

Shrink Rap Radio #193, January 30, 2009, Holistic Psychotherapy with Sarah Chana Radcliffe

David Van Nuys, Ph.D., aka “Dr. Dave” interviews Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc.

(Transcribed from www.ShrinkRapRadio.com by Amy Wang)

Excerpt: *I used to be a perfectly normal person actually, who just did the regular talking, sitting with the client and maybe using client-centered techniques to try and understand what was going on with them and so on. I have to tell you, I did that because that’s what I knew how to do, but it could be pretty frustrating because you can support a person through a dark period, and you’re supporting them and supporting them and supporting them, which is better for them than not being supportive. There’s some comfort in that and some relief, but I’m not sure how much healing...actual healing. As in, they’re going to get up and have a new life after they’re done with you. They’re gonna be stronger. They’re gonna weather the crisis or whatever. It’s going to be meaningful to them to have that kind of connection with you. But in terms of profound change, I never saw it, and it was frustrating...Let’s put it that way.*

Introduction: That was the voice of long time listener and returned-guest, Sarah Chana Radcliffe. Sarah Chana Radcliffe is a registered psychological associate in Ontario, Canada. Over the past 30 years, she has counseled thousands of parents, couples, and individuals in her full-time private practice in Toronto. She practices emotionally focused therapy for couples, process experiential psychotherapy, energy psychology, EMDR, and cognitive behavioral therapy for parents. She’s the author of *Raise Your Kids Without Raising Your Voice*. She conducts parenting classes, keynote lectures, and workshops, locally and internationally. Her articles and comments appear in numerous print and online journals, including the *New York Times*, the *Toronto Sun*, and the *National Post*. She can also be found on YouTube answering parenting queries on iTunes with her own biweekly parenting podcast. Sarah Chana has been a guest on radio and TV shows in the United States and in Canada. Her website, www.parentingadvice.net offers education and practical advice to the international community on all aspects of parenting. She was also interviewed on Shrink Rap Radio #148, on my Wise Counsel podcast. Now, let’s get into the interview.

Dr. Dave: Sarah Chana Radcliffe, welcome back to Shrink Rap Radio.

Sarah Chana Radcliffe: Thank you so much. I’m so thrilled to be here.

Dr. Dave: Yes, by popular demand. You're a long time listener and supporter. I believe you were last on Shrink Rap Radio on #148 speaking about ego state psychotherapy. That was such an interview. People posted comments. People sent me email and so I really know that people will be happy to have you back here on, way up on now, #193. And you were also on my Wise Counsel podcast where I interviewed you about your book, *Raise Your Kids Without Raising Your Voice*. You will recall how impressed I was by your book.

Sarah Chana Radcliffe: Yes, that was a totally different kind of talk. And that was fun too. That was great. It's always great talking to you.

Dr. Dave: Thank you. I have to confess, and I think I've told you this before, that I experience a certain amount of cognitive dissonance with you. On the one hand, you're into some very far-out approaches, which really stretch my credulity. And on the other hand, you're a very solid person who inspires my trust.

Sarah Chana Radcliffe: A lot of people tell me that same thing, David.

Dr. Dave: Do they? I'm glad to hear I'm not alone in this. I just thought it was me. Okay.

Sarah Chana Radcliffe: No, no. It's me actually.

Dr. Dave: Okay, I'm inviting you to go ahead and blow my mind some more. Now, we've had some email back and forth and I know you practice a full gamut of mind-body techniques such as talking therapy, behavioral therapy, focusing, EMDR, something called Holosync, essential oils, herbs, exercise, stretching, lifestyle changes, food, energy psychology, your favorite being one I haven't heard of yet, except from you, called WHEE by Daniel Benor, who you say I should definitely interview. And also Bach Flower therapy. So you call this whole mish-mash, and I mean no disrespect, you call it Wholistic Psychology. Can we start out with you telling our listeners how you got into wholistic psychology?

Sarah Chana Radcliffe: Yes, I'd like to do that. I'd like to clear my reputation. Because I used to be a perfectly normal person actually who just did the regular talking, sitting with the client, maybe using client-centered techniques to try and understand what was going on with them and so on. And I have to tell you, I did that because that's what I knew how to do but, it could be pretty frustrating because you can support a person through a dark period, and you're supporting them and supporting them and supporting

them, which is better for them than not being supportive. There's some comfort in that and some relief, but I'm not sure how much healing—actual healing, as in, they're going to get up and have a new life after they're done with you. They're going to be stronger; they're going to weather the crisis or whatever. It's going to be meaningful for them to have that connection with. But in terms of profound change, I never saw it and it was frustrating; let's put it that way. And sometimes a client would say so, like "It was wonderful having you here but, you know, my life isn't or anything, right?"

Dr. Dave: Well, I've been in that place in the past when I was doing therapy so I definitely know what you're talking about.

Sarah Chana Radcliffe: Yeah, I think we've all been there. Now, it's not that I was looking for something. I didn't even know other things existed. But things came my way, let's put it that way. My office was situated in a multidisciplinary clinic, so we had a team of people like chiropractors, dieticians, massage therapists and all kinds of fitness trainers. Different kinds of people were in this physical space that I was in. They were looking at bringing in a medical doctor who had taken a course with Roger Callahan. Dr. Callahan was just developing his thought field therapy, which was the father of energy psychology, as we now call it energy psychology. You're familiar with that kind of stuff; the tapping and all that?

Dr. Dave: Yes, I think we've talked about it a little bit on one or more shows here.

Sarah Chana Radcliffe: So, I didn't know anything about it except what I had read in my professional magazines, which were full-page ads that said that Dr. Callahan had the cure for everything. That he had the cure for depression, for trauma, for anxiety. It read like, really, a very long list of stuff.

Dr. Dave: That's usually a red flag, right?

Sarah Chana Radcliffe: Yes, like this is ridiculous. However, the doctor, getting back to him, who was going to come to the clinic, had actually gone to California and studied with Roger Callahan. And this is a medical doctor, and he was a very solid man in our community here, someone I knew personally. He was going to come. He told me that he could help my clients get rid of their panic attacks without using drugs. I knew that would be of interest to some of my clients who we were doing talking therapy with, so I told them "Well, the doctor is coming soon and you can go see him. He has

this new-fangled technique.” I was shocked that the doctor had gone to California to learn this but he said it was for real. Now, this doctor was also an addiction specialist and he had two busy sides of his practice: the addictions and the medical practice. And now he wanted to bring in this new thing he had learned, this tapping; this energy psychology. And I guess he was just too busy. What happened was, he kept saying yeah, that he’s coming, he’s coming. But he never came.

I waited for about a year and a half, and I said, “Well, what’s the story? My clients...we’re all waiting for you to come.”

And he said, you know, he’s just not going to end up practicing at our clinic after all. Well, only because of that, I said, “You know what, I’m going to take the training myself then.” Because I had been talking about it for a year and a half to my clients; promising them something. And I saw there was a training in Toronto, where I lived, that was advertised and I signed up for it. Well, I think I was the only one who signed up for it because they couldn’t get...all they needed was 20 professionals from all over the world to come for this, and they couldn’t get more than two or three of us. So it didn’t happen. This was way back at the very beginning, where these techniques seemed so unprofessional that nobody with any self-respect would look at them. And that included me, except that this doctor had, kind of, you know, drawn me in a bit. We waited another six months or so, and they finally did manage to get 20 people. I think three of us were from the big city here and everybody else was from all over the province of the states that were nearby. And I took this training. Well, it was just a three day training or something, but it was transformational in my life. It was just mind-boggling. And that was the beginning of my unraveling. The beginning of my training into alternative things altogether.

Now, Dr. Callahan didn’t really tell us very much about what this work was that we were doing. He basically taught us, tap here on your body with your fingers, tap there with your fingers, and then the depression will go away; or the fear will go away; or the bad memory will go away; or your worry will go away. Whatever it is, it’s going to go away, if you just tap here or there. So, to me, this was kind of like walking into a room, and I turn on the light switch, the little thing that’s on the wall. Plus, light comes into the room. Now, I know the reason why light comes into the room but if you want to ask me personally, I couldn’t really explain it...something about Niagara Falls. I really don’t know why. I come into the room and I do turn that light switch on, even though I don’t know why. So, I was willing to do this tapping, even though I have no idea why we were getting the results we were getting.

Dr. Dave: Just for listeners...Isn't part of the idea that you're tapping on acupuncture points while you're visually rehearsing either the traumatic incident or whatever...something like that?

Sarah Chana Radcliffe: Well, if that explains anything to you, you're way ahead of me. That's true. That's true. It turns out what we're tapping on, according to this theory. Because my understanding is changing as I'm going along, but what they said what we were tapping on was meridian pathways.

Dr. Dave: Yes

Sarah Chana Radcliffe: And what they said meridian pathways were, were invisible channels inside the body that are an extension of the mind, and that are linked to...are part of the human body energy system, of which apparently, they tell me there's many levels. This is all news to me, okay? Like, I thought we'd just have a body with muscles and various bones and everything. Well, inside, we have, they say, these channels of energy flow, which have something to do with the mind. And somehow our traumas, our memories, and our feelings and things, are carried in these channels, and if you tap on outside of your body, it's something like doing acupuncture. Where there's blocked energy and you can unblock that energy or correct an energy disruption, as Roger Callahan would say. And then the energy would flow in a healthy way, correcting the physical, mental, emotional, and even spiritual aspect of the...whatever it was that you were carrying in that channel. So your body, mind, emotions, and even your soul would be straightened out. This is kind of what I learned was underneath this "Use your fingers to tap here, tap there."

Dr. Dave: Okay good, that's helpful.

Sarah Chana Radcliffe: What I did is I did a lot of tapping on myself before I dared to share any of this with any other live client who was paying me money because I was moving now into someone who was going to just sit in front of somebody to listen to them, talk to them, to somebody who was going to say, "now, take your fingers and tap here, near your eyebrows."

Dr. Dave: Yes.

Sarah Chana Radcliffe: I didn't even know how to make that shift. Once I did a tremendous amount of tapping on myself. Kind of going through my entire life and every bit of baggage I thought I had, and cleared out everything, and

experienced personally, the miracles that happened in tapping. Like the way the something vanishes from your psyche. The way your body changes, the way your feelings change. I had to experience that for myself.

Dr. Dave: Can I press you to ask, is there a personal example that you'd feel comfortable sharing? A piece of that baggage that you've let go of now...that you'd be willing to expose to the light of day here for our audience?

Sarah Chana Radcliffe: I have lots and lots of examples of client stuff. But I mean, tapping has become a way of life for me. I'll just say that...I'm doing the WHEE, which is another form of energy psychology. But it doesn't matter what I'm doing. I'm always doing something. Let's say, at the end of the day, just before I go to sleep, so that I don't have a whole bunch of stuff left over from my day that is going to give me troubled dreams, or insomnia, or tossing and turning, and all that stuff. What I'd like to do is, just before I'm going to sleep, scan the day and think what was left; whether an interaction with a child; with a spouse; or somebody at work; or something I saw; or something I read; what's still left bothering me, right?

Dr. Dave: Yeah.

Sarah Chana Radcliffe: And then I'll just focus on that and use the tapping for that. And then, what happens is that sometimes I thought it was something minor. Like, I thought it was something like, "oh yeah, that little..." I'm trying to remember something that happened just last week like that, where I thought it was just like a little nothing. When I'm tapping, it sort of went very deep into, like a childhood, you know, who knows what, and I'm sobbing. I was shocked. I thought it was a nothing, right? But I guess it was connected to something on the subconscious side and I just didn't know. And at the end, I was just perfectly clear. Like perfectly refreshed and clear and had a perfect sleep. It was just shocking to me that this little thing even went anywhere.

Now there's other times, of course, where I tapped on my own memories of very upsetting things, like some kind of crisis with, who knows what...I can't remember, to tell you the truth. All the different crises I've had. I can just tell you the general trend was to be feeling very upset at the beginning of a memory. And this was the same thing with a client. Like a client would sit in front of me and I'll ask them to give a number, we call this a SUDS (subjective unit of distress). And we ask them, between one and ten, how upset are you now? When a person is thinking of something, something sad, a loss, something scary...whatever it is, they'll give me a number. But

really, it's their face, their skin color, their eyes, the trembling in their voice, the tears welling up in their eyes...you can see that they're very very upset. And they might give that an eight, nine, or a ten. So, what they say and what they look like and what they sound like is pretty consistent.

Dr. Dave: Oh, that's a good point. I'm glad you're pointing that out because the one demonstration that I took part in, and I was asked to call something up and to give it a SUDS number before and after, it wasn't terribly convincing to me. And part of the reason, probably was, was that if you had looked at my face, you wouldn't have seen that kind of arousal. It just wasn't really that big of a problem.

Sarah Chana Radcliffe: That's right. Sometimes when a person's talking about a trauma, they actually can't feel the arousal right now. Then, in which case, I ask them to imagine a movie screen in front of them, and see the event happening on the movie screen. And then, look at how upset the person is in the movie; that person being them, right? Like, say, this is like, well okay look at yourself 20 years ago when you were going through that breakup with your girlfriend there and she just walked out on you. And take a look, use your X-ray vision, and look right into that guy. And tell me, how upset is he, between zero and ten? So, that guy, now over there on the screen, he's "n." So when he starts off, he can look into the younger self on the screen. And this can be somebody from...he can look at himself 20 years ago or 40 years ago or from yesterday; it doesn't matter when. He's seeing himself in a certain state and very very upset. When we finished doing the energy psychology work—the tapping on the meridian points—after a few rounds of that, which may only take a few minutes, maybe three minutes or five minutes or ten minutes, depends on what's going on. The fellow on the screen will be calm, so when he looks at him, he's like rewriting history. We're healing the way our life is stored inside of ourselves. So we're transforming all of this at a really deep level. And we go back to remember something that we've healed with tapping, we get the healed version. It's like we took something that was frozen in a deep freeze, in a traumatic state, and we take it out, and we thaw it, and we reorganize it, and we put it back in the cooked state. So it's now ready to eat, if I can give you a meat metaphor.

So, I started to do all this work and I'll tell you what happened to me because it's not as simple as even what I'm saying. What happened was Roger Callahan had a couple levels of training. One was called, I forget what he called it, but basically he gave algorithms or little recipes that said for jet lag, tap here. And for phobias, tap here. And for traumatic memory, tap here. He gave us a literal book of recipes. And that was his level one training.

But on the level two training, it was a diagnostic process, to see where was the blockage in the person's energy system. And in order to find out where that was, the therapist had to press on the client's arm. Now we're moving from "I'm going to tell you where to put your fingers" to "I'm going to stand beside you and put my arm on your arm" and I actually, as a therapist, was not prepared to do that at all. So I was kind of grappling, because in order to develop myself further in this skill that I want to learn, I had to take that diagnostic level. But I was not prepared to start pushing my clients' arms. I just wasn't. I'm not a massage therapist and it was just too big a leap for me, okay?

Dr. Dave: Yeah.

Sarah Chana Radcliffe: Now late at that time, I had a pain in my side that was just not healing for some reason. I told you I worked in this multidisciplinary clinic with lots of professionals there. There was this acupuncturist who was on our staff and I asked her if she could do something about the pain on my side. And she said sure, and she takes out a little pendulum, which is a ball on a string. And she waves it back and forth, back and forth. I said, "What are you doing?" She was standing in front of me waving this pendulum around.

She says, "Oh, this is muscle testing. Do you know what muscle testing is; when you press on the arms?"

And I go, "Oh, you can do that muscle testing with a pendulum? You don't have to press on the arms?"

And she said "Right."

I said, "Teach me that." So she taught me how to use a pendulum. Okay, now I'm not pushing on people's arms but I'm looking like a witch doctor!

Dr. Dave: Yeah, really. You're going down the rabbit hole!

Sarah Chana Radcliffe: Yeah! That's exactly how I think; I'm Alice in Wonderland, going to a different place altogether. Now, this lady was standing in our hallway at the clinic right beside me, testing my energy blockage or whatever with her pendulum. So, I thought that's how you had to do it. So I got myself an office chair with wheels so I could wheel close up to the clients and hold my pendulum in front of the client and see what their blockage was. And I learned the second level, the diagnostic level, and

I'm doing these great things with the energy psychology.

There was this 85 year-old woman. She's telling me this story of the last time she saw her mother, which was when she was 18, and she's waving goodbye to her mother off a boat. And as she's telling me, and she's 85 years old, she's sobbing. The memory is totally alive for her. It's never been subdued; it's never been healed. So we did a few minutes of this tapping work, maybe ten minutes, and at last, this lady was completely resolved. It was absolutely finished. It was gone, and we know it's gone because things happen. You can't even see the memory sometimes. It leaves your brain. Or what happens inside is, even if you see it, you feel like it has nothing to do with you anymore. It's almost like it happened to somebody else.

People use the same words over and over. Now I've been doing this tapping many hours each week, 20 or 25 hours each for 12 years or 14 years now; a long time. Maybe 15- or 20-thousand sessions of this.

Dr. Dave: Wow.

Sarah Chana Radcliffe: I know what happens. Although the client doesn't know what's supposed to happen, the same thing happens over and over, and we know it's a real healing.

I remember from these early days, I was just learning in these early days, this little girl who had a very severe water phobia. She couldn't take baths. She couldn't drink from a cup. Her life was crippled by this and of course, they'd done many different kinds of therapies by the time they go to me. Nothing was helping. Medications and everything. But within a couple sessions of this kind of therapy, she was completely cured. Her family was ecstatic, "You gave life back to my daughter. She's a normal person..." Like you felt like you were a shaman or something. You used to be a regular therapist and now you're doing something beyond beyond.

Dr. Dave: You're right. You might recall I went through some shamanic training a couple of years ago that one of my students had been quite successful doing. And one of the processes that we went through was using a pendulum, and going through the chakra system, and so on. But I'm still recovering from the fact that you've been doing this for 15 to 20 years. So I'm 15 to 20 years late here.

Sarah Chana Radcliffe: No, no. I've been doing for about...not 20. It was only introduced to the market here about 15 years ago and I came on rather early on it. I was certainly one of the first practitioners in my city, and that

left me looking really strange. Because now, people even know the word. They've heard of it, sometimes they've seen it on TV or they've read about it. But at that time, boy, it was really a leap. And I am a really conservative person. You wouldn't know it anymore, but I was really just a regular, very quiet, conservative person. Things like this scared me.

So here I was, trying to introduce this work to my clients, and they would always say to me, basically, "If it wasn't you, I'd be running out of the room screaming right now." Just to try to get them to do this.

My clients didn't realize how weird it was, because even though they experienced miracles, what was happening to me, was that my energy system was changing. And since I didn't know anything about the energy system, I was just going along with trying to help people get better. I didn't understand what was happening to me. So, I'm new to the pendulum, sitting up close to people, and I began to realize that I could feel the answer in the pendulum before the pendulum moved. I could feel changes happening inside of me. So I read a book by this guy, William Tiller, somebody at Harvard University, I think an engineer, who wrote about the energy system, and how we have training wheels for the energy system. The pendulum being one of them, where it teaches your energy system how to do something. After awhile, I stopped using the pendulum because I could feel everything in my own body. The client had no idea what was really going on with me. I would just say "tap here...tap there," diagnosing them. I don't know what they thought. But I was doing that because I could feel what was happening in their body, although it was freaking me out. I decided at one point that I would actually stop doing all this work because I didn't understand it and I thought it was getting very odd. But, a colleague of mine that weekend...I told my husband that I'm not doing this anymore. And a colleague came, and she had taken one of the trainings from one of Roger Callahan's students, a doctor, McKia or something like that. Anyways, she came with his book. The book told you that you start off pushing on the arm and in four steps, whatever it is, you should be able to feel all this in your body.

I go "oh! It's supposed to happen to us. Okay...alright, alright." So I continued on further. But I was having what I now understand to be, from all the energy work, something like a psychic opening. So that I could feel what was opening in people's bodies but I could also hear. I remember working with somebody who was remembering a traumatic car crash. And I heard the glass shatter, before he told me, what he was experiencing with the windshield, the foreshadowing, well, things like this began to happen, so I had to learn to trust myself. I was really very much by myself, and I think this whole journey for me, so that was one of the most important things that

came out of it was to develop real inner trust of myself. Because, before that, I would be like, “What book does this say it in?”... “Where is it?” ... “Who is it?”... “Please show me”... “Please teach me.” And this whole journey left me very much on own. And it was quite a growth thing for me.

So I continue to do energy work now but I’m on many different forms of it. Dr. Benor has a form that is particularly easy to do, which is for the client, which is called WHEE. And I do recommend you talk to him sometime and he can explain it all to you. All of the energy things work in a similar way and are very very profound.

Dr. Dave: Say a little bit about the WHEE. What does the W-H-E-E stand for?

Sarah Chana Radcliffe: W-H-E-E stands for “Wholistic Hybrid of EMDR and EFT.” EFT is one of the very popular self-help forms of energy psychology because it was really the easiest form to learn. A lot of Roger Callahan’s students came up with their own versions because there is no one right way. I think every person can move their energy through their own system, in their own way. So every one of his students came and taught a new way.

Dr. Dave: By the way, if listeners are curious to get more of a sense of this, there’s quite a few videos on YouTube of EFT demonstrations of one sort or another.

Sarah Chana Radcliffe: Right. And EMDR, by Francine Shapiro, who I know you’ve interviewed was never thinking of her technique in this way—in the way that it was altering something on the energetic level; the spiritual level; the psychic level. She was talking about desensitization. So EMDR stands for “eye movement desensitization and reprocessing.” As if it was a purely psychological phenomenon, which I don’t think that’s what it is. EMDR feels very much like an energy psychology. And I learned energy psychology before I learned EMDR, although I practice both of them.

But WHEE has the benefit of being much kinder, gentler to the person using it than EMDR is, although it looks, on the outside, like EMDR. I’m gonna let you talk to Dr. Benor about it because I want to tell you—and I want to tell you listeners—about a few other things I got into after this.

Dr. Dave: Okay! I trust your judgment.

Sarah Chana Radcliffe: Okay, now...One day I was working with a client who came to learn EFT (emotional freedom technique), one of the energy psychology things that we’ve been talking about. And while she was here,

she told me, “By the way, do you know about Holosync?”

And I said, “No, what’s Holosync?”

And she said, “Oh, you’ve got to find out about Holosync. It will help all the people you work with.”

So I said, “Okay, give me a Website or whatever.” She said it’s something that causes deep deep change on an overall level...I don’t know what...Anyways, I was working with her for a long time and she kept asking me how I’m doing with my research on that. What I discovered was that Holosync was a CD. It’s something that you listen to and it works on something like EMDR. EMDR uses bilateral stimulation. EMDR first meant “eye movement” because the first thing that Francine Shapiro was doing was asking people to move their eyes “left-right-left-right.” And then she found that people sometimes got tired eyes, and therapists got very tired hands from guiding the movements. The therapist would hold up the hand, and move her hand left to right and left to right, and the person would move their eyes left to right...everybody got tired. So they developed these little machines, like tactile stimulators that you put in your hand, where they buzz your right hand, buzz your left hand. Or auditory stimulation, where it beeps in your right ear, then beeps in your left ear. So what Francine realized, or what the EMDR practitioners all realized, is that it didn’t have to be eye movements. It could be any left-right stimulation of the brain.

Dr. Dave: Oh, that’s interesting. I hadn’t heard that.

Sarah Chana Radcliffe: Well, you being have had some interesting guests talk about the subconscious mind located in the right-hemisphere and the conscious mind in the left hemisphere. We know that when you do left-right-left-right, the wall between the conscious and the subconscious mind drops. So that’s why in the old movies, in the 1940s, when you see the hypnotist with his pendulum, going “look here...” The person’s moving their eyes left-right-left-right, and they go into a hypnotic trance. Remember those old movies?

Dr. Dave: Yes I do. I’ve actually swung the pendulum in a hypnotic context.

Sarah Chana Radcliffe: Well, what’s hypnosis? Hypnosis is dropping that wall between and the subconscious. And if you don’t do anything after that, we call it meditation. So if you just drop the wall, and the walls are down, and you’re awake; that’s called meditation. If you’re asleep, it’s called sleep....the wall goes down. If somebody’s talking to you, they’re either

doing something we call “hypnosis” or they’re doing something we call “guided imagery.” It depends on what they’re saying to you. And if you are using the conscious part of your mind to talk to yourself, you are using “self-hypnosis” or “self-guided meditation.” Right?

Dr. Dave: Right.

Sarah Chana Radcliffe: Okay, so what is Holosync? Holosync is a technology that uses bilateral stimulation. It has beats that you’re not going to hear actually on a CD. But they are titrated to drop that wall. But the interesting and amazing thing about Holosync, unlike EMDR, is that it’s done according to wavelength—brain wavelength—so in our left brain, we’ll say “the conscious brain,” we’re talking right now in the predominantly beta brain wavelength, although all our other wavelengths are also operating to various extents. But we’re heavily into beta. And then, if we close our eyes, we’ll slip lightly into alpha. And if we can go deeper, we’ll be in theta, and then there’s delta, and then there’s gamma...I forget which brainwaves they are, but they get deeper and deeper. The ones that we’re sleeping in is, I think, theta and delta; we have our dream life in there.

Now, Holosync is specially arranged to take you down. The way how I describe is ...an ego state interview, a picture of the mind that I drew, where I have a circle with a line going down it, so that 4/5 of that circle is on the subconscious side. And that line is the wall that divides the conscious “knowing” part of us, from the unconscious “not knowing” part of us.

Now, close to the wall is where Holosync starts us off. It does not drop us into the depths of the mind. It’s titrated into twelve different levels. So it drops you slowly, so you don’t have what Stanislav Grof called a “spiritual emergency.” Or a psychotic break, right? We don’t want to be dropped into the far end of our mind. And all of our baggage is wide open, and then we just crack up.

Holosync is meant to be very safe, so that it drops you close to your wall. Close to where you already are. And I think of this, although you won’t see this anywhere written, but I think of it as a vacuum, that comes to sweep out all the baggage that is close to the wall. When that level’s done, you can actually purchase another CD from Holosync, and go to the next closest level to the wall. And you move yourself across gradually, over a period of ten or twelve or more years, until you’ve done everything that Holosync will do for you, if you want to. You can actually stop after any level. I mean, Bill Harris, who is the man who produces Holosync, sells it through his Web site called centerpointe.com. He said it’s like getting your B.A., your M.A., your

Ph.D....you can go as far as you want. Or you can stop whenever you want.

Let me say what is happening here. The reason I didn't I ever want to do Holosync is because it takes an hour a day. So, who has an hour a day? At the time, a client mentioned this to me. I could barely floss my teeth, which takes however many minutes.

Dr. Dave: Hahaha. Right! That's my level.

Sarah Chana Radcliffe: So an hour a day was very unappealing. Yet this client kept saying, "You've got to investigate this." And also, I wasn't that motivated. Yes, I want to help my clients, but this going to be purely for my clients because at this point in my life and my career, I had done so much work on my own subconscious mind, with all of my energy psychologies and therapies, and things I had done, that I really felt I, myself, was not gonna really get anything out of Holosync. I felt I was already very clear up.

So between those two things—thinking that it wouldn't be useful to me and thinking that it would take an hour, which I didn't have—it took me a long time before I actually tried it. But I did try it at her urging. And the first time I used it, I was completely blown away. That my energy is open, as I explained already, I'm very very sensitive. And the first time I used Holosync, I felt...I cannot, unfortunately, describe it to you in words. But I'll just tell you something. It was extremely powerful and I'm very sorry to be at a loss of words for what it was, but I knew that it was doing something very real for me. And I was very intrigued.

At that point, I started to do some research and found that there were many other products, many competitor products, lots of things that were cheaper, that were easier, that were different.

In fact, one of my favorite teachers, a lady called Anna Wise, who wrote a book called *Awakening the Mind*, which explains a lot to me. So I tried to find out what was going on with my body and my mind. She's a brain researcher, and she explained how we can move ourselves through meditation, guided imagery, into various dream level states in order to awaken the mind. And if you awaken the mind, you're able to awaken your energy system. If you awaken your energy system, you'll actually increase and awaken your mind, and the whole loop starts there. You get all the benefits of what the medical and psychological profession acknowledge as the benefits of meditation, which is better physical health. I mean, I've seen physical research that says you'll have 80% less heart disease and less heart attacks, strokes...anything to do with the heart; 80% less for meditators. People

who meditate—real meditators—for twenty minutes a day, regularly. Where you have 50% less cancers, and if you do get sick, you heal faster. On a physical level, Herbert Benson wrote his first book, called *The Relaxation Response*, which was on a very simple form of breath-based meditation. And his whole book is about the physical benefits of healing, on a physical level.

Dr. Dave: Yes.

Sarah Chana Radcliffe: And then, we have Herbert Benson's second book, *Beyond the Relaxation Response*. I think it was subtitled. Anyway, what he was saying was we get emotional and spiritual benefits. Again, it's not just Herbert Benson from Harvard, but it's from all the research. Less anxiety, less anxiety, more calm, more emotional maturity, less reactivity...like just happier, calmer, healthier, on the emotional, and spiritual levels. Sort of like a bigger picture of life. And Herbert Benson's third book, which he did all these researches at Harvard over 30 years on his one little breath there. It was the Breakout response, which was about the Einstein response; how we become cleverer; we become more creative; our intelligence expands; due to meditation.

Those are the benefits meditators get if they are in studies that mediate twenty minutes a day. Here, Holosync is turning our brain into a meditating brain. See, the problem is, most people in North America don't meditate twenty minutes a day. They may go into a short spurt of growth somewhere. They went to a yoga retreat, they got cancer, they meditated for six months using mindfulness meditation. Most people do not really meditate regularly, despite the amazing benefits of it. They might do it for short term, but not long term. Apparently, in India, where you can have your guru and get really into it, let's say, learn in a monastery for eight hours a day, you'll get real real meditation. And probably Holosync is getting as close to that as a North American can get to it.

Now, I've been meditating with Holosync now for five years, after that first experience. And I've put hundreds of my own clients on to it. And I see they put all their friends and relatives on to it. People come with tremendous stories of "Well, I put my brother-in-law on to it because he hasn't slept his whole adult life and now that he's using Holosync, he's sleeping for the first time." Things like that. Lots and lots of wonderful feedback on Holosync. I tell people, "Look, this is a product that they offer a one year money back guarantee, so why don't you try it for 300 days and if you don't like it, send it back. Keep the little box it comes in, and the bill and everything, and just send it back if you don't like it."

I make it as a suggestion to clients who are experiencing stress, who are very anxious, or just need a fresh reworking of the brain. It's actually very cost-effective compared to therapy. Not everybody can do week after week of therapy out of their pockets. So Holosync is almost something that's going to help the person do tremendous healing, at the cost of one therapy session per year, approximately. Maybe two therapy sessions per year. It's a very cost-effective way of cleaning out your baggage.

Dr. Dave: Yeah. Let me just chime in here. A good friend of mine has been using Holosync as well for probably as long as you have or maybe even longer. He certainly swears by it.

Sarah Chana Radcliffe: Oh yeah. What I've found after starting it, is that that hour that I took out of my day—I get up an hour earlier in the morning—if I have to, I'll get up at 4:30 or 5:00, though I usually get up at 5:30 to do it, because it has done this miraculous thing for me. I've always been a pretty busy person and I have a half a dozen kids and I've been working, you know...I'm just busy.

Dr. Dave: You're not exaggerating when you say you have half a dozen kids. You have six children.

Sarah Chana Radcliffe: I have six children, so now I have grandchildren, and whatever...it's busy. What I found Holosync did for me, and I read about after I found this, is that it gave me hours extra of energy a day. So I can go with pretty good flow from 5:30 in the morning to twelve at night, on a steady basis. Something I could never ever do before. In fact, I used to pretty much be useless between 3 and 6 o'clock. I'd be very very tired, my whole adult life.

The first change that happened to me with Holosync was that tremendous flow of energy. Absolutely amazing.

There's one more thing I have to tell your people about before I get off the phone. We still have a little bit of time?

Dr. Dave: Yeah, we do. And let me just ask you though, before we move on to the next thing, which I hope is Bach Flower therapy.

Sarah Chana Radcliffe: It is.

Dr. Dave: Okay, because that's where you and I, in our email correspondence,

started.

Sarah Chana Radcliffe: Yeah, it's supposed to be all about that. Yeah.

Dr. Dave: But I wanted to ask you, during that hour that you're listening to your Holosync recording, are there sorts of mental practices or exercises that you are supposed to be doing? Or are you just really supposed to be sitting there in just a receptive of a state as possible?

Sarah Chana Radcliffe: The wonderful thing about Holosync is that you're not supposed to do anything. If you happen to like to meditate, which I do, I usually start with some sort of focus or meditation, because I have meditated my whole life long anyways. On Holosync, what you're listening to is something that sounds like raindrops. There's no talking on the actual CDs. And the first half of it has raindrops with some pleasant sort of gong, like a tone that's chiming there, but not in a tune. That's what you hear. And then your mind is free to wander.

So, I usually start off with some sort of meditation, which probably lasts about two minutes because the Holosync wave comes and scoops up my mind, so to speak, and takes it, so I end up pre-associating to who knows what. All of the sudden I'm thinking about...The best thing...One of the funniest things that happened to me during Holosync is that I suddenly remembered a friend that my grandmother had when I was three years old. I remembered the way the woman looked, I remembered her name. I mean, I never thought of this woman since I was three years old. And I called my mother up and said, "Did grandmother have this friend whose name was Doris, and she had blonde hair and everything?" It was a strange thing. Holosync carries your brain wherever. I don't know how it does that. You can't think too long about anything but you decide to think about during Holosync. But you can certainly start off if you want. Or you can just listen. Listen to the raindrops and you'll be drifting in and out of the consciousness kind of hearing the noise of their gongs and the raindrops sometimes, and sometimes not. In and out, in and out, like that. Until one of your levels of consciousness is cleaned out, at which point you have awakened, listening to the whole thing for an hour. That's when you know when you're ready to move on to the next level.

Dr. Dave: Interesting. Let's go to Bach Flower therapy next.

Sarah Chana Radcliffe: Yes, okay. Now, I guess I have known about Bach Flowers, B-A-C-H, it's named after Dr. Edward Bach, who was a medical doctor in England. He died in the 1930s. So his use of the flower remedies,

which I'll explain what that is in a minute, has been around for 80 years now, in the form that we buy them now from health food stores. And I knew about that them from the time I was quite young. I thought they were supposed to help you with your emotional state and heal things and help you with stress or who knows what. But I had some friends who were Bach Flower practitioners. But I thought the whole thing was very strange. And as I told you in the beginning, I was just a very conservative kind of black and white, show me the literature, type of person, so they had no appeal to me. But after I got weird, as I explained the history of that, I took a second look at things. I stopped being so skeptical. Things I could see now that the world was not exactly how I thought it was. In fact, there's many many levels that I just didn't know about. I had to admit I was ignorant and perhaps there were things out there that held information that I should look about, learn into, learn about.

Now I have, probably, an anxiety gene that runs through my family tree because I know that each one of my kids has a certain stage in their development...I know I've had anxiety off and on during my life. I don't have it anymore, I should tell you. All these things cured me completely of anxiety. I used to be a very anxious person. I don't have any of that now. But when my kids were little, and they're all big now, they would develop little quirks, like phobias or whatever it was. I remember, I was on one of my kids, who might have been six or seven years old at the time, who had a very very severe phobia of robbers. So when he'd go to bed at night, he'd start panicking about could there be a robber at the window and stuff like that. And for some reason, I said, I'm going to try Bach Flowers for this. I had actually tried a lot of other things with him but nothing was working. So I can't even remember if I tried the tapping, which might've helped him to settle down enough to go to sleep. But whatever I tried, it was not getting rid of the phobia so he'd start, at 4:30 in the afternoon, he'd start talking about it eventually. It was just overtaking the household.

So I tried Bach Flowers, and overnight, the whole thing went away completely. It just sort of made the whole thing disappear and I thought, wow, that's interesting. And I started to refer some of my own clients to Bach Flower practitioners for the help that they may have wanted when they didn't want to go to a doctor and take medication. But some people have to take medication for depression, for their anxiety, and other people are adamantly opposed. That's not the route they want to go, and yet they're having strong symptoms that could really use some sort of relief. I'm not an aromatherapist. I am a Bach Flower practitioner now and I started to study aromatherapy as well, which is also using flowers in a completely different way, but I didn't continue with aromatherapy because it was a much more

intense study required than I was willing to put time into. But I do refer people to aromatherapists and also to herbalists. Because each one of these disciplines can help people in different ways. I'd say aromatherapy and herbal medicine is kind of more pleasant form of psychotropic medication. So it would replace your Ativan, or for a person who's anxious or having trouble falling asleep, or even depressed. These forms of intervention can be a first try instead of medication for those people who want to go that route. And some people would only go the medical route. They would never consider alternative therapies. So this is just for those who don't want to go the medical route.

Bach Flowers is non-medicinal. It's called Bach Flower medicine or vibrational medicine, but medicine is not really quite the word here. Though Dr. Bach himself was a medical doctor. Maybe that's how the word "medicine" got in there. It's more like music. If you put somebody in a room with some very pleasant music and they sit there for an hour or so, even if they came in stressed to begin with, by the time they leave, their whole system will have calmed down. They didn't work out anything. They didn't think anything through. They didn't analyze their problems. They just feel better. And that's because our system...I don't know if it's the body itself, the energy system, our biofield around the the body...I don't know which part, but something there is resonating with the vibration of the music. And of course, we know that color also is a form of vibrational medicine and there's many forms of vibrational medicine. So, let's not call it medicine. Let's call it a remedy for now because any person can walk into any health food store and pick this up and see if it's working for them.

Dr. Dave: What are they gonna be picking up? Are they picking up flowers? Are they picking up little bottles of oil? What are we talking about here?

Sarah Chana Radcliffe: Okay, so for essential oils, they'd be picking up little bottles of oils so we're not going to be talking about that. We're talking about Bach Flower remedies, so they're picking up a little bottle of water. Now, the biggest complaint that somebody might have when they look at this is, they say what's in there, it's water. What it is...there's water and there's a flower. There's 38 different flowers that Dr. Bach used. A flower was put in the water. The water was heated, either in the sunlight or by boiling, depending on what kind of flower it was, for a few hours. And then the flower is taken out, so that leaves you with water. The theory is that the vibrational pattern of the flower is transferred or held by the water, due to the heating process. And when you take a sip of that water, or even drop it on to your skin, your vibration will be brought in mind of the vibration of that water, which had that vibration of the water. And the flower's vibration

is aligned with various emotions. So, Bach Flowers are very specific to the emotions that we feel. They're not like Prozac. It's kind of like you're energy's up, you're energy's down. You're motivated or you're not motivated. It's very very general.

Bach Flowers are very very specific. Like, let's say a person was very discouraged. Well, are they discouraged because they're afraid of failing or because they're burned out, or because they have no self confidence or because they have a negative way of thinking and they tend to get easily discouraged? Because each one of those would point to a different Bach Flower remedy. A person could learn what those remedies are by picking up a book on Bach Flowers, although a lot of people like to work with a Bach Flower practitioner, who has actually studied it in depth for a long time. And then have a practitioner make them up a little remedy bottle, because you can take five or six different remedies in one treatment bottle, a mixing bottle that's mixed up especially for you.

Dr. Dave: It sounds a lot like homeopathy to me.

Sarah Chana Radcliffe: It's related, kind of, except homeopathy works more on the physical level and on the emotional level, although it has an emotional component. Whereas Bach Flowers works on emotional level, and the reason Dr. Bach worked with these flowers was because he was into the mind-body connection. His interest was actually physical and medicinal. He wanted to prevent stress from affecting the body and he wanted the people to stay physically healthy. Or if they were unhealthy, to heal the emotional blockages which interfered with their healing, so that the body could heal itself. So when a person came to him with an illness, he treated them only with the flower remedies.

Now, that may be this wonderful side effect as far as I'm concerned, that your health will improve if you're on Bach Flowers, but what I'm using them here is part of a psychological practice. I'm using them to help shift the mood for it's own reasons because we don't want to feel overwhelmed, or we don't want to feel burnt out, or we don't want to feel depressed of various shades, or that life is meaningless, etc. So Bach Flowers tends to make it that you're working down hill instead of up hill, against the person's position, or their nature or their thought process. It makes therapy go a little faster because it's like all parts of them are on board with the talking part of your therapy. Whether you have the treatment parts of your therapy. Now Bach Flowers are amazing for children. A lot of pediatricians are now sending me children here who have separation anxiety and the parent's aren't gonna stick them on medication for this. And the kid's just suffering.

So people call their doctors and say, “It’s a miracle. The child wouldn’t go to bed by himself” or he wouldn’t go to school or he wouldn’t learn how to do toilet training. Whatever it was, the child’s anxiety was getting in the way with, a few days, or sometimes a few weeks on the Bach Flowers, so often changes that. So, I say to people, you can try it, I know it’s a little weird but it’s a \$20 experiment if I mix up a bottle for you. If it doesn’t work, well, there’s \$20 down the drain. But there’s no side effects. Bach Flowers have been used by pregnant people, nursing babies, nursing mothers, and ...they’re harmless. It’s really as harmless as water. That’s what it is.

Dr. Dave: And you’ve seen good results.

Sarah Chana Radcliffe: Oh my goodness! It’s funny, because there are two explanations as to why we have great results with Bach Flowers or I’m thinking now of this man I treated who had a very bad speaking public speaking phobia. And constantly had to give presentations at work and he was in his mid-40s when he came to me. He’d suffered his whole life. And he had tried everything. He’d tried medication, he tried public speaking lessons, he joined speaking bureaus, he tried hypnosis, he tried all sorts of interventions, and nothing helped him. He came to me...I forget why he was willing to try the Bach Flowers, but he did. Nobody actually believes in Bach Flowers. That’s an interesting thing.

I don’t think there’s any placebo affect with Bach Flowers because people think that it’s crazy. They don’t believe in it. And also, it doesn’t give any side effects. So, an SSRI or a medication like Zoloft, which will give you some side effects, so you think it’s working.

Bach Flowers gives you no physical side-effects. So there’s no help there, and nobody in the world is telling you that Bach Flowers will work. Unlike advertisements for antidepressants that say this is gonna help you. There’s nothing helping you.

Dr. Dave: Interesting.

Sarah Chana Radcliffe: Yeah, I think it’s a miracle when it does work. So anyway, this guy took the Bach Flowers and for the first time in his life, he was able to give his presentations at work without suffering. He stayed on it for a couple of years and found that he didn’t need it anymore than that. He was cured. To me, this fits in to what it looks like on this side, is that when we take Bach Flowers, it’s almost like it heals a gene. I know Dawson Church, in his book that I recommended to you, talks about epigenetic

healing. Where you can change a gene, or turn a gene on and off. But we tend to fall into, where our genes lead us, with anxiety, with mood issues, and if you can take Bach Flowers when you're having an episode of any of those things, it seems to undo a kink in the gene. And it keeps taking it when you're having episodes, and it keeps undoing these kinks. Eventually, you just don't have those episodes. In an adult this could take a year and a half or two years overall, and in a kid this goes much faster.

Another very interesting case I had with a child who had Tourettes. You know, Tourettes syndrome where they're making noises, vocalizations, or motor tics, blinking or shaking, twitching. The young boy that I was treating had a very bad case of Tourettes. And parents who were able to take him all over North America to try and get help. And unfortunately, nothing helped. When I told them, listen, we can try Bach Flowers, they really thought I was...they were very upset with me. But I guess they were desperate and they decided, okay, fine, you know, it's cheap. Sometimes I say, look, I'm not even going to charge you. Just take a try. But anyways, they did try it. The child was completely....[something] because I think Tourettes is maybe in the system, but they called me about two years later. Said that he was having just a little minor flare up. Could we have another bottle. Then I saw them about two years after that, and they said, "Yeah, that passed and that was it." It was about a week long or something of the flare up.

Now, with tic disorders, they wax and wane. But for this kid, nothing had been waxing and waning for many, many, many years. Some people say, if you give anything during a tic disorder and it goes away, that's just coincidence. Because tic disorders wax and wane. But fine, when they're waxing, or whatever it is, take your Bach Flowers because the chance of them appearing again gets less and less and less.

I don't think Bach Flowers work equally well for everybody any more than I think Prozac works equally well for everybody. You know, like, people have different responses to it. But overall, it's certainly successful enough that I feel very happy to tell people that there is an alternative out there that's totally harmless that you might even want to try before you get on stronger medication. Some people are using medication because that's the only thing their doctor offered them. Where they don't even know about things like this, and that's why I really wanted to let your listeners know, and maybe for people to let other people know, there are things, there's many many different things out there, and we have to keep an open mind.

Dr. Dave: That is the subtext of this whole interview. And it certainly challenges, maybe, because I continue to feel a lot of trust in you. I'm sure

your clients do as well. I think that's probably part of the magic. But just the fact that you've tried all these things on yourself, and I really believe you when you say that things have opened up in you; channels have opened up in you and you've been transformed by this work.

Before I let you go, I just want to remark on your website. I went to your website in preparation for the interview and I don't remember the address now. What is the address of your website?

Sarah Chana Radcliffe: I'm not sure which one you went to. I have one that's dedicated to parenting, which is parenting-advice.net. And that's everything to do with parenting. And then there's one to do more with my private practice and counseling, which is my name, SarahChanaRadcliffe.com. So it's Sarah with an "h" and then C-H-A-N-A and Radcliffe, R-A-D-C-L-I-F-F-E, dot com, so I have those two main websites.

Dr. Dave: I don't remember which one I was looking at either, but I was impressed that it was very professional looking, and there were a lot of features that I didn't recall seeing before. Now, maybe I didn't look at your website before. I don't know.

Sarah Chana Radcliffe: Probably that was SarahChanaRadcliffe.com.

Dr. Dave: Have you been updating it lately?

Sarah Chana Radcliffe: I need to. My husband, who is my web person there, I told him I have to put a paragraph on the WHEE, which I'm using, as I said before. But I have a lot of information on there about all of the stuff that we've talked about. So people can look it up.

Dr. Dave: Yeah, I'll put a link in the show notes as well. Maybe it was on the parenting website, I noticed you had a number of ebooks, and I think you and others have advocated that I should write some ebooks and put them for sale on my website. How's that working for you?

Sarah Chana Radcliffe: Well, I just started with that actually. It's an experiment. I've just recently gone up and it's just another way of doing things. So, I don't know. I'll let you know in about a year.

Dr. Dave: I just can't seem to find the time or energy to write those ebooks or focus or whatever, but maybe if I find the right Bach Flower remedy or do my Holosync.

Sarah Chana Radcliffe: Do your Holosync and take some remedies and you'll be writing real fast.

Dr. Dave: Okay, great. Hey, it's always delightful to speak with you and you're definitely gonna be one of my regulars here.

Sarah Chana Radcliffe: It's great speaking with you also.

Dr. Dave: Okay, so Sarah Chana Radcliffe, thanks so much for being my guest today on Shrink Rap Radio.

Sarah Chana Radcliffe: Thank you.