



Transcript: #387 How to Simply Detox from Emotions with EFT with Amy Stark

Wendy Myers: Hello everyone. How are you doing? I'm Wendy Myers of myersdetox.com. Welcome to the *Myers Detox Podcast*. Today we have a really great guest. Her name is Amy Stark and she's going to be talking about how to simply detox from emotions, using EFT, the Emotional Freedom Technique. It's also called tapping.

Wendy Myers: We go into some really interesting research on why EFT works and how tapping can help take you from a stressed state to a more relaxed, parasympathetic state. This can take just a matter of minutes going through this very simple procedure. Doing some tapping on the top of your head, on your palms, on your forehead, here at your chin and then on your chest, as well. It's a very simple process. We'll do a demonstration for you.

Wendy Myers: We're going to be talking about some of my concerns or fears around the pandemic, traveling during this pandemic, my grief about the planet and the collective stress and fear that has gripped the United States, and the world surrounding this. It pains me to a certain degree. I am very emotionally and energetically sensitive. We talked a little bit about that, going through a tapping session, about how I feel in my thoughts around the pandemic.

Wendy Myers: We also go into emotional trauma and how emotional trauma is at the root cause of every physical and mental health issue. How all your emotions reside in your energy field. You have to release them with energetic protocols. EFT is one of the simplest things you can do. It's totally free. Amy Stark talks about this on her own podcast and her website as well. We're going to be talking about that on the show. It's a really good show. You know how to tune in. Amy's very, very in tune. She's very energetically sensitive and tuned in. It was a very interesting show.

Wendy Myers: I know you guys listening are concerned about toxins. You're concerned about your body burden of toxins. Where are you getting this stuff? How do you detox it? That's why I created a quiz at heavymetalsquiz.com. You can answer some lifestyle questions and get your results about how toxic your body is. After that you get a free video series that answers your most frequently asked questions about how to detox, where to start, what kind of testing you should do and how long it takes. All these different questions and more, are answered when you go take the quiz at heavymetalsquiz.com.

Wendy Myers: Our guest today, Amy Stark, is an author, speaker and a teacher about personal transformation. She is the host of the *Ophelia Podcast*. For over a decade Amy's been teaching others how to master their life and energy, with the most cutting edge tools and techniques. She has a degree in psychology, a Master's in education, is an LMT and a biohacker at heart. She's a trained Reiki master, reconnection healer, EFT practitioner, and is known around the world for helping people to create happier and healthier lives, full of joy and purpose. You can learn more about Amy and her work at starktransformation.com. Amy, thanks so much for coming on the show.

Amy Stark: Thank you for having me.

Wendy Myers: How did you get started in the health industry?

Amy Stark: I was a New York City science teacher. I was working in one of the most dangerous schools in New York City. The stress levels that I was experiencing at that time, being 22 years old and not really given the tools to handle such a situation, were crazy and I started stuffing down emotions and crying a lot. That really wasn't doing it for me. I wasn't becoming the best version of myself. Eventually, I decided I had to leave the job because I couldn't cope with the amount of stress that was going on. At that time of your life, you're kind of figuring things out anyway. Adding that on to being a teacher with these students, it was a lot. Unfortunately I did leave, but I wound up realizing that I needed to adopt another kind of stress management tool, which turned out to be meditation.

Amy Stark: When I started meditating, I felt a lot better. I was like, "Wow, how has nobody mentioned this to me? This is making such a huge transformation in myself." Not only because I was less stressed but I was able to see more clearly what it was I was thinking. I was starting to go over some things that had happened to me in my life, that I had not dealt with. Unexpectedly, because I was a science teacher, all these gifts started opening up. I was like, "Whoa. What is this all about? Nobody told me about this either." It was really an exciting time but it was also super healing because I was getting used to who I was. I was learning about myself, really for the first time because I was slowing down. It was really a fantastic experience.

Wendy Myers: You focus on EFT or Emotional Freedom Technique. Can you talk a little bit about that and what that is? How easy is it to do?

Amy Stark: Sure, when I was meditating, a lot of my sensitivity to energy opened up. I started to see energy and I started to realize that there were connections with patterns of energy and sicknesses. I was very curious about that. I realized, "You know what? If I can find a tool that can manage those emotions, maybe I can stop these patterns from creating themselves in the body." I became really good at tuning into what the emotions might have been with the people that I was working with. Sure enough, as soon as I started addressing the emotional trauma that they had, they started to unwind their illnesses or disease. They were starting to be more resilient in life. Eventually, I was using EFT all the time. I started saying, "This is something everybody needs to know, not just myself or my clients." That's why I've made it my mission to teach as many people as possible, EFT, including kids.

Amy Stark: What a lot of people don't understand is that emotional trauma in childhood can create mental illness, chronic illness and addiction, later in life. That's where this connection is really important for understanding overall health. Essentially when we experience trauma and we don't release it, we are in the fight or flight mode. We are not in rest, digest and heal mode. That's where we wind up over time, really creating disease in our body.

Wendy Myers: I don't think people realize we all have emotional trauma. Emotional trauma is at the root cause of every physical and mental health issue, without question.

Amy Stark: It's really interesting watching people while you're talking about emotions. They'll feel it in their body, where they're carrying that emotion or emotional energy, I should say. Their shoulders will relax, their back will start to release, their stomach will feel better or they'll start to have some digestion movement. A lot of things can get stuck in between that communication of cells. Emotional energy can be one of them.

Wendy Myers: Let's go over how simple it is to do EFT. Can you demonstrate that a little bit for us?

Amy Stark: Sure. Do you want me to tell you about the science behind it?

Wendy Myers: Yes, please let's do that. I want to have that.

Amy Stark: I was a science teacher so like I said, I didn't expect to really get into this field. Once I found it, I was hooked. When you do one hour of tapping, there's 72 genes that get turned on, for healing. One hour of tapping is a long amount of time to be tapping. You don't have to do it that long, but that's the research. There's also a decrease in cortisol levels by 37%, which is also pretty amazing. If you were to do meditation for an hour, you would see levels like a 14% decrease so this is significantly higher. There's other benefits for blood pressure and for

people who have PTSD, anxiety or depression. You can even have weight loss, help with test taking and things like that. All that research is on eftuniverse.com. You could take a look at what these long-term studies have been about, for the last 20 to 25 years.

Amy Stark: What's really happening and why it's so transformational is because the person is going to have a new orientation to the world, based on them tapping. Our orientation to the world is based on our neural network and how we see the world. In order to have a transformation, we have to change the neural network.

Amy Stark: This is the perfect combination that gets us into our body, it gets us focused; laser-focused and seeing what is currently present because we're now calming down. We're inside the body, we're getting into the parasympathetic and we are starting to shift our view of the world because our body is now getting a conflicting signal. We once were afraid of something and now all of a sudden we're feeling calm. The brain's like, well, this is a faulty network. We need to bring this down. This could be dangerous for us so it brings it down. Now the new permanent network has this calm feeling based on if you were afraid of a snake, public speaking, taking a test or whatever, you have this new orientation to the world, which is so amazing.

Amy Stark: What I also love about it is, because I see energy, I'm able to see the layers coming off of people of the past trauma that they've had stored in their body. I will point that out to people when I'm working with them. It can be a really transformative experience if you're tuned into where you're holding that stress, what might be coming up. If you're intuitive, you can even look at those pictures that you might be seeing and help to move it out even faster.

Wendy Myers: I talk a lot about bioenergetics on this podcast and how powerful it is to work energetically in the body, because that's where our emotions are stored. That's where our trauma is stored. It's stored in our energy field. There is no science that shows that that energy is stored in our brain cells, or any part of our brain. It's in our energy field, and that's where it has to be addressed. Talk therapy, cognitive behavioral therapy is great, but it doesn't release emotional trauma. You have to work in the energy fields to get to that.

Amy Stark: I actually have a psychology degree and back 25 years ago, or whatever it was at this point, I just knew it wasn't a complete process. EFT actually is considered the fourth wave in psychotherapy because it does have talk therapy. You are saying, "Even though I'm going through this, I still love and accept myself." There's an element of talking to it, but you're not retraumatizing yourself. You're actually releasing what it is, that's there.

Amy Stark: There is an element of talking about your emotions, and that is going to transform the whole experience. It also is somatic, as you're touching the body. It's this perfect combination that helps to release all these things. They really are

considering this a gold standard in terms of trying to help people to recover from posttraumatic stress and any kind of anxiety or depression.

Wendy Myers:

I had a session, an EFT session, and we were tapping and going through things that I felt were traumatic for me. I was talking about daddy issues, my father dying and things like that. I was astounded at how much I was crying and releasing. At that time, I wasn't really crying much at all. It was just maybe the beginning of my emotional detox healing journey. Really, I could not believe how much I was releasing in that hour session. It was amazing. It was so transformative in just one hour.

Amy Stark:

When you go through something really traumatic, like losing a parent, sometimes we get checked out of our feelings. If we let it all happen, we won't be in the present moment handling all the things that we need to handle. It's a coping mechanism. We sort of check out and we're kind of on autopilot. Then comes a time where it's like, okay, at some point you got to switch back on to tuning into how you're feeling. That's where I've actually worked with someone who lost a parent, and because of the work that we did she was able to stay present. She was able to use EFT to manage her emotions as she was going through it, rather than checking out. She was being her highest and best self, showing up in the way that she truly wanted to show up. That's a huge gift to give yourself, when you're able to stay fully present in such a highly traumatizing time.

Wendy Myers:

Also, because everyone has emotional trauma, this is something that everyone needs to be thinking about. It's very simple. There's very simple ways to address emotional trauma, to tap into that energy field using tapping, using EFT and releasing this stuff because we all have it. It's just sitting there causing adrenaline surges, cortisol surges, disrupting sleep and causing a myriad of mental and serious physical diagnoses as well. If you want to be healthy, you really need to be thinking about doing something like tapping for emotional trauma release.

Amy Stark:

A lot of people don't realize that there's big Ts and little Ts. A big trauma would be your parents passing. A little trauma might be from back in second grade when you were giving a presentation in front of the class, and you peed your pants. Well, some people might consider that a big trauma, but that could set you up for the rest of your life thinking that you're a fool when you get in front of a lot of people. You know what I mean?

Amy Stark:

We want to start unwinding some of these things that could be holding us back. A lot of times it's from childhood when we were not really exactly present or understanding of the world, and we made these assumptions. Then we made these neural networks and we made these ways that we see the world. It doesn't always work out for us. It's important that if you are about to give a presentation, let's say, and you're freaking out, to do tapping because it might

actually find that energy from when you were in second grade, release that energy and then you no longer feel that anxiety, which is really amazing.

Wendy Myers: Yes. Can you give us some tips on EMT?

Amy Stark: Sure.

Wendy Myers: How long should you do it, how often, et cetera?

Amy Stark: I use EFT in many different ways. One way is to reset in the moment to kind of recalibrate, calm down or whatever. One time I was going to an appointment and something had happened right before. I needed to get in the present moment and not be freaked out about what had just happened. I did a little tapping in the car on my way to the next appointment. That's a recalibration way of using it.

Amy Stark: There's also ways like, "I'm going to have this presentation. I know this is coming up," or, "I'm going to take this flight and I want to go on vacation. Let me do some tapping about my fear of flying or my fear of giving the presentation." You can also use it for limiting beliefs or if you know something happened in the past, you can also work on that now. If it's something super traumatic, you're going to want to work with somebody to get through that, to have some support. If it's something that happened in the past and you think you can handle it in the present moment, your brain doesn't really know the difference between what's happening right now and what happened before. If you start thinking about it, you can start rewriting it.

Wendy Myers: Yes, you have those neural pathways when you start thinking about something, you start reacting to it physically. You start getting a cortisol surge, or adrenaline surge and whatnot. You want to retrain, kind of repave that neural pathway.

Amy Stark: Yes, definitely. I would suggest that if somebody is feeling stuck, they could also use this. They can say, "Even though I'm feeling stuck, I deeply love and accept myself," and that can actually get them checked in and move out some of the energy that might be in the way. Then they're able to be like, "Oh, this is really about the fight that I had yesterday with my husband," or something like that. You really can see, "All right, I haven't been dealing with this thing." It takes so much energy to hold off those things that people don't even realize, because they're always holding it off. If they just take a look at it and accept it, which is what we say in EFT, "I love and accept myself." Then you can move through it.

Amy Stark: I give the analogy a lot, of when we want to go to a destination. Let's say we're using a GPS system. We would put in the destination of the new job or the new relationship. When we put in the other location, it has to be our location. We have to check in with where we're at. We're not going to get a new job. I'm not going to be a lawyer. I'm not going to put that in the box because if I were to check in to the location of where I'm at, the directions would be super long,

super hard and I wouldn't want to do it. If I wanted to just uplevel a little bit, I would check in with where I'm at and see what I need to do. That's part of what EFT does is, it really helps us focus on what are our next steps or what has been getting in the way of me experiencing life in the way that I want to. Why do I keep ending up in these relationships that are horrible?

Wendy Myers: Do you have any instructions on your website?

Amy Stark: I do.

Wendy Myers: Tips on how to do EFT?

Amy Stark: Yes, sure. It's www.starktransformation.com. There's all kinds of information about the science on it and how to do it. There's a diagram you can download if you want the different points. there's several different points. A lot of people get nervous that it's too complicated. I always say, it's sort of like when we got to know our iPhone or Android, whichever one you have, it was a little fumbly. At the end of the day, we were kind of like, "Wow, this is really cool. I have a computer, I have my phone, I have my Rolodex. I can reach people all around the world. This is neat." EFT is kind of the same thing. It's like this all-in-one tool that you can do anywhere and you could teach it to kids. Once you learn it, it's pretty easy to remember and utilize.

Wendy Myers: It seems super simple to me. I mean, you're just kind of doing these tapping points on your eyes, your chin and your chest. Can you give us a demo of what someone would go through to do a release?

Amy Stark: Sure. Do you have something that you want to release?

Wendy Myers: Yes. Well, I guess a lot of people out there have a lot of stress right now. Stress and fear about the pandemic or what have you.

Amy Stark: Sure.

Wendy Myers: I think there's a huge collective fear going on right now, that I think people who aren't energetically sensitive are tapping into and feeling stressed about that.

Amy Stark: Yes.

Wendy Myers: We can work on that.

Amy Stark: That sounds great. Before we get started, what we always want to do is tune into how much stress this is causing us, if we can. We want to say from zero to 10, zero being not at all and 10 being really high stress. Then decide on that number. It's subjective. It's okay if it changes, but it's just to help guide you through this.

Amy Stark: In traditional EFT, you can just say, "Even though I have this level of stress about this thing, I deeply love and accept myself," but I like to get more specific. I like to say, "I'm stressed about the finances. I'm stressed about what's to come. I'm stressed about my child going back to school or getting sick," things like that. Get really specific. Then if you feel it in your body, talk about that as well because your body wants to be acknowledged for how it's trying to cope with stress. The more that we can acknowledge it, the easier it is to release it. The body really wants to give you that information, that this is where you're holding your stress. If your neck is really bothering you, it's probably because you're holding a lot of stress there. I like to take a deep breath in and out. The first place that you're going to tap is on the hand, below the pinky.

Wendy Myers: That's very simple. Very easy.

Amy Stark: You're going to do it rhythmically if you can. If it hurts anywhere that you're tapping, you can back off. It's just energy. You're going to say, "Even though I'm at a level eight of stress with this pandemic, I want it to end. I want things to go back to normal." Whatever feelings you're feeling. Talk about those.

Wendy Myers: Even though I have about level three stress concerns regarding vaccine passports in order for me to be able to travel, I still love and accept myself.

Amy Stark: Only level three?

Wendy Myers: It's level three. It's just that concern in the back of my mind, but definitely it's disconcerting. I want to be able to freely move and go where I want and travel. It definitely has me concerned. Am I panicking about it? No. Will I live if I can't travel? Yes, but there's a concern there.

Amy Stark: Even though I'm at a level three on this, usually people are working at something a lot higher.

Wendy Myers: I'm personally not stressed about the pandemic, but I know a lot of people out there are. One of the reasons I left the United States was this massive collective fear about the pandemic. That melted away when I moved to Mexico, which I found really, really interesting.

Amy Stark: Hmm. We're going to go to the next spot. A lot of people say, "How many times are you supposed to tap on a spot?" I say, be intuitive about it but if you need a number, seven times is what they recommend. Then the next one is on the top of the head and it is where a lot of emotion can be stored. Sometimes people can get headaches there. Have you ever gotten a headache and then kind of rubbed out this top point here? For me, it works. Tapping here, we're going to say, "Even though I'm worried about the restriction of my travel."

Wendy Myers: "Even though I'm worried about the restriction on my travel".

Amy Stark: As I'm tuning into you, because I'm tuned into the people that I'm talking to, I can feel stress in your throat, I can feel it in your jaw and I can feel it in your upper chest.

Wendy Myers: I do have that. I do definitely get stuff in my jaw and throat.

Amy Stark: Take a deep breath in and out and just honor that. What I'm feeling in there is wanting to scream and be like, "You can't take my freedom away from me."

Wendy Myers: I think it's causing me more stress than I realized.

Amy Stark: That sometimes happens. Sometimes we go from one number, then go up a little bit and then we'll come back down. Let's acknowledge that stress that's in there. Just say, "Even though I want to scream, don't take my freedom away. You can't do this to me. I'm a free spirit. I'm an infinite light being." When you're really super sensitive, you know you have that capability. Wow. I feel this all into your ears.

Wendy Myers: I definitely have tension. I have to wear a mouth guard so I don't destroy my teeth. I'm grinding away at night.

Amy Stark: Sometimes, like I said, it's easier to just let go of that information that's being stored in the body, than to hold onto it and destroy your teeth or something like that. So take a deep breath in and out.

Wendy Myers: I'm traveling on Saturday. I'm going back to the United States on Saturday so I'm thinking about this stuff, about all the trouble.

Amy Stark: Then let's talk about that.

Wendy Myers: Testing, the testing and all that stuff.

Amy Stark: I'm still feeling a lump in your throat about that. Let's talk about it. Let's say, "Even though I'm about to travel to the United States, I just don't want to go through all that rigmarole of getting tested."

Wendy Myers: "Even though I'm about to travel to the United States, I don't want to deal with testing and all the restrictions involved in that". It also makes me sad that other people are not traveling. I'm sad that people have so much fear and stress around this whole thing. Around the whole pandemic.

Amy Stark: It is hard for energetically sensitive people to be in and among this energy. On my website you can actually learn how to clear your energy so your energy field actually gets that information out, but also over time it'll strengthen it so that information doesn't get in. Actually, you still have a little bit here. This point here is around anger and frustration. We'll just talk about some of the frustration. I feel like all that energy is about to come out of your throat.

Wendy Myers: I'll start bawling soon.

Amy Stark: It seems like you are resisting having to comply with something that you feel is ridiculous because right now, to me, you appear totally healthy. If you're in the health and wellness field, you're going to feel sick usually, if it's going to be contagious. There's probably an element inside of you being like, "But I'm not sick. Why are they testing me?" Or, "Why do I have to follow through with this?" Are you okay?

Wendy Myers: Yes, exactly. I personally don't believe that healthy individuals should be restricted in the way that they are, with measures like lockdowns. That's just my personal opinion after studying this for 15 months. I think it's a rebranding of the flu essentially, though some people have very serious consequences, obviously.

Amy Stark: Yes they do. Let's talk a little bit more about that. Go to the outside of the eye. Take a deep breath in and out.

Wendy Myers: Just personally, there's an injustice in the extreme measures that were taken worldwide. More people are suffering from these measures than the virus itself. There's anger and injustice. Facebook is this completely toxic environment now. It makes me really sad that we've come to this.

Amy Stark: What about somebody taking your freedom away might've happened earlier in your life? Is there any kind of time where you can connect where, "I lost my freedom and it was really hard on me."

Wendy Myers: Yes, absolutely. For sure.

Amy Stark: Take a deep breath in and out. I want you to think about that time where you felt frustrated, you felt helpless, you felt like you couldn't do anything and you couldn't fight back. Take a deep breath in and out.

Wendy Myers: I'm a Leo. I don't do well with being told what to do. Never.

Amy Stark: I knew that.

Wendy Myers: Never has worked for me.

Amy Stark: Well, let's go under the eye. That's under control.

Wendy Myers: Okay, yes.

Amy Stark: Sometimes we can have these viewpoints like, "People can't tell me what to do." In the end, if somebody is telling you what to do and it means you can't do what you want to do, it's really about shifting your reticular activating system. This is how you see the world to see that, "Well, if I jump through this hoop, then I can

do what I want to do, and it's not really that big of a deal. Yes, I am succumbing to some of their restrictions or what they want me to do, but in the end, I'm still able to go to the United States," and still will do whatever you're going to do.

Wendy Myers: Yes.

Amy Stark: We want to switch, we want to now focus on the things that somebody's telling me what to do. What we want to also do is say, "Hmm, that seems to be a theme in my life. What might've been one of the first times that I felt really upset that somebody was making me do something that I didn't really want to do?"

Wendy Myers: I remember something very specifically.

Amy Stark: See, it's amazing what comes up. Right?

Wendy Myers: I was three years old. I wanted a candy bar and my dad wouldn't let me have it. I stole it. I was like, "I'm going to have it. I don't care what you say." It's really rebellious. Then I went home and I tried to hide the candy bar behind the toilet, and my dad heard it fall and he came in, "What are you doing?" Then he made me take it back and apologize.

Amy Stark: Great. Let's tap on that and just say, "Even though back when I was three, I didn't like my dad telling me I couldn't have that thing that I really wanted." That feels really good for releasing from your throat and mouth. Take a deep breath in and out.

Wendy Myers: "Back when I was three, I still had issues, big issues, control issues with people telling me what to do. Even at the age of three".

Amy Stark: You must have been difficult as a toddler.

Wendy Myers: I was a breeze.

Amy Stark: All right. So we're going to go under the nose. I love this point because it really connects the mind and the body, really well. It gets us really checked in and focused. It's kind of where the magic happens a lot of times. Take a deep breath in and out, and then let's just talk about it. It seems like there's some part of the flying issue that you're not so okay with. Being in the air, wearing the mask, what might be bothering you about that?

Wendy Myers: It's definitely having to go do tests before we come in and worried about if you don't wear your mask perfectly. I know people that have been blacklisted from flying from that airline for life.

Amy Stark: Wow.

Wendy Myers: Insanity.

Amy Stark: Wow. I haven't heard that.

Wendy Myers: I know several people that have been banned from Delta for life for other things.

Amy Stark: Definitely, let's talk about that for a second. Let's take a deep breath in and out and just release that.

Wendy Myers: I don't know that I have concerns about that.

Amy Stark: It's in the back of your mind.

Wendy Myers: It's just the whole ... lck.

Amy Stark: So based on what you've seen, you do not agree with what is going on. That's where you're struggling because you're complying with something that you don't agree with.

Wendy Myers: Exactly.

Amy Stark: Let's take a deep breath in and out. Let's go down to the chin. This is the next point. This would be where you want to talk about any other feelings that you might be having. Like, what would I say if somebody said, "You're blacklisted," or, "Your mask is slipping. I've been yelled at in the grocery store".

Wendy Myers: That doesn't bother me so much. I think I have a lot of like grief and anger for people that have lost their business, lost their life from suicide, people dying from...

Amy Stark: Their lives are being destroyed.

Wendy Myers: Or people dying from the vaccine, even. I think that concerns me a lot.

Amy Stark: "Even though I'm concerned about everything that's going on," and I feel like you might want to say, "I feel like there's not much I can do," because that's what's coming up right now. Take a deep breath in and out and just say that. It's still around your jaw.

Wendy Myers: Yes, It's like a helpless thing. I want to help people so much...

Amy Stark: But you don't know what to do.

Wendy Myers: But I can't. I can't save the world. I want to help people or warn people or whatnot, but I feel very helpless.

Amy Stark: Right. There's a large, much larger force working against you if you're trying to get people to be aware of the things that you're talking about. Let's tap on the chest. There's two points right below the collarbone, we're going to tap here. This will be around fear. Take a deep breath in and out. We're just going to say, "Even though I fear that things won't get back to normal."

Wendy Myers: "Even though I fear things won't get back to normal".

Amy Stark: I heard, "What is normal now?"

Wendy Myers: What does that mean?

Amy Stark: "What is normal? What will be normal? What will life be like? Not knowing what life will be like".

Wendy Myers: Yeah, I think that's it. It's the not knowing are we going to have more restrictions, are we going to have vaccine passports, restricted travel and people not being able to leave their borders? I think there's a lot of unknowns that my brain doesn't do well with.

Amy Stark: We want to switch to this point that is not actually on standard EFT, which is right in the center of the chest. So right where the thymus is. This is a great place where you want to talk about grief, or how you've been really feeling because this kind of says, "Hey, I hear you. This has been hard on you. It is really hard to be sensitive and see people lose their livelihood or their lives because of what's going on. I deeply love and accept myself."

Wendy Myers: Even though there's so much uncertainty going on around the pandemic and feelings of helplessness where I'm wanting to help people and warn people about certain things, I still love and accept myself.

Amy Stark: Good. Take a deep breath in and out. Then we're going to go to the side points, which are where the bra line is, or hands width down from your armpit. You could do one side or both sides. It's just up to you.

Wendy Myers: A lot of people go across.

Amy Stark: Some people go across. I can't, because I can't reach. Anyway, we go to the sides. This is where we want to talk about the worry. What will life be like? A lot of people have children, and they're wondering what life is going to be like for them in the next 10 years. What's going to be the result of all this stuff that they've had to handle at such a young age. That's one of my concerns. Let's take a deep breath in and out.

Amy Stark: Now back to your number. How are you feeling about your number? Because it sounds like we talked a lot. We've brought up some other issues that were going on, regarding it.

Wendy Myers: I guess more stuff was coming up for me, so maybe my number is going up. At the same time I try to remind myself, we'll all be okay, we'll all get through this and things will return somewhat to normal. We'll all deal with it, including myself, we'll all be able to deal with what happens, come what may.

Amy Stark: Exactly. That's what we want to do is come from an empowered state and say, "I've made it through much worse, and there isn't much I can do about what is to come except for to adapt and respond in a way that has integrity with myself." That's where we want to shift always from "how is this happening for me" rather than "to me". By doing that, we get into that empowered state. How could this be working for me? I've been at home or that these restrictions have been applied. Maybe it's made me appreciate certain things or maybe I moved to a place that I really loved more or I invested in things that I didn't think I would get so much joy from, but I do. In my podcasts we call them pandemic positives.

Wendy Myers: Yes. There's been a lot of positives. I moved to Mexico. I just kind of wanted, just in case, to be out of the country. Then I also really got into investing in cryptocurrency because of all this censorship that's going on around Coronavirus and people talking about vaccines. In the future, we'll have Web 3.0 that's coming, that you can invest in now, and that's censorship-free internet. Facebook, YouTube, that's not going to be able to happen in a blockchain type of format where files cannot be deleted. There isn't this centralized controlling entity that can do that. Cryptocurrency is kind of this very high level kind of future technology that's coming out that's going to prevent big tech from being able to implement their beliefs and views on people.

Amy Stark: It's very important to be able to express who you are and what you believe in, regardless of what that is. As long as you're not hurting massive amounts of people.

Wendy Myers: Well, this has been very cathartic for me, but I'm sure there's a lot of other people that feel the same way. They just feel this collective stress and anxiety. It made me really want to run from the United States to be perfectly honest with you.

Amy Stark: Some people just feel like they can't, so this is something that they could do in order to get okay with where they're at and what's going on. To be able to handle day-to-day and be coming from their highest and best self and intuition. Obviously when we tap, we also are getting into the parasympathetic, which is the rest, digest and heal, which is where we want to be if we are trying to not get sick and things like that.

Wendy Myers: Absolutely. People were so stressed, you needed to have every tool that you could to be able to get into that parasympathetic state. I love tapping. I think it's such an easy, free way to tap into reducing stress. Can you tell us where you can learn more about what you do? You have a podcast and what's going on with your website. How can people work with you?

Amy Stark: My website is starktransformation.com. My podcast is *The Stark Transformation Show*. That's where we talk about EFT, we talk about shifting our mindset, we talk about basically anybody who's been on the podcast has gone through a dark night of the soul. It's like we are in a dark night of the soul collectively. For each one of us, it's important for us to recognize that people do get through that. That there are techniques for getting through that, and so I have people on my podcast that help others get through that.

Wendy Myers: Fantastic. Well, Amy, thank you so much for coming on the show and informing us about EFT and how really simple it is to do. Everyone, thanks for tuning in to the *Myers Detox Podcast*, where we talk about all different types of ways to reduce stress, get at the underlying root cause of your physical and mental health issues and how all this helps to facilitate detoxification. You cannot detox if you're in a stressed state. Those two don't go together.

Wendy Myers: EFT is a fantastic, simple way to try to reduce your stress so you rest, digest and detox better. Amy, thanks for coming on the show.

Amy Stark: Thank you for having me.

Wendy Myers: Everyone, I'm Wendy Myers. You can check out my work at myersdetox.com, where we have hundreds of podcasts and hundreds of free articles for you guys. Thanks for tuning in and I will talk to you guys next week.