

Personal Introduction Script

Introduction Speech

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Hello,

Welcome to this introduction to Reluctant Dragonfly. My name is LeeAnn Talley, Tech Stg. (Retired) David Talley is my husband and partner.

Dave served Air force vet of 18 years as a Security Police Flight Chief and has some of the traits of post-traumatic stress. Even as a Cold War vet, he deployed to some dangerous situations. If you are a biker who has ridden with "Run to the Wall" years ago, you may know him as Bounce. After he retired from the Air Force, Dave was a truck driver/trainer for 28 years. We met as truck drivers for the same company, and since we met, we found being apart was difficult.

I spent my life in survival mode learning many short-term trades, becoming master of none, except what I do now... which is helping people heal from trauma.

We got married in January of 2024. Now that we are both retired, we are switching gears we are using our LLC to follow my dream of sharing what I learned as I was recovering from years of abuse and trauma. In researching the best way I can contribute to helping vets with military trauma and other types of Post Traumatic Stress, I decided to put together a formula that is basically a toolbox of methods to heal that can be learned at home for free. The biggest problem I saw was that it's not a lack of solutions, but a lack of access to solutions that is causing the bottle neck to getting help. So I put this formula I call "The Dragonfly Protocol" together and teach it online. Even though I was never in the military and vets experience trauma differently than I did, the methods I share are so effective because they use a common thread of learning new rules and therefore, new tools.

I had so many physical and emotional problems it's amazing I was able to accomplish anything. But, with God's help I was led to a number of methods and processes that were very helpful in my successful recovery and now I am sharing what I learned. If you are looking for confirmation of what you already know, you will not find that here. The usual methods offered to overcome trauma did not work for me. So we are going way out of the box here. If you find what I am sharing too upsetting, move on. I am sharing what I learned to be effective for me and if you have a different path, you are not wrong. Anything new can sound like a load of farm fresh fertilizer, but if what you already knew was working, you wouldn't still be looking for solutions for things like Post Traumatic Stress, Chronic depression, deep despair and thoughts of suicide as well as the physical problems that often accompany these, like auto-immune disorders, including Fibromyalgia, Chronic Fatigue syndrome, Hypoglycemia and others.

First I would like to make it clear, I don't diagnose or treat any condition or symptom or disease. I am not a therapist, I do not have a degree to put on the wall. I am what the Mental Health Care industry calls, "Peer Support", which means, I provide hope and experience in recovery. My job is to share my story, my knowledge of what worked for me, and give hope to others struggling with similar issues. If,

what I discovered is true, anyone who can still make autonomous decisions should find some relief with the techniques and methods I call The Dragonfly Protocol.

I really don't want to spend a lot of time telling my story, but you would like to know if I am legit. This is the short version. I am 65 years old and so there are a lot of stories. I will tell you enough to give you a clear understanding that I have suffered from the situations that made my life difficult. It was a long hard journey to my current recovery. I am here to, hopefully, shorten that recovery time for you. I want to give you a road map that may get you there much faster than me. The first thing to remember is that throughout this journey, one of the most shocking discoveries was learning to recognize and process out all the lies I measured myself and my life by. No matter what technique you will apply in your own journey, remember that as you encounter "triggers," you will also gain the tools to reprogram dysfunctional or lie beliefs, as you choose to discard what is not working for you.

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I was born and raised into a high maintenance religion with a married mother and father who shared quite a bit of their expectations of what they were supposed to do with their lives. Growing up as the oldest of 5 children, I had challenges that were unique in the line-up. My parents were, at a casual glance, the perfect couple. Mom was a world class beauty, Dad was voted "Batchelor of the Year" at BYU. He was a Navy Vet, tall, handsome, and had a dashing smile. They look like the perfect couple don't they? Look deeper. In reality, together, they were a slow train wreck. I am showing you this picture because it tells a story. When my Dad would become violent or harsh, his eyes would darken his expression would tighten, cheeks sink, jaw muscles would darken and cave in. And after he "expressed himself" either with very harsh words or violence he would get this odd giddiness, happy, laughing, not having a clue what was wrong. Look at my Mom and her Mona Lisa smile. She is not happy. Her eyes say heartbreak, but her smile says, "I'm performing." Dad has the look and the smile that tells me he just said something that hurt. He never hit her. That was just for me. I want to add here that my Dad was abused as a child, and so was his Dad and on and on it goes up through many generations. Everyone was a victim at some point. I am at peace with them, however,...

I was raised in an emotional hurricane. There were calm times, even fun times, but I was never allowed to feel safe. I never knew what would set him off. It was never about what I did or didn't do. I got hit the worst when I was doing the very thing he told me to do. The first born was going to receive what I did. It had nothing to do with me. His need to hit someone, to blame someone, came to me. Starting at nearly five years old his first near miss at taking my life happened. This never included any of the other children. They were terrorized by never hit. My mother was taught by our church to trust and support her husband, so she convinced my siblings that I had done something to deserve what was getting, and do something to take their mind off the screaming and banging on the wall. (Um, that was my head) She unintentionally taught them to act as collaborators, and they became abusers as well. The laws to protect children from abusive parents were just being written in the 70's in Nevada and so there were no consequences, no solutions or departments to provide a safe place or supervision. My mother was stuck in an impossible situation where she could not be a good wife and a good mother at the same time and the church told her to choose her husband. She did, at least while I was in the house.

The tension in the family was so thick that anyone could sense it. My family, tired of the drama between me and my dad could only be looking toward the solution of my growing up and getting out. Thoughts of suicide had become a constant conversation in my mind. There was no one to tell. I decided to let my Dad be the grantor of my freedom and announced at dinner one night that if Dad didn't stop hitting me, I would hit back from then on. I didn't have the life experience to know that he would just change tactics. The next two beatings were intended to end me. Much to my disgust, my Mom stopped them. I didn't yet understand that those last two beatings also left me unable to have children. I knew something was wrong but going to the doctor was not an option. I didn't feel any of those beatings. I watched them from outside my body. I had sunk to the floor and Dad switched to kicking me in the middle, like in a movie. When he left the room I returned to my body and let out a swear word in disappointment. Months later I finally graduated High School, and it was time to go.

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My parents eventually divorced, married each other again and divorced again. He was just too dangerous to live with. A friend of my Mom's guessed that he was probably "Schitzo-effective" from his abuse in his own childhood. I knew he was severely beaten as a child, he, in turn, abused his pets to death. I was lucky to survive, but I was emotionally and physically depleted, only able to deal with life one moment at a time. I am sure I had brain injuries, shaken baby syndrome, severe self-esteem issues and my own set of unrealistic expectations. I couldn't remember what it felt like to feel loved.

As an adult, I had gone through all the usual things today's society norms tell you to do. Go to the doctor, go to counseling, take medication, forgive and forget about it. None got my mind back, the medication kept me from taking my life, but didn't help it get better either. Plagued with stored trauma and full-blown fibromyalgia pain, planning the ultimate solution seemed like the most reasonable thing to do most of the time. I was in constant daily, searing pain for 30 years. The pills only took the pain and stress down a notch. Counseling was completely counterproductive, since telling my story was very traumatizing and only caused the PTSD to take over my mind day and night, making the pain in my body worse. Sometimes my Mom would call me or visit and tell me her new highly edited version of what happened, and my subconscious mind would scream, "That's not what happened, This is what happened!" I would be plagued with months of back aches and night terrors, as well as spontaneous sobbing out of nowhere during the day. I would feel angry because people would tell me to just get over it. It's in the past. I wish it was. The past was right now. Every day. Nothing stopped it. I prayed to God for death frequently.

Another big lie became clear. Big medicine offers three basic categories of help, cut it, drug it or talk it out. None of those worked for me, for PTSD, Fibromyalgia, suicidal depression, or unforgiven trauma. I started to see a massage therapist for my feet and back pain, and she introduced to me what some call energy healing. Using words to acknowledge my belief systems and then words to rescript them with truthful statements did far more for me than anything else.

Still, my mind was still repeat-cycling a moment from the age of 17, morning to night, unresolved. I was trying to rewrite a letter asking for help when I was in the most danger, but I was, at this point, 57 years old. I got so fed up with this, that I told God, "You better show me how to fix this, or I am coming HOME." I was serious." Home" meant "back to God" so I could feel loved again. I was going into my winter years and was very, VERY done with living in the past. Still physically and emotionally in pain, still hashing out a moment that has been over for a long time. I had spent decades trying to figure out

what the other option was that I didn't take that would have saved me. But finally I realized anything else would have made it worse. With that conclusion, still the constant hashing it out went on. I was done and I was serious.

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The door was closed for me with socially acceptable medicine and going back to standard treatment was not an option. I started to look "Out of the Box" to things I could do myself. A new major gift or revelation came when I was given a book called, "The Emotion Code" written by Dr. Bradley Nelson who is a Chiropractor. This book goes through the things you can learn to release trauma and negative emotions from your spirit. He explains that the Spirit (or the eternal part of you) holds trauma like the body holds scars from past wounds. Words lodge in the spirit and can cause physical symptoms. It gave me a process I could learn to truly forgive and remove trauma. And, best of all, relief is often felt very quickly.

This this something I was good at and I knew it because I was my first client. Then I explored more with the next level Dr. Nelson calls Body Code which is now a computer program that is the equivalent of over 1000 pages to help identify and work out problems that are sometimes complex and requires several ancient disciplines. I got certified in that as well. I was able to discover other methods developed by people also with doctorate level degrees in healing, included EFT Emotional Freedom Technique. Visualization meditations that I was able to develop with the examples from other more qualified professionals and God. I developed a forgiveness meditation customized to help forgive in a way that "gives it to God." I also was fascinated with Reiki and became certified as a Master Reiki Healer. All of which I found to be extremely effective in my goals of finding peace, pain free living, feeling loved, forgiveness so deep I forget the trauma and I had the tools to reduce trauma when I get triggered. Life has a way of showing you what is still unresolved so having a tool kit with you all the time is very helpful.

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My theory of what PTSD is can only be explained in the agreement that we are experiencing physical life in a "Divine Matrix." That means that everything is made of words, God Creates with Words, and we create with words. Other people create with words as well and many of those words display themselves in very physical ways. Violence is just one of them. Harmful or negative words become lodged in our Spirit and create a dysfunction, and very often that dysfunction manifests as injuries, wounds, scars, pain, disease, etc. One of the tools that 'the Spirit' (also known as the subconscious mind) has to help us through hard times is that it will tuck away really disruptive memories, storing them for a better time to deal with it. Think of it as a pocket, or a file tucked away so you can move on and still live your life. My experience and those who I have worked with have described the same thing. At a time when I have healed a bit, or feel safe, something will trigger that memory at a time when I have a better understanding of how to deal with it. Either I feel safe in my life, or I have other experiences that have given me more maturity to deal with it.

This is an experience of managing data. Words expressed through light, sound, physical placement

of atoms that are programmed to give us a particular experience in life can have a data storage problem.

The really big traumas don't seem to fit in a folder or pocket to be dealt with later. Experiences that have way too much data don't get tucked away. Parts, or all of an event sit in front of our conscience mind and will not find a file to go dormant so that we can move on. It's not personal. It doesn't hate you or want to punish you. It is just there all the time, in front, not filed away, morning night, all the time. There are versions of this that our spirit tries to help by filing away the story but not the emotions. That's when you get trigger outbursts that make you feel extreme emotions when you have nothing to do with what is presently happening. Trigger events are treated like a level 10 (the highest) but the problem might be a 1 or 3 level. It makes you hard to live with.

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My book, the Master Healer and the WORD goes into detail with biblical references and examples of what I am talking about. I highly recommend getting it and reading it slowly. It's a lot of new perspectives that most people find a little jarring and it takes a slow read to take it all in.

I will tell you there is a happy ending to my story and so I will tell you how the story ends first, but understand that it's the journey that does the healing. What finally turned off the cycling of the bad memories that I had daily for over 50 years?

This is just one example of many that can only make sense if you can remember that everything is made of atoms and atoms are highly tuned or programmed bits of energy that produce an impression of reality. Today, computer programmers write three dimensional programs using a binary language in a medium, scratched in silicon with light. Only recently scientists have begun to program information into crystals or water.

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The vibration of Acceptance gave me a great deal of relief, but it wasn't until I was able to truly feel Gratitude did the "Matrix Program" reset the "Glitch" and the PTSD stopped. Just like that. I didn't feel grateful for the trauma, but I could feel grateful for the things I learned. I'm not saying that my ways are the only ways to get there. I don't care if it is through underwater basket weaving, or swimming with dolphins, or ceramics, yoga, Tai Chi. I didn't have access to any of these. Energy healing got me there and that reset my imbalance, processed it out and I was able to move on to the next learning experience. However you choose to do it, that 's the goal. Pure, unpolluted, unconditional gratitude reset the glitch, and I was free to think the thoughts of my choosing. If you think about it, the one thing all successful alternative methods users talk about is that they were able to feel peace and gratitude when it stopped. The magic is in the journey, but the goal is ultimately Gratitude. If I can quote the apostle Paul, "Be grateful in all things." All means all. It sounds simplistic, but it's not easy when you still suffer from pain and extreme trauma.

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I have done 4 more videos going into detail of each of the four main categories of solutions that helped me the most and I think make a pretty good recipe for success. In their beginner form they are free to learn, some of them are very well explained on the web sites of the companies that market their products. EFT and Discover Healing offer certifications that I think are very reasonably priced for

what you get from your investment. Reiki is something that I can explain a free self-healing version that helps you restructure your thought and words very effectively but also are offered online. I don't recommend online Reiki certification but if that's what you have available I don't think anything bad will happen. An in person class is my preference. To learn the Forgiveness Visualization, I have done a video of it, and you can listen to it for free as many times as you need. You can customize a version of it if you want, and you can share it with anyone.

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This is what I hope to accomplish: I want to give you permission to take control of your healing journey. In The Dragonfly Protocol I show you methods and processes that you can do in private, often needing to spend no money, with no one's permission, or approval at the speed you can handle. Take the breaks you need and then get back to it.

I call it The Dragonfly Protocol because of the life span of the Dragonfly. It lives underwater as a nymph until the right conditions say it's time. It can choose to come out and live it's best adventure loving, high flying life when it's ready, as much as 7 years if it wants. I have been a nymph for about 60 years now just keeping my head down and trying to find something to eat. I am nearly 65 years old at this recording. It's time for me to come out of the swamp and live my best life. I love teaching. I love sharing hope, skills, self-love, non-judgement, forgiveness, (I consider myself to be a "forgiveness coach".) and I want my legacy to be that I did what I could to make the world a better, more loving place. I want to help people who have been suffering for years, if not decades, to help themselves. I want to create a group of like-minded people who want to make a career of teaching this to others. That's what my dream is and that is what I am doing as a fully emerged dragonfly.

I spent several years as a publisher/journalist/writer when married to my first husband and have been professionally published under another name. The Master Healer and the Word is the book I am the most excited about. I self-published it through Amazon. I detail my experience and theory on why the methods I promote work, and present the argument and what I think is proof that the Bible describes it and teaches that this is a "matrix" type program to produce this experience. It is available now in paperback and Kindle. The back section is a workbook so if you get a Kindle version just get a notebook or journal and do the workbook there. It will help you see my point, that the power of words and intention is extremely effective in producing results. A few other tips and tricks, and the meditation I created are produced in other videos so be sure to check out my You Tube Chanel. Look for Reluctant Dragonfly.

Aspirations and Goals

I do my videos as a teacher, teaching teachers. I hope to be able to do in person workshops using The Master Healer and the WORD as the guide and workbook for getting started on this healing journey. I felt God directing me to the information and the processes I use to help you see what I saw. Once you see it, you can't unsee it. If life is what the Bible describes, an experience created with a wave like binary language imprinted on a medium similar to water, and its purpose is to give us a learning experience in a physical sense, separate from the presence of God, that changes the rules, it changes the tools and it changes how much power we have in healing ourselves. This is what the

book does in better detail. It could also be explained with science, but I don't speak science. Biblical references are my thing and what I trust so that's what I teach if from.

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Conclusion

I am grateful for the experiences that have shaped me into the person I am today, and I am enthusiastic about this last and greatest part of my life. I look forward to connecting with all of you and exploring the possibilities of healing. But I want to do more than healing, I want to teach teachers who will spread this protocol through the entire veteran community and anyone else who suffers long after trauma. All of my videos are geared toward that goal.

Thank you for your time and attention and for making it this far into my video. If you have any questions or would like to know more, please feel free to reach out or comment on a question to me. Once again, my name is LeeAnn Talley, and I am excited you stayed with me this long.

If you want to talk to another veteran about the validity of what I am claiming Dave will be happy to talk to you about what he has experienced. He has suffered pain and other problems a number of times and can talk about what I did to relieve it, and he has been taught to do these methods. "TSgt. Talley" is still very much a part of who Dave is and you will get the straight truth from him.

I am available for personal sessions if you would like to experience Energy Healing in person from me. Over the internet of course. The kind of Energy Healing I do does not require you to be with me in person. But as you can see we are prepared to travel and I would love to do some seminars or meet with groups to teach this in person and as you can see, we have prepared to travel.

You can email me at leeanntalley3@gmail.com with questions or request an appointment. Prices depend on what kind of session you need. I take Venmo or Zelle for payment. My website has an appointment page and the list of types of sessions, as are the costs.

Make sure you like and comment and share this video broadly to get the message of hope out, and please, please take the time to watch the other videos to learn how to do these amazing techniques that help trauma quickly, privately, and don't require any special talents or gifts. Everyone can learn these skills. They are processes and techniques, not magical gifts.