

# 92 - April Ebeiling Full EP.

📅 Thu, 8/25 6:42AM ⌚ 49:29

## SUMMARY KEYWORDS

people, tapping, bodies, absolutely, singing, technique, sing, find, point, april, health, talk, feel, wonderful, thinking, genuinely, energy, hymns, mentioned, call

## SPEAKERS

David Sandstrom, April Ebeling

---

- A** April Ebeling 00:00  
Your voice is so important for you to hear your voice is the one that you've heard your whole life. And how often have we used it to say negative things about ourselves and about others, you know, we are often guilty of saying things that are unkind. And it's so important for us to then use that same voice, to reassure ourselves that we are safe, that we are loved, that we are cared for, like, anything that we can do to reinforce to ourselves that we are important and what you say matters
- D** David Sandstrom 00:37  
Right. Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, Naturopathic Doctor and Biblical Health Coach, and this is episode number 92.
- D** David Sandstrom 00:57  
Today, we have in the show, April Ebeling. April is an adopted mom, an award winning musician, and a military veteran who is passionate about creating musical experiences that make a difference in our daily lives. She created singalong switch to rescue her mindfulness practice as a new mom. She has now helped 1000s of people around the world with this technique, 23 countries and counting, Sing along Swithc is a wonderful addition to your mental health toolbox. It's fun, fulfilling, and most importantly, fast acting. April. Welcome to Natural Health Matters.
- A** April Ebeling 01:32  
Oh, thanks so much for having me.

D

David Sandstrom 01:34

It's a pleasure to have you. I think this is a great topic, we can all use little mindfulness and ways to pursue more peace throughout our days. And I think this is a really cool technique. So why don't you tell? I know, there's a lot of people listening right now they're wondering, well, what in the world is Sing Along Switch? Can you give us a 35,000 foot view?

A

April Ebeling 01:54

Sure, sure, it is a combination of two very effective techniques for raising our vibration and sort of releasing any tension that we have in our body. One of them is singing, which I'm just gonna go ahead and assume we've all we're all familiar with singing. And the benefits you know, whether or not you are a singer, or or, you know, maybe want to sing in your car every now and then we all know the benefits of music and singing. So that's something that we're all pretty familiar with. Yeah, and the other is tapping or emotional freedom technique. And that's something that may not be as familiar. I sort of run across. Some people have heard of it before. But often, it's something new. And what it is, is using the principles of acupressure to use our fingertips and tap on different meridian lines of our bodies. And that really triggers that response in our bodies that that tells us that we are safe. And it allows us to be calm in a what can be a very chaotic time.

D

David Sandstrom 03:00

Yeah, absolutely. Yeah, that's great. You know, I had another practitioner on her name was Dr. Katie Nall, Episode 28, where we talked about Emotional Freedom Technique, and she led me through a session and it was amazing how I felt after we completed a little tapping session. So if you're comfortable, I would love to do that later in this this interview absolutely together. But you know, we are energetic beings, you know, we are biochemical, physiological and energetic beings, you know, we can, we can measure our energy flow, when we do an echocardiogram, we we can track some of the energy in our bodies. And as you said, we have acupressure points. And basically, an acupuncture meridian is where there's energy flow through our bodies. And sometimes that flow is like a river flowing through a stream with some rocks in it. And that energy flow can get disrupted. We call that resistance and electricity. But yeah, there's some resistance in our bodies, and it can get kind of clogged up and we release some of that. And it helps our bodies to through a EFT that is, and it helps our bodies to operate the way they want to the way our God given design has enabled us to function. So I'm really loving this, this is great. If you're thinking this is a little hocus pocus. It's not it's based in sound science. And it's really, really a cool technique. So April, a lot of times there's an event in someone's life that led them into the arena that they're operating in right now. Is that true for you?

A

April Ebeling 04:35

Absolutely. It is. Absolutely.

D

David Sandstrom 04:38

Can you share that story with us?

Can you share that story with us?

A

April Ebeling 04:39

Sure. Sure. So you mentioned I think in my bio that I'm a military veteran, and so I was fortunate enough to be a singer in the Navy, which is the best

D

David Sandstrom 04:49

Super cool job by the way. Thank you for serving that is an important job. But a singer in the Navy that is awesome. You know, my dad was in the Merchant Marine in his passion in life was painting oil paintings. And his job was painting backdrops for plays. So he had a great job in the military. It sounds like you had a great job too. But anyway, I interrupted, go ahead.

A

April Ebeling 05:14

Oh, absolutely no, I welcome any and all stories about, like, especially artists and people who are getting to pursue creative passion. Yeah. In the military, it's such a rare thing. So it's just wonderful to hear more. Yeah, so I and I always say, if you can join the military and do something that you love it, it really can be a wonderful career.

D

David Sandstrom 05:38

So best of both worlds. Yeah.

A

April Ebeling 05:40

Yes, exactly. So I really enjoyed my time as a singer in the Navy. And then I got out of the Navy and became the music director for our church, and I lead worship at our church for almost 10 years. And that was just super rewarding and wonderful in it and absolutely loved it. And then one day, it was Palm Sunday, which is my very favorite Sunday of the year, I was leading worship. And, you know, everybody's waving their palms, and we're doing our thing. And it was like a switch flipped. And I went from I, it was a job that I couldn't believe they paid me to do, because it was just so wonderful. And then something happened. And I genuinely it was like a switch flipped. And it was, all of the sudden, I, they just can't pay me enough to do this anymore. It was just like, you have an anointing to do something. And then sometimes, it's just not supposed to be your thing anymore. It was it was truly like, it was I mean, I was devastated. I really, really, really loved what I was doing. But I genuinely was like, I felt it when it happened in the moment, you know, finished, the service came home. And then the next day, like, during my quiet time, I was just weeping. And my husband walked in, and he was like, what happened and I said, I, I don't think I'm supposed to be the music director anymore. And I'm just, I'm so sad. And I didn't know how to tell him because this was like, you know, an income stream that we wouldn't have any more. And he was like, it's really fine. Like, if it's not supposed to be you, then that's just like, well, we'll figure it out. And so, so I stepped down as music director, and it genuinely was like, felt lost because I had this passion for music and just didn't know what I

was supposed to do. And as happens in that time, my husband and I had adopted embryos in order to become parents. And so I went through a fertility treatment that allowed me to be pregnant with our adopted embryo. And, and I got pregnant, and it was genuinely like, not that I wouldn't have been able to work and, and become pregnant and all of that. But it was such a gift to be able to just fully immerse myself in like, oh my goodness, we get to be parents, like we had worked and worked for years and years for that. And then and then that releasing of my position at our church just allowed me to just really be completely present for that whole experience. And so then here I am finally a mom, right? It's something that I've worked on, you know, and want it to be for forever felt like, and my mental health just took a beating was such such a stressful experience. And I want it to be my best, you know, like this is Oh, it's like a dream come true moment. Yeah. And all of the sudden, like all that, you know, I mentioned having a quiet time, right? Like, good luck. When you have a newborn, I'm like,

D

David Sandstrom 08:55

I we have four we have four girls, and within our last bar was twins. So we know what those first few months are like, it's not easy,

A

April Ebeling 09:04

right? It's like, I mean, I used to have all this time, like this massive on ramp to my day where I could read and pray in journal and seeing like, all of the things. And now I'm like, It's been a week since I've taken a shower. I just don't have time for any of that. And so I really, like absolutely needed something that would help rescue my mental health in this super stressful time. And it absolutely had to be short. Like I needed to be able to do it in a short amount of time. And so I knew singing obviously was something that really helped me. And then I had run across the tapping technique as part of some business classes that I was a part of, a few years before that. And so, one morning before my husband headed off to work, I was like listen, I just need three minutes. Let me go on the back porch and like, I just need three minutes. And so I went back there and I just started tapping and singing as a way to calm myself down. And it was a huge reason. And it just really allowed me to be my best self to show up as the best mom that I could be in a time when I was so stressed. And, and so I did that for myself for years. And then it happens. And then COVID created chaos for everybody. And so I thought, you know, I'm, let me just share this with other people and see, you know, if this helped me so much, maybe it will help other Yeah. And as you mentioned, I've now reached 1000s of Yeah, I just, I, when I say it, I grin every time because, like, I still can't believe that's something that I've genuinely developed for my own. Like, to keep me sane, in those early years or early months of motherhood has, has helped so many other people.

D

David Sandstrom 11:05

So I'm curious, do you think if you still had your full time position as a worship director at your church, would you have had the bandwidth to start doing what you're doing today?

A

April Ebeling 11:18

Exactly. That's a great question. And I would not I, it I've, as I look back on life, and and all of

Exactly. That's a great question. And I would not, if I've, as I look back on me, and and all of the different career transitions that I have had, it has always been that I have to give something up before I get the next thing. So I mentioned I was in the military, right? And I, I knew after my four years, my husband and I were engaged, we were going to be married. And you have to sign on for four year increments with the voluntary and so it was that sort of decision point of do I want to do another four years? Or do I want to get out and get married and, you know, be completely like, on board with whatever we want to do as a family. And I decided that to make that a priority. Because when you're in the military, for better or for worse, they pretty much own you. And you got to go where they tell you to go and do what they tell you to do. And as a single person, it worked. It was beautiful. That knowing that I was going to be married, and then hopefully we would start a family. I was like, that's, that wasn't something that felt right for me in the moment. I know plenty of people that do it and do it, do it well. But for me, that was just

D

David Sandstrom 12:36

so you know, God knew that he had a new chapter for you in your life. It was children is going to include marriage and was going to include helping other people, and really expanding God's kingdom with this work. So even though giving up singing at the church was was a tough transition. God had something better in mind is in store for you.

A

April Ebeling 13:01

Yes. And the the important piece being that you don't always know what that's right. Or in my case ever, like I just, you know, I stopped with the military. And then I it was six months before I was the music director at that I was sort of, again wandering around like, I'm not sure what to do. But yeah, yeah. And then here we go, like so just always another,

D

David Sandstrom 13:23

So do you do classes online? Do you do them in person? What is your practice look like?

A

April Ebeling 13:31

Well, that's another great question. So I've, because I started this or sharing this publicly during COVID. It started primarily online. And I teach through an app called Insight Timer, and it's a free meditation app accessible for anyone anywhere. And I do live events at least once a month, many times I do more than one a month. And those are completely free. And that's something that is, you know, available to anyone.

D

David Sandstrom 14:02

So I'm Yeah, I'm ready to go. So



A

April Ebeling 14:04

yeah, but there please, actually right before we did this interview, I completed a live event. Right before we got on Yeah. So we do so I do those. And then I use like people that are there that enjoy it and win with like more one on one help than I do lessons like one on one lessons. And then just this past year, I was able to do some in person sessions for the first time and that was such a privilege because online is wonderful. And we have all just felt how, what a great way of connecting this is when we're not able to be in person. But we also know just how wonderful it is when you get to be, you know, live in the same

D

David Sandstrom 14:47

I love technology. We're using it right now and it's a wonderful tool, but you cannot replace that face to face knee to knee interaction with another human being it at all. It all goes back to that energy that aspect, each person has an energy and you feel it. You feel that person's energy when you're near them. And collectively, it a group we have even more energy, right? I mean, look, the example I like to point out is, you know, you go, you're watching the big game, it's the Superbowl, let's say, you know, and they're doing the pregame show and the guys down there on the field. And he says, Yeah, you don't feel the energy down here on the field is absolutely electric. And he actually means that that's literal, you can feel that I've never been to a Super Bowl, but I've been to some college games, where there's 90,000 people in the stands, and you feel that collective energy. It's really an amazing thing when you when you tune into it. And that's what we're talking about here is energy today. So, so what why don't we talk a little bit more about the specifics on what emotional freedom technique looks like, and your version of it?

A

April Ebeling 15:54

Okay, great. So you've mentioned you had a practitioner on that you interviewed earlier in Dr. Katie Nall, and she, she does a great job of speaking with tapping, which is the, like the foundation, like of many, many practitioners do that. And it is very effective. And, and just a wonderful way of acknowledging where you are, and then helping to release anything that's holding you back. And so what I've done is, is just kind of added singing to that piece so that it helps to raise our vibration and in a faster way. I call it a shortcut to calm is, again, specifically only because I needed it in the moment. I was like, I ain't got time for that.

D

David Sandstrom 16:48

Yeah, I don't have time to get to the gym or do an hour long yoga session. Right? I need something faster.

A

April Ebeling 16:53

Exactly. Exactly. And, and like, again, so not meant to replace any of these other. Like, again, I mentioned journaling, and reading and writing and all of these other great mental health practices, that can be a huge support for you. But if you find yourself in a time when you're like, I got three minutes, what do you got? You can help?

D

David Sandstrom 17:13

Yeah, that's great. And yeah, it is that quick, which is another amazing thing about it. It's pretty cool. And you know, one of the things that Dr. Nall talked about when we when I had her on the show is that it's important to hear your own voice. And, and when you hear yourself singing, it kind of takes your voice to another level. So I'm really intrigued to see you demonstrate this.

A

April Ebeling 17:39

I'm so glad you mentioned how important your voice is. And so I'm just going to piggy back and I will, I may say exactly what she did. But I think we need to hear it again. Your voice is so important for you to hear your voice is the one that you've heard her whole life. And how often have we used it to say negative things about ourselves and about others, you know, we are often guilty of saying things that are unkind. And it's so important for us to then use that same voice, to reassure ourselves that we are safe, that we are loved, that we are cared for, like anything that we can do to reinforce to ourselves that we are important and what they matter,

D

David Sandstrom 18:24

Right? Absolutely. You know, one of the things I want to point out too, is and I've believed this for quite some time, you know, raising four children. And that is all people, boys and girls are born with a desire to sing. All toddlers love to sing, and they love to paint and draw too. But you know, when we get to school, we started interacting with other kids that gets laughed out of them. Which is a real shame. You know, and we call it growing up. But I don't believe that that's ever supposed to go away. That's that's a God given desire. And you know what, I might not be singing on stage. And I might not be cutting any albums. But there is something about singing, you can change your mood in a minute. And you can even you know, just listen to some music and it can change your mood dramatically. You know, I'm thinking of the Rocky theme, you know, you want to get people going, you know, doing a motivational speech, you play rocky before you get on stage. And this is gonna get people pumped up and ready to hear a motivational message. Right. So there's a lot to that, huh?

A

April Ebeling 19:33

Yeah, well, you mentioned being at a football game or in a stadium for any sort of sporting event. They use music all the time clips of all of these try energy songs to really make you want to conquer the world.

D

David Sandstrom 19:46

Good point. Yeah, really good. All right, so So why don't you talk to us a little bit more about the the details on what this looks like. And by the way, if you're listening to this in the audio version, this is one of those episodes where you might want to head on over to YouTube David

Sandstrom Health and watch this episode, because a picture is worth 1000 words, but I think you can still get a lot out of it. If you're driving in your car, you're at the gym, go ahead and give this a listen, this is going to be really cool.

**A** April Ebeling 20:12

Yeah, so I will go ahead and I'll talk through the points that we tap on. And that way, if you're listening, then you'll have a, like a running start to what we're doing. And you can use it anytime, like I often do. Tapping in the car, because I don't know about you. But traffic is sometimes one of the more stressful parts of my day. And then especially in the car with a toddler who is just, you know, maybe not as happy to be in his car seat, I'm just like, Okay, let's, let's just do a little reset. And we can do some singing and tapping in the car. So the first point that I tap on is right between my eyebrows. And then we go to the next point is right on the side of your eye. And then we'll go under eye. And then under your nose. And under your bottom lip, sort of right in that little divot of your chin there.

**D** David Sandstrom 21:13

And if you're listening, Katie's using, April is using two fingers. And I'm just mimicking her.

**A** April Ebeling 21:21

Yes, well, and I am using two fingers. But I also like to tell people like it really, genuinely is whatever you feel comfortable with. Sometimes people ask like, oh, do I top five times or 12 times or doesn't matter. Okay, part of the reason that I love this technique is that you absolutely cannot screw it up. It really is this easy. And the next point that I'm doing right now is right underneath your collarbone. And then we move to in the middle of your ribcage. And then we end the round of tapping on the top of your head. And I just, I was working with a practitioner recently that use just her whole hand to tap on the top of her head. And I find that to be really effective. Because just using a few fingers, you're not really necessarily going to get the exact points of this, okay, kind of patting yourself on the head. Okay, and so those are all the points. If for whatever reason you run across a point that is painful for you. Or if there's one that's awkward to get through, sometimes there's you know, depending on what you're doing or where you are, you might not be able to reach all the points, it's fine, just skip over it. Or if there's one that like, for instance, for me, the under the collarbone point, sometimes it just feels like I need to stay there longer, or like there might be something more stuck in that area. Okay, and stay there longer. So this is

**D** David Sandstrom 22:47

when you do the side of the ribcage. Is it okay to switch hands? And use the opposite side?

**A** April Ebeling 22:53

Okay. Yes, yes. And sometimes, if you like, sometimes people just do both sides at once. If you want to do that you can I find that I just get a little distracted when I have more to much going

want to do that you can find that I just get a little distracted when I have more too much going on. Yeah. But it really whatever feels best for you, whatever you you. Like, if you're feeling that it's effective, then it's working and stick with what's working. Yeah. Okay. So those are all the points. And then what I do is I sing a phrase, and then I repeat that phrase, and invite you to sing along. One that I do most often that I find is just sort of like that. That quick fix that I've been talking about, is to use the phrase, even in the chaos, I can find the calm. The reason it's so effective is that we are acknowledging that there is chaos. We're not trying to be happy, happy, joy, joy, everything's fine. Let's just ignore the fire and it'll go away. No, we're saying there is chaos, it is absolutely happening. But I can find the calm and we know that we find what we are looking for. So when we tell ourselves to find the calm, then we will, we will find nice. Alright, so that's just like the the simplest easiest for me way to, like reset and snap yourself out of whatever spiral might be happening. Okay.

D

David Sandstrom 24:29

Well, let's go through and do let's, let's say, I'm gonna let you sing louder than make

A

April Ebeling 24:35

sure and so, so we will do when I'll do one round singing the phrase the whole time, okay, and then we'll do a second round. And I will sing it once and then I will hum and that way it'll sort of give like a little backing track for people to sing along and really hear their own voice. I'm finding that we've I've just started doing that in the last few weeks in my sessions and I find that really even elevates the experience more so Okay, we'll do that.

D

David Sandstrom 25:03

All right, all right. Let's go

A

April Ebeling 25:05

Even in the chaos even in the chaos I can find the calm, I can find the calm even in the chaos even in the chaos I can find the calm I can find the calm even in the chaos I can find the calm I can find the calm. even in the chaos even in the chaos I can find the calm I can find the calm. even in the chaos even in the chaos I can find the calm can find the calm even in the chaos mmmh mmmh I can find the calm mmmh mmmh even in the chaos mmm mmmh I can find the calm mmmh mmmh

D

David Sandstrom 26:39

okay. You know, I tried to take notice of what my stress level was before we started, and I would have put it at a five. And I kind of wish her would have said it. But I feel a reduction, I'd say, probably more like a three right now.



A

April Ebeling 26:56

Awesome, awesome. I that is something I'm smiling now. Because when I do these live events on Insight Timer, I always forget to ask them sort of like, what's our level, you know, from one to 1010 being like super duper stressed, and one being super duper chill. Like, where are we in that, and I've been doing it long enough now that I have regulars, you know, people that are on every time. And so they all have different jobs now and they will they will pop in the comments and say Okay, everybody, April's gonna forget to say where are you on your level.

D

David Sandstrom 27:32

My experience has been on that reduction, before and after is that the higher your stress level is going in, the more difference the session will make. So if you're going into three, you can't expect to have a massive reduction. But if you go in at an eight or nine, you know, you might you might drop down to a four or five, which is really significant. It really is.

A

April Ebeling 27:54

Yes, yes and absolutely it and allows you to access the more practical part of your brain like I mean, we all know that spiral feeling when your day has just gotten really out of control. And you feel like you're all you're doing is playing catch up, then doing something like this, that resets you that allows you to access the part of your brain that says, Okay, wait a minute, I this is not working. Like let's just totally change.

D

David Sandstrom 28:22

You know, I want to bring up a point right now and I, for the listeners of this show that on a regular basis, they know what I'm about to say. But it's my contention that we maximize our health potential when we align our lives more fully with God's natural design for spirit, mind and body. And EFT this technique is is a way to tap into all three levels of the human condition. And when we talk about the spiritual component to health, we're talking about how it impacts the mental emotional and us at a physical level. And we have an autonomic autonomic nervous system. And it has two divisions, the sympathetic we call the fight or flight, or the parasympathetic, which is the rest and digest. Now our bodies are smart, and they prioritize and if we're in fight or flight, we're in sympathetic dominance. A body says, hey, you know what, I don't really need to spend too much effort right now on digesting that food, or working on immune or detoxification. I gotta run away from the lion, right? I gotta survive this encounter with the bear or whatever it is. So any type of stress is the same reaction in the body. So if we want to maximize our health potential, we want to spend more time in parasympathetic dominance which we call rest and digest, where our bodies say, Okay, I have some, some margin right now and I got some time to spend on some housekeeping tasks like detoxification and hormone balancing and elimination digestion and all those kinds of things and processing my emotions even So this technique that April was talking about fits right in to the naturopathic and biblical approach to health. And so I really wanted to have you on the show when I when I, when I met you online is that this is a perfect fit for the message of Natural Health Matters.

A

April Ebeling 30:21

Absolutely, absolutely. And I'm so excited that you talked about that sympathetic and parasympathetic, I always find that word so hard to say. Because it is such an important shift that we can make like it's a, it's a practical tool that we can use to shift our bodies out of that fight or flight, panic mode. And so often with meditation, like traditional meditation, at least I have found, I can walk away from a meditation session and think, like, did I meditate? I'm not really sure I was sitting here, I was thinking my brain look, whatever. But when we incorporate this tapping and singing, we are physically in it. Right? We are doing something to help ourselves. And that, for me, it helps me to realize, okay, I did it. Like I can check that off the list. I'm actually like doing something.

D

David Sandstrom 31:14

Other. Is there any other songs that you would recommend people use during the tapping?

A

April Ebeling 31:21

Absolutely. So I have created many by now, I've been doing it long enough that I, when I do these live events, in particular, I will ask sort of like, you know, what are we struggling with what is happening right now in your life, that that seems to be a barrier for your best mental health. And so I've created several series now of different things. One of them is on letting go like I have a whole series of singing, sing along switch the name of the technique, I have a whole series of singing along switch on letting go. In particular one, so I'm letting go of judgment, because that's something that I struggle with. Just like, I think we all maybe have our one or two issues that sort of come up a lot. Sure. And, and that one is definitely one of mine. And so that I guess we may get to this at the end, but that is going to be my gift to your listeners. Yes. Is that see?

D

David Sandstrom 32:20

Yeah, remind me of that link, then? Of course, yeah.

A

April Ebeling 32:26

It does. As we've talked about, it does make a difference, what we say and what we sing the words that we use. And so if I were to say, you know, one other phrase that might be helpful in a, in a particularly stressful time, is a phrase that's actually used in traditional tapping a lot. I deeply and completely love and accept myself. And that is something that helps to sort of bring you out of whatever. Negative

D

David Sandstrom 33:01

Self condemnation which is quite common.

A

April Ebeling 33:04

Yeah, absolutely. And, and again, something that we are maybe not saying out loud, but something that, you know, our brains can sort of start to talk, talk down to ourselves, as you said, self condemnation. And so using that phrase, I deeply and completely love and accept myself, when you start to sing that, or, or even just say that and tap, you might start to feel some stories come up about like, well, I can't deeply and completely love and accept myself because, and then you would be you know, maybe fill in the blank with some things. And that tells you what you need to work on. Like that tells you Oh, this is this is an area where I'm being really critical of myself. And so then we can be specific in tapping and singing on those things on letting go of the judgment that you have around, you know, one of my examples is my dining room is a mess, right? Well, I can't deeply and completely love and accept myself, my dining room is a mess, or I lost my temper with my child earlier. So therefore, I need to be mad at myself. Well, you know, how was that?

D

David Sandstrom 34:13

Right? Or you're holding a grudge against another person? You know, I don't have peace with that person. So therefore, I can't enjoy this moment. You know, so yes, things we might have to let go and we're getting into the the mindfulness aspect of all this but it's all it's all part of it, isn't it? You know, something that comes to mind when I'm thinking about something to say during this time is Psalm 23 The Lord is my shepherd I shall not one Have you ever used that in your your practice?

A

April Ebeling 34:45

I have not but that is so good. You know often what I do is I use old hymns as lyric old hymns like hymns I guess by their very definition are ancient. But But I You use lyrics from hymns to adapt, or this sing along switch technique because they are. So it is such a refreshing thing for me, when I go into these hymn databases or when I grab a hymnal off the shelf, and I start to try and find something about judgment or about, you know, people are stressed, because there's not enough time in the day and things like that. And when I find these hymns that have been written, like, take time to be holy, and, and they were written over 100 years ago, and somehow or another people then were having this issue, and then not having enough time. And I think, oh my gosh, it just is so reassuring for me, because so often I feel like, Oh, this is only a problem I have, or this is only a problem for our generation.

D

David Sandstrom 35:54

It's easy to think, well, you know, going back even further than that, how many times in the gospels that we see Jesus pulling back and getting time alone in the wilderness, and spending some time in prayer and fasting. You know, and I love this, Psalm 23, even though it walked through the valley of the shadow of death, I will fear no evil, you're on your staff, they comfort me, He restores my soul. He guides me in paths of righteousness for His name. So He leads me beside still waters. So you know, just pulling back from the busyness and the, the matrix, so to speak, you know, and just reconnecting with who you are, and who's you are, is really huge. And I love it. I often mentioned this on the podcast, John Eldridge with the Wild at Heart podcast

and read some heart ministries, he has a pause. And you can set it to go go off as many times as you want, you saw this thing on your phone, and I get an alarm at 10 and an alarm or two. And it says, Hey, time for a pause. And it's a little girl, nice little image on there. And a little music, some relaxing music. And it's John going through leading you through a meditation. And this is kind of like that, I think you could use the pause app with this and say, Hey, Ty for some tapping, you know, time time to do some letting go. And a little time of refreshment a little me time. It might only take 60 seconds, which is really cool.

**A** April Ebeling 37:22

Yes, yes. To this day, my husband, it's sort of like, you might send your child to timeout as some sort of discipline or something. But this is my husband will like he can see it on my face. When I start to get a little, like frenzied or whatever. And he'll be like, go to the back porch. Go do your thing. He knows. He does. He does. It's in it's just such a great. You know, it's, it would it's wonderful when you have intention about like the eyes, you mentioned, like an app on your phone, something that reminds you like, hey, just let's stop and do a reset. And then it's also wonderful when you have a partner, who can just say, Hey, listen, this is your not your best self right now. Go, go and reset. Yeah,

**D** David Sandstrom 38:07

yeah, it's really good stuff. So does your husband use the technique as well?

**A** April Ebeling 38:11

He uses it at night when he is not able to get asleep. That has been one time when I've been able to get him to use it. He's just still to this day, he'll just say go to the back porch. I don't know what you're doing.

**D** David Sandstrom 38:26

You're at a different level for me. Just go through.

**A** April Ebeling 38:29

Oh, it's just Oh mean different things work for different people. And, and, you know, I think it's, it's harder to teach or be influential in the, for the people that are in your closest circle?

**D** David Sandstrom 38:44

I totally agree with that. Yeah.

**A** April Ebeling 38:47

A April Ebeling 38:47

I am like, I would never teach my own son piano lessons. Right, I would find someone else to teach him even though I teach and I have a good teacher, he's not going to learn as well.

D David Sandstrom 38:56

That's absolutely true. Well, you know, I was an airline pilot for 35 years. And I started my career as a flight instructor. And the guy who ran the flight school was had a master's in education. And one of his primary rules that we never broke was if your spouse or your child wants to learn how to fly, you get another teacher for them. You don't do it. Even though you're qualified. The relational, you know, friction that would be there is just it's it slows down the learning process. So shifting gears a little bit Have you found this I've I know what I had my health coach health coaching practice, that a lot of people struggle with anxiety and panic attacks. Have you found this technique to be useful for anxiety? Someone who suffers with that?

A April Ebeling 39:43

Yes, absolutely. Well, as we've talked about, it is a pattern interrupter and anxiety I often described as being in a loop like you get yourself in this loop of Oh, but this and Oh, but this and it I know it because I've been at it myself. Um, this is something that is absolutely helpful to signal to your body. We are safe. We can get through this and it really like also incorporating breathing and some other helpful techniques. It can absolutely be a like a tool for your toolbox like I never want to this is not the magic pill. This is not going to solve everything. But it is a tool for your toolbox that can help

D David Sandstrom 40:32

Yeah, real good. You know I I never had a panic attacks allows an adult I had a I had a ladder fall about five years ago, and I fell 26 feet and and I crushed my heel and I had reconstructive surgery and it was I had a great surgeon was a blessing. But since then I look at heights in a different way. And my family and I took a vacation over to Israel and we went to Masada, which is like a hill about 1500 feet up. And we're taking this gondola, like a ski gondola up the hill. And my heart started beating and I'm hyperventilating and I'm starting to sweat. And I'm like, I'm having a panic attack. I knew what it looked like, but I never experienced it. And we got off that thing. And everybody's like, Alright, let's go with a go exploring. I'm like, hang on a second, guys, I need to I need to shift gears a little bit on my thinking right now. Because I started to spiral into this panic. You know, it can happen to anybody you know, here I am, you know, I've been an airline captain for for 30 years, you would think I wouldn't be afraid of heights. But I I was afraid of those heights that day. Which is I wish I would have had this in my tool belt at that moment. But I didn't. But you know, I was able to,

A April Ebeling 41:46

well it and no, it just makes so much sense because of that traumatic experience that you had falling from a height. Well, then, of course, now you're now your body is saying, hey, wait a minute we know what this happened. What happens after this we're not doing this anymore

minute, we know what this happened. What happens after this, we're not doing this anymore. So well. And I

**D** David Sandstrom 42:04

was just gonna say like you said, you get caught up in this loop. And it starts to snowball on itself. It's like a snowball rolling down a hill and it gets bigger and bigger until it feels like it's unmanageable. That's not true. It is.

**A** April Ebeling 42:15

Yes, well, and I find social situations right now are difficult sometimes for me. Because with COVID, we have been so isolated for so long. And I'm used to being around my own little pocket of people, you know, maybe five or six people in a room at once. And then this past weekend, I went to a wedding. And oh my goodness, it was so many people and so much noise and there was so much going on and even though I'm a very social person, and I love being around people, it I needed a moment like I needed to step outside, and I did some tapping and I did some breathing because it was like, it just is so much at once. And we don't have that. Like I often use the like, it's like a muscle, right? We don't, we haven't exercised that social muscle in a long time. And so when you go from nothing to oh my goodness, there's so many people here, you you sort of need that like tool for your tool belt like just a little bit of like, hey, I need to go just sit in a bathroom stall for a few minutes and like have have some time.

**D** David Sandstrom 43:23

It's really good stuff. So is there anything else that we is there something we haven't covered that you'd like to share? Maybe some low hanging fruit with people? And we're certainly going to cover those links that you have. But is there something we I haven't asked that you'd like to address?

**A** April Ebeling 43:39

I'm sure in about 10 minutes, I'll think of something. But right now I feel like I feel like we've done a great job of covering all of the benefits and some of the ways that you can just use it.

**D** David Sandstrom 43:51

Here's a question that I wanted to ask. I just thought of it. And that is what are some of the other things that people can use this for. It's not just panic attacks. It's not just a stressful moment. It's my understanding, correct me if I'm wrong, that you can use this technique. If you're struggling with eating in the middle of the night, or some type of temptation that you're you're going through is that is that correct? Is that been your experience?

**A** April Ebeling 44:17

Yes, yes. So I will say the number one thing is it's important to use both words and tapping at once. So if you're not comfortable singing, speaking is good, too. But the combination of the two, I've been reading some studies about you know, what makes tapping effective? Is it the tapping part or is that the talking part or you know, can you do one without the other and it really is the combination of the two that makes it effective. So, so I would encourage everyone to do them both together. If and when you're using this and then I often will use it. If I find myself in a situation, like, let's take that example of eating in the middle of the night. Okay, so let's, let's pretend I'm talking to myself about eating in the middle of the night. And instead of just ruminating about it, I will tap while I'm talking. Okay, so I'm not changing anything about what I'm saying, I'm still saying what I would say about like, oh, I can't believe I don't have any self control. And I'm getting up in the middle of the night. And it's just like, what a terrible person am I and you know, all of that, just say all of the things. And you will find as you're tapping and saying them, your brain will wake up to all of like, wait a minute, I do have self control, I can do this. This doesn't make me a bad person. I've made some mistakes. It's okay. Like, it really activates. It activates the, I keep saying the practical part of your brain, but I'm sure you have a scientific way of saying it. But it activates the part of your brain that says, Wait a minute, no, we don't have to be so derogatory about what we're doing. We can change it, it's fine to acknowledge the negative, like I said, in that earlier, when we did, even in the chaos, I can find the calm, we don't have to ignore that, that what we're doing isn't the most positive. Like, let's just talk about it. And then as you're talking about it, you will find you start to speak more positively. You start to sort of laugh, like, oh my gosh, I can't believe I thought this was so insurmountable. It just makes the problem smaller. But, but if you don't talk about it, or you don't say it, like naming it matters, and saying it matters, like the in the Harry Potter books, they talk about like, the bad guy is like he who shall not be named right. They just they won't name it, because it's just this big thing. But naming it matters. And naming it makes it smaller. And when you when you say something about like, or like a person maybe that you don't like and like oh, I'd only to speak about my boss anymore. And it just becomes like this big bad like, Goliath in the closet. Yes, it just makes it bigger when we don't talk about it.

**D** David Sandstrom 47:13

Yeah, you know, that's a really good point. Actually, that's a whole nother podcast, right? You can have these thoughts. And as long as they stay silent, bottled up inside of you. They feel so real. Yeah. And they can be not even close to the truth. But when you speak it out loud. There's something about shining that light of day. Yeah, bringing them into the light of day being those thoughts out. It's like, oh, wait a minute. Now that I said it out loud, it sounds pretty silly, as you said is the it's the speaking part, or the singing. And the tapping that makes it a one two punch. It's a powerful combination. It puts you back in charge, and brings the prefrontal cortex and your brain back in charge the rational part of your brain. Hey, you

**A** April Ebeling 48:00

There you go. Thank you for bringing the correct terminology. Appreciate it.

**D** David Sandstrom 48:05

My pleasure. Yeah, well, April, this has been a great conversation. So what was that resource you mentioned that you had for people?

you mentioned that you had for people:

D

David Sandstrom 48:12

Well, I have a video series on letting go that I would love to gift to your audience. And that is that [Aprilsingsalot.com/natural](https://Aprilsingsalot.com/natural).

D

David Sandstrom 48:24

Okay, [Aprilsingsalot.com/natural](https://Aprilsingsalot.com/natural). I got it. Okay. All right. Very good. April, thank you so much for your time, I really appreciate you sharing your wisdom and your energy with the audience.

A

April Ebeling 48:37

Thank you, David. It's been great.

D

David Sandstrom 48:39

For more, go to the show notes page at [davidsandstrom.com/92](https://davidsandstrom.com/92). There you can find an audio as well as a video version of the podcast. I also include a full transcript that's downloadable for free. And I always include some type of a content upgrade to help you go deeper with that subject. If you're enjoying the podcast, I sure would appreciate you telling somebody about it. The number one way people find a new podcast is a friend tells them about it. And this information is hard to find. You can't find it everywhere. And I believe that someone would appreciate you sharing it with them. Tell them you enjoy it and you think they'd enjoyed as well. I was sure would appreciate that. That's it for now. Thanks for listening. I'll talk with you next week. Be blessed.