kids, they're very responsive to it and they love it. And it makes a real difference. It certainly can change lives and I've seen that happen. It's very quick. It's technique that you can learn, and you can use it really on on any issues as our guest tonight who will discuss with us now. Tonight we've got Jenny Johnston with us. Jenny first trained as an occupational therapist back in, I think it was 1980 and then she saw what relaxation could do for her patients. And she went and learned clinical hypnotherapy. Correct me if I'm wrong, Jen. And through the hypnotherapy, she was introduced to EFT she became a practitioner, and she went on to do further training and Jen studied to become a trainer herself. She's taught hundreds of people probably thousands by now I reckon, on how to do EFT and how to use it for different issues. And Jenny over the years, she studied many different techniques. And with all her knowledge, she's further developed the basically if t modality into a really powerful technique called quantum me of tea. She's the author of two books. And we'll talk a little bit more about this quantum EFT at the end of our session. Now, if you've got any questions at all tonight about

anything, please, you know, type your little bit in I don't see it, but we'll get your questions. And at the end of our talk, Jenny will answer them for you. Welcome, Jenny, thank you so much for joining us tonight.

Jenny Johnston 2:26 It's my pleasure, Molly. And we were just discussing before we went live, how, how we found each other and it was about eight years ago, we worked out because you were interested in EFT and you found me through EFT universe as a trainer. And at the time you had a radio show and you interviewed me on your radio show about eight years ago. So that's how long we've known each other. Yeah, I knew I went back a while and I was trying to see how did we made sure it was for the radio. Yes, and you've trained with me since two as well.

Molly Knight 3:00 Yeah, yeah, yep, indeed. I love EFT I think of all the, you know, I'm passionate about my Herbes and homeopathics and vitamin therapies. But I think EFT just sits right on the top because it's like the icing on the cake. And it works with everything. I haven't seen any condition, physical or emotional that it can't help. Hmm. It's very powerful.

Jenny Johnston 3:25 Yeah, I agree. And when I was doing my hypnotherapy degree, it was then that somebody showed me EFT, and I was I was sold by it straight away just like you were. And I started using it with my clients who would come to me for hypnotherapy, often with stress and trauma. And when I looked at EFT sometimes what I call it is like waking hypnosis because the research shows us that when when Tapping on meridian points. So, and I'll go through those meridian points when we tapping on them, we're sending a pulse through our meridian system. And when that occurs, our brainwaves go into the subconscious range. So what I love about e of t is that we're, we're not consciously out of the picture. We're still here consciously, but we're working with the subconscious at the same time.

And for those who have ever had kinesiology, where, you know, the kinesiology person can physiologist will talk to the body and then muscle test and the body answers so the body has a consciousness as well. So that's what I love about EFT we're working with consciousness, sub consciousness and body consciousness. And we're able to get to really deep rooted belief systems that have been created, especially between zero and six when were in that heat. No godzik state and downloading everything is the truth. We're able to get through core core belief systems and counter condition, a reaction or an automatic reaction, a stress reaction, a fight or flight reaction, or, or a conditioned belief system. You know, when people say, I, I always self sabotage, I get to a certain place and then I sabotage myself with relationships or with money or with something. And that's because of a subconscious belief that's running the show. And 95% of our behavior comes from subconscious, it's automatic. So when people are doing conscious therapies like counseling and perhaps some psychology, etc, cognitive behavioral therapy, there, they're only really working with the conscious brain. They're not working With these automatic conditioned responses and reactions, especially the fight or flight ones, hmm, so that's what I love about it if t we're really getting to those fight or flight automatic reactions. It's interesting, isn't it? We, as adults, we think we make decisions and our choices based on our adult thoughts and sensors around us. But in fact, we really have little six year old running around making all sorts of decisions that may or may not work in adulthood. So yeah, it's quite fascinating. It is and that's one of the things that I teach people is to make sure that you find the core underlying belief and and the original memory that it came from. However, we're not getting to that through conscious thoughts. We're getting through it to work through the body feelings, the somatic reaction. So if we attempt

to On a recent event, and obviously the recent events that are going on at the moment, kovan and we might be tapping on frustration and anger, or we might be tapping on you know, domestic violence that's occurring and, and that belief that I always attract the wrong man or something like that, then we we will tap on a recent memory because our body our brains reaction, and that subconscious automatic reaction comes from a memory. And when we have a memory and experience, we input that through our senses, what we saw what we heard, what we smell, what we felt, and, and what we thought. So all of those, what we call aspects that come from a memory, then processed and then our brain in a split second. subconscious creates a conditioned response or reaction. Now those conditioned responses and reactions will cause one of two reactions. One's the sympathetic nervous system fight or flight, cortisol, adrenaline. The other is the parasympathetic reaction of relaxation therapy. And the same part of the brain will chant either adrenaline cortisol or da ga, which is the cell repair hormone that the parasympathetic nervous system releases. So you can see if you're in a chronic state of stress, or Yeah, a chronic state of stress or fight or flight response, and you've got adrenaline, cortisol pumping through your brain and through your body, then you don't have the parasympathetic nervous system. Releasing d h EA, which is the cell repair hormone. So if you're not in cell repair, and you're in stress, you're in what we call disobeys, and then you have the perfect environment to invite disease into your body. Which a lot of people particularly in Victoria, would be under enormous, enormous stress at the moment. I can't imagine how you guys down there are coping with all of this. Mm hmm. Exactly. And there's there is a lot of frustration, a lot of anger, a lot of grief and loss. A lot of when are we coming out of this? What's, what's the future? What you know, there's so much unknown going on.

Exactly. And helplessness and powerlessness. And not just grief and loss, but loneliness, you know, in my own situation, my grandma and I haven't seen my two little grandchildren since April.

Molly Knight 10:00 Oh, gosh,

Jenny Johnston 10:02 No smoochy cuddly since then, sure we have FaceTime and thank God for technology and Zoom. But you know, it doesn't replace the connection that you have when you see someone in person, huh? Yeah, exactly. And I guess in Victoria too, you have to wear masks all the time, don't you? Mm hmm. So you don't wear them in the house though. Hopefully they're not that silly down the nose or in the car. However, you know, my neighbor came across the other day to give me something and she said, it's ridiculous that I have to put on a mask to walk across the street.

Molly Knight 10:44 And it is ridiculous. Yeah, but I'm bearing the mask in itself apart from the physical damage breathing back in your, your carbon dioxide and any germs and we have thousands of germs in our mouth. Yeah, so re breathing That back into your lungs would put a physical and emotional stress on you, I would imagine.

Jenny Johnston 11:05 Mm hmm. Yes, definitely. So, yeah, there's there's a lot of my clients have have been very frustrated with the situation and I'm in Melbourne, I'm in Victoria. I mean, stage four locked down with a curfew, because apparently this disease is much stronger at night between 8pm and 5am.

Molly Knight 11:31 Very clever.

Jenny Johnston 11:32 It's a very clever virus that gets very strong and it's very dangerous at night. So we're not allowed out. But anyhow, there's, you know, what I've been trying to create with my clients and I've had depth tapping groups that

are called tap and chat is about creating joy, like not only tapping about the frustration and the anger and what's going on for them. and releasing it because that's what the tapping does it, it helps to process the stresses and the emotions that are going on. And if you don't process them and you push them down, what happens? You will get, you know, pushing down things that you can't digest, you might get bowel cancer. You more, you know, you get a stiff neck and it's it's like, Who's the pain in the neck for you at the moment? Well, at the moment ever running Victorians Dan Andrews, but you know, that's what can happen is you will get stresses in the body. And one of the books that I really love actually is the secret language of your body by in a seagull and she's, she's actually Melbourne based but she teaches all around the world. But she gives all the metaphysical reasons behind what's going on in your body. And, and what we do with EFT is look at where are you feeling it in your body? What's going on? There, and then we relate it to a memory. When was the first time you felt this what was going on in your life? If it was something chronic it would be what's going on what was going on in your life six to 12 months before this occurred. Because it takes a while for the body to to have the symptoms of something that's chronic like Ms, or chronic fatigue. And it's quite common for it's quite common. I've heard that when there's a real big trauma in your life a couple of years later, there's often that cancer develops, and that's fairly well studied them. Yeah, yeah. And adverse childhood traumas can also create problems in adulthood. So, you know, when I've worked with veterans with PTSD, you know, some some veterans who went through the same sort of experience, why did only some of them develop people TST and the other students, and the research shows that the ones that develop PTSD also had adverse childhood traumas. And so when I've worked with veterans with PTSD, it's always

When was the first one was another time you fell out When was the first time you failed, it always goes to childhood. And so that's when we tap into all the aspects of that memory and the reactions in the body the reactions in their emotions. And we process it and release it so. So the actual physical tapping on these meridians systems and EFT Emotional Freedom Techniques has been explained also as like an emotional form of acupuncture but without the needles. So instead of putting needles into these meridian points, we're tapping and sending a pulse through and that posts when we tuned into a traumatic or stressful movie, counter conditions that conditions stress response into one of relaxation. And how we measure that is often through the suns you know, what's your subjective unit of distress? Where's that emotion? What? Where is it in your body? What's the emotion that you're feeling it so it might be anger, I feel it in my chest. What's that anger when you tune into that memory and it might be 10 out of 10. All right, and so as we're tapping through all the meridian points will also stop and ask, okay, what's that now and it might come down to five and so what we're doing is we're processing and releasing that that conditioned reaction of stress and cortisol, adrenaline, the stress fight or flight faint or there's four of them now fight, flight, find and freeze. You know, sometimes people Freeze in reaction, and we might say where do you feel like they go on numb, I don't feel it anywhere, I don't feel like I'm in my body. And that can often happen to children who have very traumatic, abusive experiences, they, the way they cope is that they basically dissociate from the body. And so they don't feel anything in their body. But we have Ways and Means and different techniques to work with that as well. So it's about processing and releasing those traumatic feelings, emotions, and where they're held in the body. So that then they can go to the memory and speak about it and not have any reaction in their body anymore.

Because they've had that stress response that fight or flight, faint or freeze response because the body's been protecting them in some way. And we need that protection!

Molly Knight 17:02 Absolutely. Like a safety net?

Jenny Johnston 17:04 Yeah, at the time it was required, but the body holds on to that the body, the brain is very good at generalizing. And so the brain goes on that was like that. We need to be in fight or flight and be prepared for something bad hear. Like, I just ran a four day workshop online for the first time everyone was online on zoom. And I worked with the lady in we worked on the bushfires. And she said, Every morning when I get up and look out my window, I just see black and every morning I'm really traumatized by seeing that and seeing how close it was. All right. And so we had to tap on that whole memory of you know, the last minute having to get out having to get our elderly father at you know, who's got a broken back having all these things that you have to do in the last moment and the And you know, we think the body as we were tapping and going through this specific memories, what she saw, heard felt smelt all of that, thanking the body for protecting me, I needed that fight or flight response at the time, but it's no longer required and I choose to release it and let it go. And then by the time we'd gone through all the aspects of it, she was able to recall the whole memory without any reaction. It was all just I'm just telling the story.

Molly Knight 18:29 That's awesome, isn't it? I mean, that's life. is life changing? Yeah, it is.

Jenny Johnston 18:34 Yeah, totally. Totally. Yeah. Yeah. Because even watching you know, we've got the the fires in California at the moment that people are watching. Anyone can be really triggered by that. And when your body's retriggered

into fight or flight stress reaction, often what happens you don't have de hga the cell repair hormone in your body. And if your body is not able to repair itself, you go into essays. Mm hmm. Yeah. It's amazing, isn't it? I am, I remember one case I had doing some work with a patient. And this patient had a phobia of spiders. So, so bad that he couldn't even look at a picture. So I couldn't he couldn't look at the computer screen or in a book. And, and he was an executive in a big company, and I wanted to do some other work with him. And he said, Look, if you can get rid of this spider phobia, I'll work with you on yours. Yes.

Molly Knight 19:36 So I gave him one session with about the spiders and he lost his phobia, one session, and he'd had it you know, this man's in his? Yeah, like 40s. So I mean, it just it totally changed his life. I think, you know, like I say for me if t is one of the most amazing things that I've ever come across,

Jenny Johnston 19:56 and that's why more and more, I'm training You know, I just had a clinical neuropsychologist, a massage therapist, a social worker, you know a lot more and more I'm training professionals who are looking also they're looking for you know, the silver bullet for trauma and EFT is it. EFT uses all pieces and parts of us and really addresses that automatic reaction and response that plain talking about it and explaining well you know, your your father abused your mother because he abused he was abused when he was a child. You know, knowing and understanding this at a conscious level does nothing. But when you process the trauma of it all and the way it's being held in the body, the emotions of it. Then when the client can tell you about that hole Medical experience with no emotion about it, the body and the brain doesn't hold on to it anymore. It's like if you went to the shops and bought milk, it's not a traumatic experience, the brain forgets about it. Okay? But when you've got a traumatic experience and the brains going

remember that be aware of that like warning, warning danger. And it's on high alert, anything that's similar to that brings up the same response. But when you release all of their reaction around that, all the triggers, and it's just a story, and it's not landing on them anymore, then they can be in a state of ease. And it's so powerful. You know, most people that I train, they become addicted to we have to because they're addicted to the reaction that their clients get. Because when you see when people whose lives are changed Because of traumas that have been the sort of they have a negative or a no a new response to it anymore. Whereas when it was there for them every day, every day it was there and their reaction and that does stuff to your body at a chronic disease level.

Molly Knight 22:23 Yeah, absolutely. Yeah, you, you're right, it does. Um, so have you. I know we're going to do a little hands on tapping away. So let's, let's jump in and do that. I'll just say, Bobby Kelly from Ireland. Hi, Bobby, thank you for joining for joining us all the way from Ireland and Cileo from the Philippines. Thank you. Really nice to have you with us.

Jenny Johnston 22:51 And Bobby I worked with personally and Cileo. I went to the Philippines this time last year and she did my Quantum EFT workshop also, lovely.

Molly Knight 23:02 Yeah. Good. Great to see you ladies here

Jenny Johnston 23:05 Yeah. So what I want to do is show all the points first so that the very first point is called the side of the hand point. Normally we tap with our dominant hand, but you can tap into the site because all the meridians crossover, they're all linked. And all the meridians are linked to different organs and different emotions. So this is where we start with the side of the hand and that's where we do what we call the setup statement. And I'll explain that in a minute.

The second point is the top of the head and it's really the crown of the head where the hairs turn around, swirl around there. Then we have the start of the hairs of the eyebrow so either side, right on the start of the hairs of the eyebrow. Then we have the point at the corner of the eye. So it's right on the bone at the corner there then the bone Under the pupil, then the bone, not the bone, the fleshy part under the nose. Yep, then the crease of the chin. So sometimes people when we say chin point, they're tapping down here, but it's actually the crease of the chin right under the lip. If you're doing acupuncture, that's the way the needle is going right there. And they are very specific these points. Then the collarbone point is where your collarbone comes across, and you feel the two little novels at the end of your collarbone. You come down slightly diagonally out about just over a centimeter or an inch when we're working with Americans. Very little hollows there. And they're there when we tap and so you can tap one side or the other, or sometimes I do both with fingers and thumb. And then the next point is about four inches, or how many millimetres under the armpit. For women, it's usually at the bottom of the bra strap. And some people go across the body. Some people go and tap on the side. So they're the main points. And if I show you my quickly my little poster that I showed

Molly Knight 24:07 yep, that's a good,

Jenny Johnston 25:20 it's got all the different points. So like under the eye is the endpoint of the stomach meridian. And that's for anxiety under the nose is for feeling unsupported. The chin point is for feeling overwhelmed. The collarbone is for fear. So there's a whole lot of different points and how they're related to different different meridians. Like, the side of the eye is the gallbladder meridian. And different emotions with each point to Jenny. Yeah, sound a bit. Yeah, yeah. So they're all different. But my poster if anyone I'm interested in finding out where you

get that poster from, they can email me but I like to show clients that so that they don't think they just banging on the body in silly places. We're actually really on specific meridians and we're putting a pulse through them instead of putting a needle. But it's, it's been shown by research that it has the same effect and when we're talking about research, Dr. Peter Stapleton who's the Associate Professor of Bond University in Australia in Queensland, she's written this book and gives you a lot of research about tapping the science behind tapping.

Molly Knight 26:41 Yeah, that's good to know, isn't it?

Jenny Johnston 26:44 Yeah. And another basically have tea books from empty universe, the manual. So what say if we had somebody who was feeling particularly Melbourne, feeling very frustrated and panic angry and feeling it in their chest or feeling it in their throat like I've got no voice. I can't say anything we're being told what to do. So, for example, it might be. So this is where we do the setup statement, even though I feel it. So if you could be my Echo, Molly, sure. Even though I feel really frustrated, even though I feel really frustrated, and I feel it 10 out of 10 in my chest, and I feel it 10 out of 10 in my chest, and I'm really angry and I feel helpless. And I'm really angry and I feel helpless. Like I've got no voice.

Molly Knight 27:40 Like I've got no voice

Jenny Johnston 27:42 and I feel that eight out of 10 in my throat,

Molly Knight 27:45 and I feel that eight out of 10 in my throat.

Jenny Johnston 27:48 I accept myself and how I feel

Molly Knight 27:51 except myself and how I feel.

Jenny Johnston 27:53 Even though I feel really frustrated right now. Even though I feel really frustrated right now. I feel that like a heaviness in my chest, and I feel that like a heaviness in my chest 10 out of 10 10 out of 10. And I've got this

frustration like I've got no voice.

Molly Knight 28:13 And I've got this frustration like I've got

Jenny Johnston 28:15 no voice, and I feel helpless. And I feel helpless. And I feel like eight out of 10 in my throat,

Molly Knight 28:22 and I feel eight out of 10 in my throat.

Jenny Johnston 28:25 I accept myself and how I feel.

Molly Knight 28:27 I accept myself and how I feel.

And we do this three times, even though I've got this anger and I feel it in my chest. Even though I've got this anger and I feel it in my chest, a heaviness in my chest eight out of 10 heaviness in my chest eight out of 10 and I know that was 10 out of 10 Sorry, I'm trying to remember what I said. And I've got this frustration and helplessness and I feel it my throat and I've got this frustration and this helplessness and I feel as human throat, eight out of 10.

eight out of 10.

Jenny Johnston 29:03 I accept myself and how I feel

Molly Knight 29:05 I accept myself and how I feel.

Jenny Johnston 29:09 When I think of all the things that are happening right now,

Molly Knight 29:14 when I think of all the things that are happening right

Jenny Johnston 29:16 now, especially in Victoria,

Molly Knight 29:19 especially in Victoria,

our curfews, our curfews are having to stay in lockdown and having to stay in lockdown. It's really frustrating. It's really frustrating. And I feel so helpless. And I feel so helpless.

Jenny Johnston 29:40 And I have this anger in my chest.

Molly Knight 29:43 And I have this anger in my chest.

And I have this helpless frustrated feeling in my throat and to have this helpless. I forgot what frustrated frustrated feeling a my throat my throat um angry. I'm so angry. I'm so frustrated. I'm so frustrated. Anger in my chest, anger in my chest. frustration and helplessness in my throat, frustration and helplessness in my throat. I feel like I don't have a voice.

I feel like I don't have a voice.

Jenny Johnston 30:20 Especially when I watch the news,

Molly Knight 30:22 especially when I watch the news.

Jenny Johnston 30:26 Especially when I think of my family,

Molly Knight 30:28 especially when I think of my family.

And how I haven't seen my family and friends for so long. And how I haven't seen my family and friends for so long. I feel so disconnected.

Feel so disconnected,

socially isolated, socially isolated,

Jenny Johnston 30:48 and I don't know when it's gonna win,

Molly Knight 30:51 and I don't know when it's going to end.

I feel frustrated. A feel frustrated. I feel angry. I feel angry. I feel helpless, I feel helpless. And I feel disconnected from my family and friends. And I feel disconnected from my family and friends.

Jenny Johnston 31:11 And I want to release this feeling from my body

Molly Knight 31:14 and the one to release this feeling from my body.

Jenny Johnston 31:17 Especially when I watch the news,

Molly Knight 31:19 especially when I watch the news.

Jenny Johnston 31:23 So that was sort of a general round, but what I would do if I was working with a client was was say, okay, when when have you felt that feeling in your chest and that feeling in your throat before? Oh, tell me of this specific moment in time that you felt that because as I said in the beginning, it's in a memory and that we get these reactions. So what you saw what you heard what you felt, what you smelled, you know what you thought. It's in this specific memory that that conditioned pattern is down like And so in your brain in your body in your emotions, and so you need to get to specific memories to counter condition that conditioned response Okay, so when you work one on one with a client it's very specific to their emotions and they're experienced this their memory. Mm hmm Of course when we're tapping generally when we're just trying to tap generally Yeah, yeah, I mean there's a lot of levels to doing EFT isn't there yet certainly. I think just for the the beginner or doing it yourself at home. Probably wouldn't tackle really deep in you know, traumatic stuff yourself. You just get off even though I've got a headache Yes, it or a pain in me or so you do this three times since you say even though I've got this problem. And then you say I accept myself and how I feel. So you're accepting that you've got this problem. And often people with problems they, they try to push on and soldier on and push it down. But all that does is keeps holding it in the body. And so what we want to do is actually bring it up, tune into it, and then can a condition that condition response into one of relaxation. So, if people have been depressed before, and they're feeling very depressed with what's going on, then it's like, well, when do you feel depressed when I'm watching the news or when this happens or when that happens? And so you tune into that specific moment what they saw what they heard what they felt in the body, and we release it and then we go, When was the first time you felt that when I was a

teenager and my grandfather died? I was really close to my grandfather. All right, let's tap on that. Tell me what, what what part of when your grandfather died? Did you feel really depressed?

Molly Knight 33:59 Yeah. So If someone has that issue, but they don't know when it occurred, they can't really link it back. How do you work with that?

Jenny Johnston 34:08 The great thing is that when we start tapping on something that's recent, or just have a feeling and I say Just be aware of what the subconscious brings up as to friend of mine when with a memory and, and the subconscious will always give them a memory. And as we're tapping and then and then I'll, I might see their eyes go somewhere too, which means that they're, they're finding a part of the brain is bringing up a memory. And I'll say what just happened in you might might have frowned or your eyes might have gone somewhere. What what just happened, I just thought of, you know, this thing that happened when I was six, but that can't be anything to do with it. I go if the subconscious has just brought that up, very relevant, tell me about it. And then we tap on that. So it may not initially appear to be linked, especially as an adult.

Yeah, and often people will say, oh geez, how did we get here? I you know, and I never thought this would be relevant. And you know, where we start with something recent or what's going on will often go to places in childhood or teenage years or and they go wow, I never thought that this would have come up. You know, they've got no idea consciously that that was linked, but we've gone through the body and the cymatics and the subconscious has led us there. Yeah, you know, like if we were working on someone for public speaking, for example, it it will usually go back to having to present something you know, project or something in primary school or having to read something and kids laughing at your or saying the wrong

answer. And you are being made to stand up the front and be embarrassed and humiliated. So, you know these memories that then go back to childhood where there's there's been embarrassment, humiliation you know what we might think as an adult was a small trauma. It's actually something being that was created as a conditioned reaction and response.

Molly Knight 36:28 Yeah, yeah, exactly. I mean, when you said that about public speaking my mind immediately went to must have been about eight I guess, where I had to stand up and read something in class and I felt that in my body immediately, and I don't have too many problems as an adult talking. But um, that was where I went. So yeah, that's obviously something I should work with. Probably.

Jenny Johnston 36:52 Yeah. Call me tomorrow Molly. But what what I was going to say is that we've become I'm very used to using our brains and and our left brain and our consciousness and saying, push that down push it aside, but with EFT we tune into How are you feeling? were you feeling that in your body? And sometimes it takes people a while to get used to that. Let's not have we taught to look at things at all. Yeah, yeah, so what might the opposite effect? Yeah, especially with guys too, but, you know, you know, men are often or boys and men are often told push it down, don't feel that don't be a sissy. But, you know, there's there's been a hell of a lot of men that have been very emotional in the work that I've done with them because the body takes them there to release those emotions and, and, you know, people will often say I didn't expect to get so emotional and sometimes it's, it's just on the setup statement. They'll start getting emotional and they're going Oh, sorry, I didn't I didn't know. I didn't expect that. And, and I often will say to people, I'm really good at making people cry. That's what that's what people often ask, What do I do? And I say, I make people cry, and I'm really good at it. But it doesn't always.

Molly Knight 38:22 Not a good advertisement Jenn!

Jenny Johnston 38:24 It's not. It's it's about processing stuff that's been stuck in the body. Yes, for so long. You know, I remember one year actually, it was a Sydney workshop. And I had a guy and on the workshop, and he'd been in the army, and when I said about emotions and crying and stuff that comes up and he goes, I haven't cried since I was six. And, within the first practice session, he was crying like a baby when we got to the six year old memory because they What it had had him stopped at that age because of a trauma that had happened. And so it's amazing to unlock these things in people, and to allow them to also then look at, well, when this happened when I ` was six, what's the belief I created about myself in the world?

Molly Knight 39:19 Yeah, and how it impacts as an adult, isn't it?

Jenny Johnston 39:22 Yeah. And then how can we shift and change them? What can we now create as a new belief now that we've released all the emotional reaction and all the trauma around that. And we can also be saying, you know, something recent is occurring, a pattern is occurring now. Because of that, we can say thanking my body for reacting the way my six year old did, but I no longer require this six year old reaction and pattern. Yeah, I'm a grown up now. I can release it and let it go. And as we're tapping and see emulating the parasympathetic nervous system and the relaxation response, we're releasing all of that trauma and creating a new way of being now. So it's so powerful.

Molly Knight 39:39 It's powerful and freeing. It's, it's wonderful. Like I said, I think EFT is up here. It's at the top of the ladder of help and self help, because once your patients or clients learn to do it, you can do it. Anywhere, anytime. Yeah, by yourself.

Jenny Johnston 40:33 Yeah, and it is a simple technique to use and to learn, but it's actually EFT is Emotional Freedom Techniques. There are a lot of techniques and when practitioners are working, particularly with clients and trauma. There's lots of different techniques that we learn to take them there gently and to process it gently instead of dropping them straight into the terminal. Part of the trauma, the trauma capsule, as we call it. So we have lots of different techniques that I teach people to approach it and very gently and to, to not to not use like exposure therapy where suddenly they're there in the trauma and and they having an experience that is traumatic again by reliving it and

Molly Knight 41:27 how some of the thought to therapies that talking therapies isn't that Jen

Jenny Johnston 41:32 Yeah, they can drop people straight into a into a trauma capsule, where they're still seeing, hearing it feeling and experiencing it in the present. Where the subconscious is pushed it down into a capsule saying don't go there. But then suddenly, they brought into it. So we, I teach people how to recognize that there might be a trauma capsule and how to approach it gently And how to go to little piece by little piece by little piece. And just keep them in there and process just that little bit in that little bit in that little bit, but also to utilize some form of dissociation so that they're not fully in the trauma. And I explain how they'll get, they'll get a wave of emotion but then we process it and that goes, and then we go to the next bit where we get a wave of emotion and we process it and it goes, so it's not, let's dump you in it and see how you go, which is what exposure therapy has been about. That Yeah, works for free. Here's the emotional contributors to physical issues that works really well with you know, something like Tourette's Jim does, could you do something with Tourette's, only the stress

around, you know, the emotional stress around as it contributed to it. That's all we would be looking at. So if somebody is really stressed and you know, public place and thinking, oh my god, I'm going to be swearing or whatever and their stress levels are higher the adrenaline corazones properly contributing to the condition. So, you know, we can never say that EFT can work on anything, but I always say to my practitioners try it on anything and everything because, you know, research shows that the stress component is very high to a lot of conditions, and physical and emotional conditions. So, if we can release the stress component, then were allowing the body to heal itself and also EFT shows to increase your immune system. So, being able to work with your body to release traumas, To release dresses and to allow the hga the cell repair hormone to flood your system so that your body can heal itself, and to boost your immune system who wouldn't want to be doing that? And often people say, I don't know what to say. Like you said before. All you have to do is speak out loud what you're feeling, even though I feel really bad today, you know, I and I'm really feeling it in my neck and my shoulders. I accept how I feel. I feel all this responsibility and burden. I feel it in my neck and shoulders, especially when I think about my business going downhill. And I'm supposed to be feeding my family. I'm supposed to be the man of the house. I feel emasculated. You know, whatever they they're saying I say, sit in front of the mirror and imagine you're speaking to your best friend and just say out loud how you're feeling and tap through the points and you'll feel a shift And things just come, don't they? The subconscious just brings things to you. Yeah, of course, if there is big traumatic stuff, you're better off working with someone else and a trained practitioner and I train. I've been training practitioners since 2011. And then I also

said, help people become certified practitioners. So if people really want to add EFT to their, their, their tool belt, then yeah, let me know and I can put you in the right direction to training in this properly.

Molly Knight 45:43 Yeah, we'll, once we finish our little chat. We'll make sure we've got all your links so people can connect. I know, certainly, I've seen some amazing things with EFT over the years. years and it's um, I don't think I've seen anything that it hasn't helped. I'm not saying cured. Yes, I'm in physical terms, I guess but helped. Yes. And that's that's a gift.

Jenny Johnston 46:15 Oh, it's it's, it is it's um yeah, I guess it's sometimes I've explained it. You know, if if you saw somebody with an infection and you had penicillin, wouldn't you want to give it to them? You know, it's like, it's like, we've got this magical tool that you want to be able to give to people and the kids, you know, kids in the classroom. Peter Stapleton has an online training called tapping in the classroom. So more and more schools are using EFT. I've worked with veterans with EFT I've worked with so many people. I had a lady on one of my courses recently who developed a migraine after we watched a A video about veterans and one veteran was saying how he was pulling pieces and parts of people out from underneath the rubble. And all of a sudden her mind went to her son in the Christchurch earthquake. And she knew he was in Christchurch somewhere. When they finally found him, he was covered in ash and blood. And then the memory of him telling her that he was pulling out pieces and parts of people. And just that trigger of seeing that, that film clip, or just those words, center into a migraine and in our workshop, and she said, that's it. I'll be out for two or three days now, I won't be able to do the rest of this. And so she laid down in the dark, we went out to lunch, came back, and it was tapping for physical issues. So I tapped with her for all

of that. Within 20 minutes. My grandma was completely gone. Yeah, it's it's like a miracle. It really is. You I love EFT as you can tell I keep rabbiting on about it. So I, so I wouldn't be teaching it and working in the field. All these years later if I didn't believe totally in it. Yeah. Well, you um, I mean, you deal with a lot of trauma cases. So you'd see a lot of deep things. Like I remember once you were telling me about a case where a chap had seen someone actually murdered. Can you talk about that? Because I think that he had had he'd watched his girlfriend being murdered and his Auntie trained with me and she said, Do you think you could help him because he wasn't coping with life. He was angry. He was on drugs. He was not working. He was seeing psychiatrists psychologists had gone catatonic afterward, he was in a really bad way. And this is a you know, a young Guy early 20s and the our work through that whole thing doing what we call them movie technique tell the story and we do piece by piece by piece and it was it was pretty horrific I had to do some tapping myself afterwards it was it was full on

Molly Knight 49:17 Yes. I can understand that

Jenny Johnston 49:19 But you know he's he's out there in society working got a girlfriend you know doing what normal guys doing now and that wasn't what was going to be foreseen for him.

Molly Knight 49:34 Yeah, absolutely. How many sessions did that take you to work through all that Jen?

Jenny Johnston 49:40 Two very long ones

Molly Knight 49:41 huh okay well that's not a lot that's not a lot is it and he's got his life back.

Jenny Johnston 49:48 Yeah particularly for for people who have a traumatic memory. It's really good if their lives been affected because of one traumatic memory. Yeah. if you can go and unpack that traumatic memory what you saw what you heard what you felt. It's absolutely brilliant.

Molly Knight 50:07 Yeah, yeah, that's amazing. One of the little things that I do personally, with EFT is when I go into the supermarket and I have to head down the aisle with has all the washing powders and the chemicals, I get a headache from the chemical smells. So all I do is I'm pushing my trolley I just tap here. As I walk down, grab what I need and I'm okay. Yeah, so it's amazing just igniting those acupuncture points. Well, that meridian just changes how your body responds,

Jenny Johnston 50:42 yeah. And there's finger points too. So sometimes, you know the bed of the nail of the thumb. And then the fingers are the ones closest to you the bed of the nail closest to you. There are also finger points that you can do so, you know, kids often chew the quick of their thumb that century, they're actually stimulating a relaxation response because they're stressed. But you know, you can tap it instead, or tap it with your fingers instead of chewing on it. There's finger points as well. And there's something that we call the nine gamma point. So this point in between the little finger and the ring finger, there's about a centimeter there's a hollow there, the nine, the nine gamma point when you're tapping that and then doing different II movements. It's basically like a search and destroy where's this memory contained in my brain and let's find it and process it and release it. So there's, there's nine movements where we keep our heads still we close our eyes, open our eyes, while we're focused on the memory. We look hard down to the left, hard down to the right Then circle their eyes slowly in one direction in a big circle and circle your eyes slowly in the other direction. Then we have happy birthday. Mm

hmm. count to five first fast 12345 and hum Happy birthday. Mm hmm. What that does is it scans the left brain for counting fast the right brain for music and humming and the eye movements are scanning all parts of the brain for where is this memory held? So might seem a bit silly, but there's science behind it. And mazing I just ran a workshop online for four days and nearly every person that I did a demonstration with they said are really shifted when we did the nine gamma point line yet, after we did all the points yet it came down but but the big Whammy was the nine gallop point that seemed to clear at all So, as so many different techniques to master it, is why we certify people is in this and train them properly. Yeah, a lot of depth, a lot of different ways that you can work with it. And with children. I mean, I know kids love it and you can work with children, but like, could you do an online consult with a child for that? Yeah, I'm working with a 16 year old at the moment, her mom's always there as well. I've worked with eight year olds, I worked with my my author's son in America, and he was very insightful kids or kids are amazing. You just use their words. You keep it brief, and yeah, they they clear quite quickly.

Molly Knight 53:51 Mm hmm. So can I ask what I'm given that you're in your lockdown and The worlds online now so if you've got some courses coming up Jen some like the courses we've got coming up.

Jenny Johnston 54:07 And so basically I work with anyone online I use Zoom online, and I always have but EFT Universe is who I'm a trainer with and I just ran the four day professional EFT training online. The next one I'm doing that is not till next year, April, the eighth to the 11th. But if you go to EFT universe.com, and then go to workshops, it will show you what workshops are coming up around the world. The other EFT universe trainer that I've just trained is Naomi Jansen, and she's in New South Wales and she's about to do an online workshop, late September. So

she'd be the first one that's coming up and then there's others in America that are doing them. It would be a different time. But to Australia, but they are available. And then I also teach quantum EFT.

Molly Knight 55:09 This is the thing that you've developed, isn't it with all your knowledge and learning over the last, you know?

Jenny Johnston 55:18 Yeah, the spiritual background and all of the things I've learned and, you know, most people believe in reincarnation. With EFT we were always looking for the origin of where did this come from? with quantum e of t. We're looking at working in time and space, but also looking at who are we as a soul? Why is my soul got this lesson in this lifetime? And usually it's come from other lifetimes. And it's repeated in this lifetime because it hasn't been completed yet. It hasn't been hailed. We haven't stepped through it. And so I'm very sorry. Yeah, I create a quantity of tea and my first book tapping into past lives. And the second book when I did two American tours, with workshops, your past life inheritance. Yeah, so I run those workshops and we look at where does this come from originally? And what's my soul learning and lesson? What's my sole purpose? It's very much about what's going on a soul level. And how is that influencing me now in my life now.

Molly Knight 56:32 So if you if you didn't have that belief, or you didn't want to go to that depth, you don't have to you still get awesome results. Just resolving the here and the now really, in this lifetime?

Jenny Johnston 56:47 Yeah, but I do use the words when I'm tapping with people releasing this all the way back towards origin. And wherever that wherever that may be, and actually it was in one of the cities workshops when I was staying with you, Molly in Sydney, and we were running level one, level two, back then it

was now it's the four day professional. And there was a guy there who had abandonment issues. And, and he didn't believe in past lives and we were doing clinically fit. But I said, let's just say releasing it all the way back to its origin wherever it began. And he was happy with that, because he just wanted this released. And we'd gone back through childhood stuff in all the way back to birth. Right, but it was still there. So when it's still there, and he's saying things like, I feel like it's always been there. That's a hint for me that it's come from other lights. Anyhow, we're tapping and all the way back to its origin. And then he was very emotional and crying and saying, I'm an Aboriginal, and I've had the bone pointed at me and that community has cast me out of the community to go out in the bush and die alone.

Molly Knight 58:05 Oh my goodness.

Jenny Johnston 58:06 And he was really emotional. He could feel it. He was crying and then his conscious brain would kick in he goes, but I'm not a past life kind of guy like what's going on? And then, but I'm an Aboriginal one, all the emotions would come back again. People don't have to believe these. Another example was again in Sydney when I was running the workshop with someone and they were tapping back to the origin and then in the practice session, the the person being the practitioner said, Where are you now? And she said, I'm in the Vatican. And the lady doing the practice, she's like, looking at me like a deer in the headlights going, what do I do? And I said, just ask her where are you feeling? Or what's the emotion What's going on? It's a memory. You just treat it like a memory. Where are you feeling that in your body? What's the emotion one is it out of 10 but people will spontaneously go to past ` lives whether you believe it or not.

Molly Knight 59:03 Hmm, okay. Okay. Yeah, interesting. Right. Well, there we go. So, I, I am, I suggest, if you have issues, please learn to do tapping. Do you use any of Gary Craig's work? I know he's got a great website Jen and a lot of stuff's free to download.

Yeah, no I use EFT universe and EFT universe has a lot of free videos as well. But particularly over all my years of running workshops, I've got demonstrations from those workshops and people that have allowed them to be videoed and viewed and I've got over 400 free EFT videos under different categories.

Oh gosh, that's a lot.

Jenny Johnston 59:57 Yeah, on on YouTube. Yeah. called EFTAustralia one word is my YouTube channel. And I've got playlists like grief and loss EFT for cravings EFT for physical issues EFT using the gentle techniques EFT for PTSD. You know there's EFT using the movie technique where I said we do piece by piece. So I've got lots of different categories there that people can go and look them up and say, Well how do I do this? And I've also got a quantum EFT workshop which website which is quantum ef t.com.au. And I've got a quantum EFT playlist on my YouTube channel. And I am running a quantum e of t workshop online October 24 25. Okay, okay. So do you have to have any basic training learn to do EFT before you do your quantum one? No, you can just jumping. Yeah, I usually ask people to watch some of the videos or if they feel like it to do a session with me or private session before we do it so that they experience that for themselves.

Molly Knight 1:01:13 Yeah, yeah, yeah. Yeah. Okay.

Jenny Johnston 1:01:17 And one of the things, especially for all your listeners, is that from now till the end of the year, if anyone does want to work with me, they can do it at concession price, not for price. Okay, okay.

Molly Knight 1:01:30 That's that's marvelous, Jen. I mean, I can't recommend you more. I know, you've helped my husband heaps over the years, and I've certainly worked with you to my great benefit. So if anybody you know, is interested, please contact Jenny and have a session. I mean, I've seen profound change in people just in one session. Yeah. So it's not like it's going to be you know, every week for, you know, yeah.

Jenny Johnston 1:01:59 But then they're, There are people who do need longer term stuff for chronic things. But yeah, it can be surprising what gets shifted in an hour.

Molly Knight 1:02:10 Yeah, absolutely. I couldn't agree more. All right on that note, Jen, I'd like to thank you so much for joining me tonight its been very interesting and informative. And

Jenny Johnston 1:02:21 Thank you Molly, my pleasure. And Mike who's behind the scenes.

Molly Knight 1:02:28 Thanks, Jenny. It's um, it's It has been a pleasure. Thank you for all your information and your generous offer for the public its marvellous.

Jenny Johnston 1:02:36 No problem. Thanks for having me. Great to see you again.

Molly Knight 1:02:39 You to I hope you get to see your grandchildren soon.

Jenny Johnston 1:02:43 Me too.

Molly Knight 1:02:45 Alright everyone good night from Health Australia Party. Thank you for joining us and if you want to have some EFT whether you've got something physical or emotional, you know, contact Jenn and I'm sure she'll be able to help you in some ways, and Health Australia Party, we're doing our best to bring lots of interesting information to people. To help us all through this journey.

We're in a very interesting time. It's quite amazing to be alive right now really. And we all need all the help we can get. So help support Health Australia Party people, please join us and, and help us make sure that we have a good voice for natural health care in this country. Thanks, everyone. Good night.