



Lisa: You guys, we are live. Yay. Just checked it. All is happening. You guys are in for a huge, huge treat today. I'm just going to message Mel and make sure that we can be heard and seen perfectly by you guys because I don't want you to miss this. This is our "Can you see and hear us?" I love having someone on standby to go, "Is this still working?" So you guys, you are going to be meeting today, a woman who has had a huge, huge impact on my life. I have renovations going next door, so hopefully the sound doesn't get too bad. But you're going to meet Charity. She is a BodyTalk Practitioner.

Lisa: Now when I heard about this, I had no idea what it was, but I felt really drawn to learn more about it. You guys know I'm a little bit, let's see. I don't even think it's woo anymore to be speaking about energy and ourselves as an energetic being. There's things that we can't explain away super easily, but when you once start understanding things like quantum physics, energy and all this stuff, you just let yourself go into this world that doesn't necessarily make actual proper, I can get my head around this sense, but it just seems to work. When I thought about introducing Charity to you guys, I thought about the thing that she could help us all with that would have an immediate impact on how you feel. That's really around our stress and our overwhelm.

Lisa: So, let me introduce you to Charity. Hey Charity.

Charity Stilson: Hey Lisa. How are you?

Lisa: I'm sure that all the small steppers are going to be saying hi right back to you because we're really excited about this. I'm always excited to learn about new ways that can help me move from where I am, which can sometimes feel a little bit stuck, a little bit chaotic too, just feeling better in myself. So BodyTalk has been amazing for me and I'm sure everyone else is the same in terms of pretty much never having heard of it before. So could you explain to everyone a little bit about who you are and what BodyTalk is.

Charity Stilson: Okay. I'm Charity Stilson and like Lisa said, I use BodyTalk. I'm a BodyTalk and Bioenergetics Practitioner. I work mostly with women. I have a few men but mostly with women who are stressed out and overwhelmed. I also help them with their hormones. But we're not going to even go to that part today. We're just going to talk about stress because stress is my jam and we're all stressed out, right? So, people hear the term BodyTalk and they're like, "Okay, sounds intriguing, but I'm a little bit nervous." When children come to me, they're like, "My body's going to talk to you?" They can't quite figure it out.

Charity Stilson: So let me explain what BodyTalk is. So it's mind-body healing, but it's based on scientific principles that our body has an innate wisdom that it knows what is wrong and it knows that it can heal itself. For example, if we have a broken bone and the doctor puts a cast on it, the cast immobilises it, but the body heals it. We also know that our tissues are replaced every so many days, but ultimately our body has the ability to heal itself. So, like Lisa said, energy and



quantum physics, we know that our body's made up of energy. Well, I like to think of it this way.

Charity Stilson: So we have energy and we have energy circuits that run through our body. When these lines of energy, these pathways of energy are weakened or stressed, they're blocked or they're broken by symptoms that we have. It can be physical symptoms, emotional, mental state, belief systems that we have, attitudes that can be from injuries, anything like that keeps us from healing. So our body has this ability to do it, but why isn't it doing it? Why do I feel stressed out? Why do I feel overwhelmed? Why does my stomach hurt every time I drive past a certain place? Why did these things happen?

Charity Stilson: Well, those lines of communication or those energy circuits get broken in our body. So BodyTalk is based on three principles. First of all, we have to find out what's going on in the body. How do we do that? We ask the body by using neuromuscular feedback or muscle testing. Other people are familiar with Kinesiology. That's how we find what is going on. This is my BodyTalk chart. So we have a protocol chart that we use. I don't just come up with this stuff. So it's scientifically, everything that affects the body is on this chart. So we're going to ask the body, "What's going on?" Because all that information is stored in there, it's stored in our subconscious mind. As we ask the body, we're finding links to bring these energy circuits back into balance.

Charity Stilson: So, I like to look at it as the story that my body's trying to say why it has this problem. Why do I feel emotional all the time? Why do I wake up stressed out? So we try to find the story or the root of the issue. Here's the secret you guys that most people don't tell you. Until you get to the emotional part of an issue, it's not going to go away. You have to solve the emotion. So many times we can have a shoulder or a knee injury and it's like, you know what? The doctors do MRIs, there's nothing there. What is going on? We got to get to the emotion and that's what BodyTalk does. It gets to the root of the symptom.

Charity Stilson: So once we have, we've asked the body, we have the story, we have the links, then we tap on the brain, basically to say, "Wake up brain. You know what's going on? Get to work and do what you're supposed to be doing." We tap on the heart and the stomach so that it can download that information and basically get the body back into balance. So that's what BodyTalk is. It's mind-body healing. Woo woo

Lisa: That's so crazy because I'm thinking about it in terms of, from people who have never heard this stuff before and it just sounds like, woo. Especially because you and I have never actually met, we've never actually sat down. You've never touched my body in any particular way. Yet, and I want to share this example as a really ... but in our first session together, you asked me to come with a few different things that were worrying me. Of things that just weren't shifting. I had a few things and then there was one physical one and it was my shoulder.



Lisa: In my mind I was like, “Oh, this is going to be really embarrassing for Charity because nothing has helped this shoulder for almost a year and it just doesn't go away. I've tried all these different things and now, oh God, and now she's asking me to show her and I don't have ... this isn't going to work and it's going to be really like, what am I going to say? Oh, maybe we need another session.”

Lisa: So you were talking about the shoulder and you were doing all your testing and what you were talking about was shouldering the weight of the world and responsibility and my shoulders literally being weighed down in these different areas of my life, I've got quite specific. I'm like, “Yeah. Well, yes. That is what's going on.” Then you're like, “Okay, just hold your shoulder.” So I'm holding my shoulder and you're just, I'm trying to breathe in and out. Then you started doing the tapping from America via zoom and suddenly ... and then you're like, and I had literally shown you I couldn't get my shoulder up. I couldn't get it past there. Then you're like, “Okay, now just move it around.” I was like, “Oh my God. What have you just done?” I was like, “What is this?”

Lisa: I haven't had an issue with it since. I can sleep on it again. I was literally conscious of it every single night. I couldn't sleep on that side for about a year. I tried physio, cryo and all sorts of things. So you guys, what she's saying is actually real. I have experienced this in my life. But it's been on, there's been some real subconscious things happening. She's helped with my children who were going through quite a hard time, and it's freaky the things that ... I remember when you were saying about, Mimi. She was holding stuff in her legs and you'd done a healing overnight, like your time. Our time was night time. We had a session that morning and you'd explain to me about the legs. I was literally walking, all the kids came up to the room. We were walking down the stairs and Mimi's like, “My legs feel very light.” I was like, “Who says that?”

Lisa: So there's just been a lot of craziness around this stuff and it's why I thought, “You know what? Is it going to be possible? Could you help my Small Steppers? Could we ...” Like when you're like, “If there's ever anything I can do.” I was like, “Yes, there is. In fact.” So we're going to be doing a session with all of you guys with Charity. Not me. I'll just be taking the benefits just like you will. But first I just thought it would be really interesting to hear from you about stress because it's something that I talk about a lot. The Small Steps membership is basically designed to help women reduce stress in their lives through simplifying things, really stripping back a lot of the clutter. Obviously eating nourishing foods, but also mindset.

Lisa: I realised for me a lot of the time I was choosing overwhelm without even knowing I had a choice. So, I guess we just moved down the path of taking these small steps to try and reduce stress and add more joy to our life. But I'd love to hear from you. When women come to you and they're ... and you realise that a major problem for them is stress in their life, how is that manifesting itself and what's actually happening in their bodies?

Charity Stilson: Now Lisa, so when I started talking about stress, I just go, so.



Lisa: And go.

Charity Stilson: If you have questions? No. If you need to stop me, like stop me if there's questions, if you're not clear, because obviously when it's stuff that we do every day, sometimes we forget the details. So I want to make sure everybody understands what I'm trying to explain. So if you're like, "Oh, back up." I'm good with that. So, what is stress? We talk about stress all the time and you hear people, "How are you?" "Oh, I'm so stressed out and so busy." This is what my clients come to me saying, "I'm just coping. I feel like I can barely stay above water." Do you guys say that in Australia?

Lisa: Trying to keep your head above water?

Charity Stilson: Yeah.

Lisa: Yes. I'm drowning. Yes.

Charity Stilson: Yes. So stress is anything that throws our body out of balance. So I'm sure you've all felt stressed sometimes and we have varying degrees. Sometimes there's a little bit of stress. Sometimes we're stressed out to the max. So I want to tell you a little story and maybe you can relate. It was the day-

Lisa: Sorry. Hang on. I'm just turning this down. I just wanted to check on the comments in the Facebook group and I'm doing that on my phone. Keep going.

Charity Stilson: So, it was the day that I realised that I was addicted to stress. So, kind of like you said, "Oh, I had a choice in whether I was overwhelmed or not." Mine was this realisation that I was addicted to stress. Long story short, I had a neck surgery and the nurse's like, "Okay, this is how long it's going to take to recover. You're going to be down this many days. You'll be basically flat down in bed for this long." Me, I'm the energizer bunny. "Oh, I got to get all this stuff done." And I'm like, "Oh yeah. That's for other people, not for me." So I have the next surgery, I get home, doing good. About week one, maybe day seven, day 10, "Hey, it's not going as quick as I think it's going to."

Charity Stilson: So my friends are like, "Well, just read a book, or watch a movie, or," "You guys, mm-mmh (negative)" My brain could not stop. It wouldn't do it. Now before my surgery, see if you can relate. This is me, always rushing, always in a hurry. "Kids, come on, hurry. We got to go. We got to go, we got to go." Constantly pushing my kids, going to sleep at night, not restful sleep, tossing, turning, having a hard time falling asleep, waking up in the morning still feeling tired. Then I'd wake up the next day to more stress. I'm like, "Holy cow." But it took me having that surgery to really wake me up and say, "You got to stop something because you can't keep going like you're going."

Charity Stilson: Now, my mom actually died from, she had cancer, but she died at age 49. My dad actually said, "Charity, stress killed your mom." I'm like, "Dad, but what do I



eliminate? I've got a husband, I've got a job, I got my kids, I got all these activities." I did everything. He's like, "You got to stop." But I was in this cycle of being stressed out, burned out, coping. So if you can relate, I can't see the comments, but Lisa can. Just go ahead and put in there. "Yep. I can relate." Yes or no.

Charity Stilson: So what was going on in my body? I was stressed out to the max. We have these little tiny glands called the adrenal glands that sit in our back, below on top of our kidneys, and they were just pumping, pumping, pumping, trying to keep up with the stress. So let me give a simple explanation of stress.

Charity Stilson: In our nervous system, we have two parts. We have sympathetic mode, we have parasympathetic mode. Sympathetic is the gas pedal. Let me give you an analogy. In olden times, when they were fighting for their life, they had a tiger chasing after them, their adrenal glands would secrete the cortisol. Their nervous system would get the message, "I got to get out of here." The fight, flight or freeze mode, which would kick in, which is what we hear about all the time. That's sympathetic mode. We are in fear based thinking and we are running for our lives.

Charity Stilson: The parasympathetic mode is the break. That's where we have emotional calm and physical rest. That's where our body can heal. It can get the rejuvenation and the rest. But we don't live in parasympathetic mode these days. We live in sympathetic mode. So I want you to just think about how many tigers do you have chasing you in a day? What are your stresses that are chasing you that's keeping you in that fight or flight mode? We don't use our stress mode just for one situation. Some people, have you ever been where you are asleep and you wake up in a panic and you're like, "What in the world? I was dead asleep, I woke up and my heart's racing." We're still in sympathetic mode even when we're sleeping.

Charity Stilson: So we can't be in both modes at the same time. Most of us are in what I call sympathetic overload where our brain and our adrenal glands are just go, go, go. So we have known stressors and we have hidden stressors. So our known stressors. I want you just to think about this as I list off of a few because this will come into play when we do our little group session. So known stressors, common ones are; relationships, injuries, illnesses, especially if you have chronic illnesses, auto-immune, money can be a stress, time can be a stress, work, kids, fears, emotions, frustrations, anything from your past that you can't seem to move past, forward with, that can be a stress.

Charity Stilson: Old trauma. Old events, even once that we don't consciously think about anymore. They're in that subconscious mind because remember our little subconscious mind back there has everything recorded we'd been through. So you fell and skinned your knee when you were three years old and your brother was chasing you and you were scared. Yup. That's stored in your subconscious mind. So we have all these stressors going on and it used to frustrate me so much when I would listen to all these doctors and they would say, "Well, just



eliminate your stress." I'm like, "Okay, great suggestion. Let's see what am I going to eliminate; my husband, my kids, my work." You know what I mean? What do we eliminate seriously?

Charity Stilson: So our stress isn't going to go away, but there are things that we can do on a day to day basis that can help us to stay out of that addicted to stress mode that I was in. So we're going to do a little group session and we're going to do it on stress. Then I'm going to teach you a little stress reset technique that you can use every day.

Lisa: Can I just ask something?

Charity Stilson: Sure.

Lisa: Charity, I just love ... So sorry about the renovations. Hopefully that's not too noisy on the microphone. But, I mean I just I love hearing all of this. I hear it from people all the time. Like you said, we've got this low level stress. We're just in it all the time. It's just, modern life has tricked us into these, always stress.

Lisa: I also love that it's funny because when, especially as moms, as most of the Small Steppers are, it's really hard sometimes to eliminate things and we get frustrated going, "I don't feel like I particularly do have a choice about this particular thing in my life or this particular thing." But sometimes it can also be like, "I know I shouldn't be stressed about this, but I feel like I am." It's like this conditioned response almost. I just wanted to ask you, Amy has said, "Oh my God, is this why I get a sore lower back tilted pelvis? Need to go get therapy, Bowen or Cairo in the past. Is it my adrenal glands physically telling me to stop?" When you were talking about where the adrenal glands where I was like, "Oh my gosh, that is, that's the spot. That's the spot for me that gets sore too."

Charity Stilson: Yes. Two, it's like what she said is key. This is one thing that I tell my clients, because I'm not a doctor. I'm not. I'm an energetic practitioner. But there's cases of medical does serve its purpose. But when you go and you tell the doctor, "I have this wrong, this wrong, this wrong." and then they try to tell you, but they don't really know what's going on in our body. We can feel what's going on in our body. So just like that when your lower back is hurting, that is your body screaming out saying, "Something's not right here. We got to figure out what's going on."

Charity Stilson: Now to take it a step further, sometimes a client will have lower back pain. Lower back has a lot to do with finances and money. That's one thing. Let me just, for her, let me go to lower back and let me just tell you some of the emotional stuff that goes with it. You guys, I really am a geek when it comes to this stuff. I can geek out all day on these kinds of stuff.

Lisa: I can geek out listening to you all day on this stuff.



- Charity Stilson: Yeah. It's just so fascinating to me. Let me find lower back.
- Lisa: A lot of people are saying that they have lower back. So terribly sore lower back. Lower back is my nemesis. Same thing.
- Charity Stilson: Lower back comes up a lot. This book has a better description in it. But finances go with back. Okay, here we go. Lower back. So these would be trapped emotions that would be there. So emotions, we experience emotions every day. Our body naturally has places that these emotions go. So, for example, the liver holds anger. Your kidneys hold fear. Your heart is obviously joy and sadness. So we have natural places that our body puts these emotions and our body each day should take this and process it. Then by 1:00 AM in the morning, 1:00 to 3:00 AM is when your liver meridian works, which is a pathway of energy. It should process are our emotions and synthesise them. It's kind of the secretary of our body. It goes, "Oh, there's the emotion. I got to file it in this place." And then the body can take care of it. But when that doesn't happen, we get build up emotions in places and a lot of times that's when we get the pains there.
- Charity Stilson: So lower back, feeling financially unsupported, financially unstable, fear regarding money, wanting to back out of something, in a relationship that hurts, running away from a situation or relationship, feeling like your legs have been knocked out from under you or spiritual energy flow like walked in both directions. So for those of you who said lower back pain, I'm guessing that you probably fit. When it comes up for my clients, Lisa, they're like, "Oh my gosh, that describes me to a tee. It's every single one of them." Or there'll be like, "Well, not this one or this one, but pretty much all the rest of them." And it honestly, when I do these sessions, I'm just amazed. Amazed. I've been doing this for 10 years. I mean it can be from the smallest thing.
- Charity Stilson: So my little guy who's 10, he's my youngest, he just had this weird stomach ache the other day. He's my one that's really, really sensitive. I couldn't quite figure out what it was. So I just did a quick little session on him. There's one where you have them close their eyes and they imagine a colour and it gives an emotion. Then you basically talk them through it and tap it out and then it releases. Within 10 minutes hist stomach ache was gone.
- Charity Stilson: So my little niece comes the next morning to get ready to go to school and she's like, "Aunt Charity. I have a sore throat." My little Porter is like, "Mom do that colour thing on her." You guys it, and little kids, they shift so quickly because they don't have all these beliefs like we do. They don't want to stay stuck. To them it's like, "Okay. Yup, I'm good." And off they go. So it's just, it's powerful. I love it.
- Lisa: It honestly, I went in slightly sceptical and it has blown my mind time and time, and time, and time, and time again. So I'm a huge, and there's a few OMGs. Lisa just was like, "Oh my God. I think probably when you discuss the lower back stuff." So how about we get into doing a bit of a ... I don't know how you're actually going to do this ...



Charity Stilson: Okay. I'll explain it.

Lisa: ... press clearing. So I'm going to keep on me because I've got things, now everyone's asking about all of their different things, but we're not going to be able to do individual diagnostic stuff today you guys. We're going to do a bit of a group thing, but I'll give you Charity's details. I'm sure there's going to be some of you who do want to take it the step further.

Lisa: You know what talking about the kids is, what I've always found so hard is sometimes you know something's wrong and you just can't work it out and this is just all the hints. It just tells you what's going on for them on so many different levels. But it's also the same for me. Nick has used it too, it's just like, "What the hell is ...?" All of this stuff is going on for me and I would never have been able to get to the root of it. It's a fast track for me. That's what I've done. I know, I remember you saying, "Well, Barack Obama loves it. Oprah uses it. And all of these people." Because they're just like, "Let's just find the answers, do the clearing and move on."

Lisa: So, I have experienced that for myself. So you talk to us about what you're going to do and then just do it. I'm just going to let you roll with this.

Charity Stilson: So we're going to do a group session. Obviously, if we're doing a one on one session like Lisa said, we asked for specific things, but we're just going to do a group session on stress. All of us have a stress. I don't care if it's a known stress or it's a hidden stress, like sugar, not exercising, lack of nutrition or maybe your body's not absorbing what you're eating. The list can go on and on. But for each of you personally, we're going to do the group session. But I guarantee you it will affect you personally.

Charity Stilson: So before I start, I just want to start with this. It's energy healing. So energy follows intention. Time, distance, space do not matter. It's quantum physics. The macrocosm is in the microcosm. It doesn't matter. There is power in numbers. So whenever you're with a good group that there's a positive energy and you're like, "I just love this group." I'm sure Lisa's group is like this. You probably don't want to miss anything she does because it holds that good energy. So when we have good energy and we're, there's power in the numbers. So you're going to feel the power from that.

Charity Stilson: So that being said, I want everybody to think of, let's do two things that stress you. You can do an emotional stress, whether it's one of those that I listed. Relationship, injury, illness, money, time, work, whatever it is. Then, I want you to choose a physical stress also. Like, "Okay, yeah, my stomach kind of hurts." or "I noticed I get headaches two times a week." Or maybe, "When I have my menstrual cycle, I'm really, really ornery and I cramp or I breakout." Whatever the stress is for you, I want you to hold that for your intention. Then as I do this group healing session, you just keep those things in mind and I guarantee it will apply.

Charity Stilson: So, like I said, how BodyTalk works, I'm going to use my chart and then I'm going to do my neuromuscular feedback. So my muscle testing, that's how I'm going to see what we're linking together. Then when we get ready, when we have all the link or the story like I like to call it, then I will have you hold. If yours, if you feel it in your lower back, I want you to hold your lower back. Or if I say, "Hold one of these three places." You choose what is best for you. All right. Let me grab a piece of paper because I like to write so I can keep track of where I'm at because sometimes it goes to stuff all over the place.

Charity Stilson: So just relax. You just don't stress. So just relax and make sure that you keep breathing. You don't need to focus on your breathing, but don't hold your breath. So the first thing we're going to go to is emotional release. It's overwhelm, frustration, and the last emotion is anxiety. So, for example, when we go to tap this out, you will choose one of those emotions. Or if you're like, "Gosh, I can't between those two." It's okay you don't have to, but I wouldn't do all three.

Charity Stilson: So overwhelm, frustration, anxiety. So whenever we have emotions that are too much, we have to see what it's affecting in the body. So emotional release is when those emotions have gotten too big in the body, it can't process and release it. It's affecting endorphins and it's affecting our thyroid. So thyroid is right here in the neck. It controls our metabolism. It controls energy and fatigue is the big thing. But our weight, you can have hypo or hyperthyroid, but we're not going to go into physical. We're going to go to emotional stuff for the thyroid.

Charity Stilson: So thyroid specifics, we're going to go to holding back and constantly trying to please others. That constantly trying to please others or it can be carrying other people's burdens and their worries. Again, we're going to choose, I want you to choose one of these three. Lack of drive, tiredness or instability, just feeling things in life that are not stable. So these are all being held within the fibroid and it's affecting our fifth chakra. So chakras are, some people say chakras, some people say chakras. Same thing. Chakras are energy, or centres of energy that are in the body. We have seven major and then we have other minor ones, but they give energy to the body. They're energy centres that actually spin and they give energy to the rest of the body.

Charity Stilson: So we're going to go to the fifth chakra, which actually governs the thyroid. Within that chakra, we need to ... So I said it's energy centres. So these spots can be open, closed, weak, or too strong. So, for example, for a fifth chakra, somebody who's was too open and too strong, it would be those people who are very, very opinionated, that are very, very loud, they dominate the conversation. You can't get a word in edgewise. Close would be those people who hold everything and then they don't ever express themselves.

Charity Stilson: So we're actually going to open and strength this chakra. Two things here also you can choose from. One is staying silent to avoid rocking the boat. Then the other one is swallowed emotions. So especially emotions of anger or hurt. So as



I say this, you may not have this going on currently, but I guarantee if it's not happening currently, then you'll have something from the past that's like, "Oh my gosh, yes. This happened with my mom, and I felt like I couldn't speak my opinion." Those kinds of things. So just listen to your body, listen to what pops up, because your subconscious, what we're doing is we're bringing things to the subconscious. Things that you haven't thought about and all of a sudden your brain goes, "Oh, wait a minute. Yep, that did happen."

Charity Stilson: So, that's all for the fifth chakra. So that's all for the emotional release. So that's one link there. So we have the emotional release, overwhelm, frustration or anxiety affecting the thyroid where you're either holding back and constantly trying to please others or carrying other people's burdens, affecting your lack of drive, tiredness or instability. Then that's linking to fifth chakra, which we're just going to balance. But we're actually releasing from the fifth chakra, staying silent to avoid rocking the boat or swallowing emotions of anger and hurt.

Charity Stilson: So that's one part of this link. Now we're going to ... BodyTalk sometimes is like an equation. So this is wonderful stuff, and we're going to link it to something else. So we're out of the chakra, we're out of the thyroid glands, so we're not in any endocrines. We're going to go to a link to environments. So this is general environment. This is a place. So the place, and you can choose which one, it's either home or work. Those are the two places that are coming up. So when environmental factors come out, these are things on the external that are affecting us on the inside. When we have environmental factors, they enter either the brain, they enter the heart, or they enter the pelvis.

Charity Stilson: This one is entering the brain and it is affecting the amygdala. So amygdala is a huge, huge part of our stress response in our body. So when we process the world through our five senses, and as we process that, it goes into the amygdala. The amygdala's only job is to say, I'm safe or I'm not safe. It's the filter that constantly says. So when we have those triggers like ... I'm trying to think, I have a lot of triggers.

Charity Stilson: So say paying bills and you don't like to discuss it with your husband or your spouse and every time you pay bills, you just get that anxiety or you get a headache. That would be a stress trigger. The amygdala is automatically saying to you, "Nope. You're not in a safe situation." Every time I pay bills, it's not a good thing. Or every time I do homework with my children, we always fight because they want to do it the way the teacher said and do it some other way.

Charity Stilson: Whatever those triggers are, they go to the amygdala. The amygdala says, "Oh, not safe." When we're in a stress response, it is stuck in the not safe position. That's what triggers those hormones to flood through the body and then we get the anxiety, we get the butterflies in our stomach, we feel we can puke, we've got the headache, whatever it is that you feel like for the stress or the anxiety, that's what pops up. So for the stress response, we're actually going to do a stress reset and we're actually going to do amygdala to the prefrontal cortex. This is the part of the brain that comes in and says, "Okay. Yup. I was in a car



accident before, but that car right there coming at me, is not going to hit me.” The prefrontal cortex has to come in and say to the amygdala, “You're not in trouble. Calm down.” But when we get into the stress cycle that link is not working. So the amygdala stays in. “Wow. I got to get out of here.”

Charity Stilson: So that's what we're linking back together in the stress reset. We're linking the prefrontal cortex in the brain, all that insight, reasoning, forward thinking part that it does, the problem solving, we're linking that to the amygdala. Now we have to see what the stress is because remember we started with home or work.

Charity Stilson: So I want you to think about what your stress is. So each of you think about and it will come to you. When I say overwhelm or frustration at home, what's the first thing that pops into your mind? If I say frustration or overwhelm at work, what's the first thing that pops into your mind? That's the trigger that we're going to work on. So for everybody, it's going to be different. Choose one. I don't want you to do two, choose one. So we're going to link that to the prefrontal cortex and then we're going to link that to our adrenal glands. Adrenals is what puts us into the overwhelm coping mode. We're actually going to do a little tweak here on hormones and we're going to do cortisol. We've got too much production of this.

Charity Stilson: So cortisol is the hormone that's secreted from the adrenal glands. It can be a good guy, but it can tip to the bad guy really, really quick. So we've got too much cortisol going on. So we have to tell the body, “Slow down on the cortisol. We don't need to secrete so much because it floods the tissues.” Then we're actually going to link that to another neurotransmitter, which is called GABA. This one is a calmer, it's an inner ... we call it, an inner volume. It actually works on the pathways of antianxiety medication. So the GABA, we need more production. We're going to specifics here for GABA. Again, I'm going to name a list.

Charity Stilson: So if it was just me and Lisa doing the session for her, I probably would only do one or two, but I am going to name the list of things that physiologically GABA effects. So you choose from which one of those, and you may have more than one. So we have anxiety, so it turns anxiety down or off, sleep regulation, learning, like if you have a hard time learning things, comprehending memory and then also our female reproduction system. So that's what it affects physiologically.

Charity Stilson: So, anxiety, memory, those kind of things. If you have people who have in your family that have mood disorders like bipolar and some of those extreme things are extreme just mood fluctuations, GABA is going to be one of the issues that's going to come up. But for you specifically, choose what it is. Is it anxiety, do you need help with sleep? Is it memory, is your female hormones off?

Charity Stilson: Then we're going to link to ... this is where it gets fun. We're actually going to a belief system. The belief system is concepts around guilt and fear. So the way I



like to think of belief systems is, when we go through different experiences, our perspective say, I don't know. Let's say if you're at work and you have a boss that's difficult, that you feel it's never good enough for, you can develop a belief system about them or that you're not good enough based on what their perception is. But I like to think of them as sticky notes that we place on ourselves. Then pretty soon I'm hidden underneath these belief systems.

Charity Stilson: So this belief system is around guilt and fear. It is criticism of self. So being too hard on ourselves. This actually links to active memory. This is from younger years and it goes to the first time it's going to be different for everybody. Whether it is criticism from a teacher, criticism from a parent, a grandparent, a friend, basically where you did something that you are proud of and they basically were like, "Well that's not good enough." Or "Oh no, you missed this one." Or, "Go fix this." So going to that criticism. So the first time. This is early years, so this is age four to seven years old.

Charity Stilson: So the first time that we got criticised and all of a sudden we went, "Oh, I'm not good enough. I've got to do something else to get the approval of others." Then that goes back to the overwhelm because in our brain, we're trying to make sense of why is this wrong? What did I do wrong? I thought I did a good job, and yet other people were looking in. So that developed that belief system of criticising myself. So that's the belief system.

Lisa: Charity. Do we have to actually know what that is? Do we have to be able to ... no. We just have to know what happened. Yeah, okay.

Charity Stilson: Yup.

Lisa: So we don't have to be thinking because I can't remember shit.

Charity Stilson: Yeah. Well, and age zero to seven is where most of our belief systems are formed. Most of them are. We don't remember a lot of them. I mean, I think back to what, I mean, you may have one memory that you remember. So no. Remember the subconscious knows it all.

Lisa: Okay.

Charity Stilson: Okay. Overwhelm. Then we're going to link it back to earth elements. So this is Chinese medicine. I'm not going to go into too much detail. Just know we're going to Chinese medicine. Those who know it will understand what I'm talking about. We're going to earth element, we're going to stomach and spleen and this is where we have way too much overthinking. Overthinking and worry. Total analyzation.

Charity Stilson: Most of the time it doesn't even come true, but we can't stop ourselves. So we're going to balance earth element and then we're going to balance it to fire element. This is to the heart and that we're going to link to ... So we're releasing



the worry and overthinking and we're actually going to link it to joy, peace and clarity in just our daily life. So I like to think of this like, all this stuff can be going on, but I can still be having peace and joy and clarity within myself. So that's all the links, Lisa. So we're going to tap this out. All right.

Charity Stilson: So I want you guys to, you can choose where you want to put your hand. You can put it on your thyroid, which was the first one. Link to the overwhelm, the frustration and anxiety affecting thyroid. Or you can put on the prefrontal cortex. That's for the stress reset. Or the last one is you can hold just on your stomach, on your gut. So I'm going to hold on my thyroid and then everybody, I want you to close your eyes. I'm just going to tap. You don't need to tap, just close your eyes. I want you to think of those emotions. Whether it's the worry, overwhelm, or frustration, or anxiety.

Charity Stilson: Think of that emotion, I want you to visualise a colour. Once you have the colour, I want you to notice what size it is and shape. Is it as big as a house, as big as a car, a little bouncy ball, a tennis ball. Once you have the shape and the colour, I want you just to pay attention to that for a minute. Now as I tap, one of two things is going to happen. The color's going to get lighter and lighter in colour till it goes to white or it's going to just gradually disappear. So before that happens, I want you to think of the colour. Imagine it in your body, and then I want you to imagine that that colour is, your hand is a magnet, and that colour is being pulled to your hand.

Charity Stilson: Take a nice deep breath. One more deep breath. Then once you're ready to open your eyes, before you open your eyes, I want you just to gradually just move your hand just off of your body. Just like you're pulling that magnet off. Then take a nice deep breath. And then when you're ready you can open your eyes. How are we doing?

Lisa: Oh my God, I should check in here. That was so crazy for me Charity, because I don't think I've had a quicker ... it was like. It was really, I was like, "Is it because this is a group thing? And that was just really ..." because sometimes it's taken a really long time for me to shift stuff. You're like, "Keep breathing Lisa." And you're like, ta, ta, ta. This thing took a while. Then I'd end up in tears. I want to say, anyone who is actually crying right now or releasing any type of emotion; that has happened to me many, many times. But I don't know whether maybe that was just something for me that was just ready to go. I found it hard to hold onto the colour. It was almost-

Charity Stilson: Just ready to go.

Lisa: Yeah.

Charity Stilson: That's good. Yeah.



- Lisa: So that's different for me. So Lisa's just said, "Wow." I'm not too sure how you guys are going in there, but you can just let us know anything that you feel or going through right now. What can people expect, Charity? Also-
- Charity Stilson: So-
- Lisa: Yeah. So say that first.
- Charity Stilson: So first of all, you're going to just feel, overall just more of a peace and a calm. You're going to feel a deeper sense of wellbeing. The biggest thing that I would say, people, they're like, I just realised that those things we worked on, they don't really bother me anymore, or the intensity of it isn't as much.
- Charity Stilson: So one thing that I would suggest that you do, when I first started BodyTalk, I went with all my list of everything. So, especially us women, we forget when we don't have the stomach ache or the headache. So write down, "Okay, these are the things that were bothering me before the session." Then in a week go back and you'll go, "oh my word. That hasn't bothered me, that hasn't bothered me, that hasn't bothered me."
- Charity Stilson: So kind of helps because like you said Lisa, it is kind of woo woo. It is energy. It's not taking a pain pill, all of a sudden the headaches knocked out. So sometimes it can be subtle. Sometimes it's not. Sometimes it's like your shoulder. Instantly it's like, "Holy cow, that's gone and it's never came back." One thing I will say, make sure that you drink plenty of water today. Keep yourself hydrated because your body's going to keep download and processing that.
- Lisa: I thought it was really interesting the things that you were saying and some of the themes inside the membership. It was just really interesting to hear what came up and hear you talking through these things. I just realised I was just trying to use my hands like I normally would and I'm feeling a little bit light. But I just need a bit of a sleep right now. But people have asked a few questions.
- Charity Stilson: Okay.
- Lisa: So Tammy has said for her the colour started fading immediately, which is really interesting. Tammy's done work with Jim before as well. Brooke said, "No difference, but the shape is big." So would you recommend that she watches this again or what would you recommend?
- Charity Stilson: Yeah. I would suggest she can watch this again and honestly you guys, you can go back and listen to this time and time again and just replace it with a different emotion. Then if you feel the need you want to tap on yourself, go ahead and tap on your head, then tap on your heart, and then tap on your stomach. I would say she probably just needed more time to process that. So maybe after we get done with this call, maybe just go lie down and just close your eyes. Just take some really deep breaths and just try to visualise that. Then she can tap on



her head and then her heart and then her stomach until that shifts. But make sure to take deep breaths. So she probably just needed to give it more time.

- Lisa: Time. Yeah. I mean that's what I've always found too. They do sometimes take different times. Sasha said, "Colours started fading to white almost before you said it." Karen has said, "What if you couldn't really see a colour?" She generally has trouble visualising things when she closes her eyes but she found it very calming.
- Charity Stilson: Yeah. And that's okay. Some people, especially older, the older kids are so vivid. I mean they're like, "Oh my gosh, I can see green and yellow and it's fighting each other." They're so vivid. But I think that sometimes we try to put meaning with it and there's not really a meaning there. It's okay. If you don't see the colour just tap until you feel the calm. A lot of times, you can tell it's leaving when you feel like all's done. I got to take a deep breath. That's your body letting it go. So if you don't see the colour it's okay. It's still going to work.
- Lisa: Lisa wondered if the colour means anything. She tried to imagine blue but could only see red.
- Charity Stilson: Okay. Not necessarily, but there is, and I don't do a lot with this, but there is a whole psychology of colour and healing with colour. So you can search those kind of things. Sometimes colours do come up in sessions and I'll even have somebody like, you know what? You need to wear yellow, or have a yellow post-it note, or put a note somewhere. So yellow can or colour can help us but not necessarily in the session.
- Lisa: Yeah. This is the whole overthinking thing too, isn't it sometimes?
- Charity Stilson: Yeah. I'm an over-thinker.
- Lisa: Yeah. I know that we also were just going to share a little bit about how we can use this stuff for our children. Can you just give any before we go because I know we've almost hit the hour, but just share with us a little bit about how we can help our kids do a stress reset.
- Charity Stilson: All right. So, I do have a video on my website, Lisa, that they can go to and download. So I'll quickly teach this. But if you're like, "Wait a minute, I forgot what she said." They can go to my website and see that video. So first of all, when we do the stress reset, we're balancing right to left cortex of the brain to the rest of the body. It's really, really simple. Just like I tapped in the session, you're going to tap, but we're going to, with the other hand, we're going to do a hand placement. You guys, you cannot do this too often. If you are really in a stressful situation, you need to do it every five minutes, it's okay. You cannot use it too much.



Charity Stilson: So let me teach you real quickly and then I'll tell you how I use it with my kids. So you're going to start by placing your hand at the base of your neck right at the base of your skull and you're just going to hold there. Then as I tap, I'm going to tap on the top of my head. Now when you tap, your hand's going to go in front of your face and up here. We're not tapping like this. We want to hit both right and left and you're just going to lightly tap. Make sure you're breathing. Not a specific number of times. Then we're going to tap on our heart and then on our stomach. Again, number of times doesn't matter.

Charity Stilson: Then we're going to move our hand up one more. So it's right on top of where I was and repeat the same thing. Head. I usually take a breath each time. Heart and stomach, and then I remove my hand up one more spot and same thing, head, heart, stomach, and then I'm going to place my hand right about that and same thing. And you can just tap behind your head or your hand or in front, it doesn't matter or on top of it, it doesn't matter. Then heart, then stomach and then I'm going to come here.

Charity Stilson: Now everybody's going to have a different size of head, so you're going to have different number of hand placements. If you're already to your forehead or to your eyebrows, that's okay. Then heart and then stomach. And I'm going to go right as if I'm feeling if I have a fever. Right to my ... that's going to be your last spot. Then head, heart and stomach. Then once I've reached there, I'm going to place both of my hands on both sides of the head. You notice my hand is around my ear. I'm just going to hold there and then I'm going to take same hand and tap, keeping my hand on one, then heart and then stomach.

Charity Stilson: I'm going to place this hand back here and then I'm going to tap with the other hand. Head, heart, stomach. Then just place your hand back there just for a second. I usually take one last deep breath. Then just hold it for one second and then take my hands down. Simple. It only takes one to two minutes. So this is how I use it in my house. If my kids say, "Mom, I have a stomachache." I tell him and I teach my kids, you guys teach them. It's easy and kids love this stuff because they're so sensitive to energy and they'll feel it. They'll love it.

Charity Stilson: So I'll say, "Go tap on yourself." So they know. Anxiety is stress, stomachache, injuries. If you're at a soccer game or something and your kid fell and hurt their knee, have them hold their knee and then do the tapping on them. I set an alarm every morning at 7:30 AM before my kids go to school and we, I say, as soon as that alarm goes off, they all tap out their cortices. It will help them in school. It will help him with studying. If they're having a hard time studying for something, have them tap this out and then study. Have them tap it out after they study. They will put it into their brain like concrete.

Charity Stilson: There's studies where they've done it in schools with teachers who have done the tapping on their kids. Now once you've done it enough, I would set a goal you guys. Do it every morning and every night for 21 days. Look back in your little journal, what's been going on and see what's changed. Once you've done it a lot, so say you're, I don't know, doing a presentation in a whole group and



you're up on this stand, and you can't do this. You know what I mean? You can just slightly just tap your heart or tap on your stomach and just have the intention of I'm doing a stress reset. Take three deep breaths, and it will reset your nervous system like that. So this is my rule. When in doubt, tap it out.

Lisa: I love you saying that. You know Charity, you've made a big difference to our lives in recent months. Huge. This has fallen off the radar doing this. It's funny that there's just results when you don't do it. It's just, it's really quite amazing the difference it can make. I don't understand it necessarily myself, but I have literally seen it work. So, I'm leaving, as you know, I'm leaving tomorrow to go away for a few days. So my Mimi's been having the separation anxiety and actually all of them are feeling nervous about me going. I'm like, "Why haven't I been doing this bit?" So I'm so glad we remembered these. I'm going to do that all night tonight and tomorrow and doing that. So that's really cool. I'm even thinking it would be a cool thing to teach their teacher.

Charity Stilson: Oh yes, definitely.

Lisa: Because imagine teachers were doing this in the classroom, because it's ... yeah. Okay. I just, I hope that everyone else has enjoyed this as much as I have. Even if you don't necessarily feel the changes now, you will. It always happens.

Lisa: Charity, if they want to find you or want some more information about what it is that you do, what even to just, to book in a session, I would say that this, that doing BodyTalk has probably been the biggest bang for back healing modality that I have ever tried.

Charity Stilson: Yeah, I totally agree Lisa. Obviously I'm a little biased, but I'm open to anything. I really am. I went through some pretty rough things in my life and I honestly don't know what I would have done without BodyTalk. But we use it even for little things. My little guy was really emotional today and I'm like, "Buddy, you haven't had a real BodyTalk session for a while." He was like, "You're right mom." They can feel it and it helps. It helps in relationships that helps with stress. It just, it's amazing to me and it's life changing.

Lisa: It has profoundly had an impact on our family's life. People are saying, "Lots of tears in the beginning. Many thanks. Feeling lighter and we'll try to practise. This has been amazing. Thank you so much. Thank you so much. So I think we'll have to add it to our morning routine. Thank you for your time." So everyone's saying a big, huge thank you Charity. I just, and also, you know guys how there's, you can go to a doctor or you could go to a therapist or anything like that and you just have to find the one that feels good to you because that makes so much difference?

Lisa: Every time, like when we spoke before Charity, when you first came on, I was like, "Oh, it's so good to hear your voice. I love your session." Because I just adore you and the way that you bring yourself and a beautiful heart to your



work. So I'm just really honoured to have shared you with the Small Steps community. I feel like crying right now.

Charity Stilson: Lisa, I didn't tell them where they can find me. So I have a website.

Lisa: Yes you do.

Charity Stilson: I almost forgot.

Lisa: Well done, has a website.

Charity Stilson: charitystilson.com. So it's C-H-A-R-I-T-Y, Stilson has one L. S-T-I-L-S-O-N.com. Then if you're on Facebook, I do have a group that's called Dear Stress Let's Break Up. I do, do, if you go in there, I have other videos and other sessions that I've done, so you can go in there and see all the free stuff that's in there also.

Lisa: So what was it? Dear Stress Let's Break Up.

Charity Stilson: Yup.

Lisa: That is the best name for a Facebook group. I'm in love with it. Okay. Thank you Charity for your time. I know it's a bit of time of night for you and your four children.

Charity Stilson: Yeah. They should be home getting ready for bed. We'll see.

Lisa: Good luck with that and thank you for today.

Charity Stilson: You are so welcome. Thanks Lisa.

Lisa: Bye.

Charity Stilson: Talk to you later.