



Module 1

Breaking Free From the Vicious Cycle of Anger, Frustration and Hopelessness

Jessica Ortner: Welcome to Module One. Let's just begin by taking a deep breath. So inhale through your nose, exhale through your mouth, and just take a moment to feel present and to acknowledge yourself. You showed up, you are ready for this journey there are many people who don't have the courage to do the inner work. And that is the work that makes the profound difference. So appreciate yourself, you are ready. This week is all about looking at a relationship with our body and our own identity in a whole new way. So let me welcome our doctor, Dr. Kim. Welcome, how is it going?

Dr. Kim D'Eramo: It is going awesome, Jessica.

Jessica: Well I am so excited about this. I think a great place to start with Module One is to talk about autoimmune illness. What is it and how do you view it differently than say other doctors?

Dr. Kim: Our immune system is immediately and profoundly impacted by our thoughts and emotions. So when I have a patient who has had an imbalance and their labs are off, their thyroid is not functioning well, their adrenals aren't functioning well, and they have whatever imbalance we find. I always look for what is it that is creating this disturbance? What I do is look for how we open this patient up to the energy they need that can heal their body. Our body's wisdom creates, recreates, and heals our body. So anything that is blocking that from happening will allow this imbalance to go on. So for me I am always looking for those deeper levels of what is happening and what is the inner communication that is keeping that pattern in place.

Jessica: Yeah, and we are really going to go deep into that inner communication. I want to talk about some of the outer communication that we have with doctors. So obviously I love doctors, they have dedicated their lives to helping others, and still I think it is important to remember that they are human and that some are better than others. When someone is looking to work with their doctor, what should they look for in a doctor?

Dr. Kim: Doctors haven't all been trained to operate at this level, to think at this level, and to understand and really make a diagnosis at that level. So you have to understand

that okay, you go to the plumber to fix your pipes. You go to the carpenter to fix your windows, but you go to a doctor who is sort of more at the pharmaceutical level of like hey you got a nail, here is the hammer. That would be what you would do, maybe I am going to think about a surgery or medication, and this is who I would go to in order to look at that. but at the same time I am going to address the underlying problem, getting to the bottom of that, and reversing it. So you don't want to get so frustrated that your doctor is not the person doing that because most doctors in today's day and age haven't been trained at that level. So you may need a medication in the meantime while we fix the imbalance. Some people need a medication and that is how the rest of their life goes. But if there is anything where you are having side effects, it is not working well enough, there is something more that you are wanting, you want to look a little more broadly.

Some doctors are trained in exploring deeper modalities, but you want to get a sense for how they think and where they usually operate when they consider the imbalance that you are having or evaluate you for your symptoms.

Jessica: Yeah, I think a lot of times we give up our power to other people very easily, not just doctors. The more that we can feel strong within our body and strong emotionally, then we can begin to make better decisions and find the people and really create a team around us that is here to support us.

Dr. Kim: That is what this work and this program is serving, helping you get connected with your body so that you are your best advocate. You are aware of what your needs are and you are able to find the appropriate people to meet them and to support you.

Jessica: So like you said, it is not very common that when someone is dealing with an autoimmune disease that we look at feelings. It is usually an obsession over the symptoms, and rightfully so. I understand it. When you have these symptoms it is hard to focus on anything else. Why is it so important to look at the feelings that we have around the autoimmune disease and not just the symptoms?

Dr. Kim: Whenever I have a patient with a problem that is not getting better, there is always some level of their own chemistry recreating the problem, like the patterns of thought, the patterns of perception, their relationship with their body, their assumptions and judgments about their body. All of those keep those toxic chemical patterns in place and prevent you from getting well. So I always look for yes, you have this symptom and that symptom and this diagnosis, but when I look

for the “problem,” I always look for where is the emotional disturbance. So okay, I have had back pain for ten years but I have had back pain for ten years and I am so scared it will never go away. Or I have autoimmune disease and I am so frustrated because I can’t get off the couch and do these things I want to do. So it is those emotions that are a lot of time anger – anger and fear are the biggest ones. I am so angry. That anger, because we know that emotions are chemical states. That state of anger and the chemicals that create it are toxic and limit your body from healing. So if I can help you move the anger and have a new relationship with your symptoms we can allow your body access to the energy that helps it heal.

Jessica: So I want to talk about this idea of having a new relationship with our symptoms. What does that look like? What is a healthy relationship with an autoimmune disease?

Dr. Kim: When I had my symptoms and we talked about it in the first audio I was really frustrated and every time I would become aware of pain or my knee was hurting or I was so tired I would immediately get really angry, like I have got to fight this. I should be better than this, why is my body doing this? I have to figure this out. So there was a level of anger and pushing but there was also a level of fear, oh my gosh, what am I going to do? Is this ever going to get better? Is this going to take over my life? Is this going to get worse and worse and worse? That fear is so – every time I would be aware of my body I would have this fear response. What that fear response does is it sends the neurological fight or flight toxic chemical response back to your body. So what is really happening is your body needs something – it either needs you to stop doing something that it is either getting too much of, something it doesn’t need, or you are not getting enough of something that it does need.

So when I began to communicate with my body differently I developed a new relationship, and that is what happened when I sort of had that diagnosis and I just told my body, ‘We’re going to team up here, you and me. We are going to figure this out, what do you need? I am open.’ What that point of devastation often does and did for me is it opened me. I was like, ‘You know what? I give up. I surrender. I am ready to receive something new.’ What that did was now instead of having the experience of the symptom and then immediately triggering my anger, my frustration, or my fear, and having that kind of a relationship I now would have the sensation of the pain or feeling fatigued and I would ask my body, ‘What do you need?’ Maybe I would take a few slow, deep breaths or I would

relax my body. Because we walk around in tension all the time. What if my body is just alerting me to hey, relax, or hey, have some water. Hey, love yourself more. Because your body is a reflection of you, and if you are not getting what you need and not treating yourself with love, compassion, and respect, your body is going to break down. I know for me – I was in this whole pattern of demanding more of myself, commanding that I put out more energy, that I aspire to greater excellence, and I become a bigger person. It was all good stuff, like I should be more loving, but gosh, it was so much pressure. So my relationship with myself was not one of love and compassion. That is what instills that toxic chemistry that causes wear and tear and inflammation in your immune system and it destroys your connective tissue where it ages it, so of course I was going to have joint pain and fascial pain and all kinds of things like that.

Jessica: If we imagine a child who is scared and struggling with something and then we just suddenly begin to criticize that child and tell that child that we're disappointed and that the child is betraying us and we just continuously yell at that child, we can only imagine what that child is going to grow up to become. And I feel like the body is the same way. It is so hard to allow our body to recover and feel like it is in a safe place when we are just so angry at it all the time.

Dr. Kim: That is one of the patterns that I see most frequently with women with autoimmune disease and it does occur mostly in women, that pattern of pushing myself and pushing myself harder. It is also involved like so I can help everybody else or be better in the world or whatever it is but it is about I am driving myself. I know I was in that pattern and it created that same pattern for me. Your body is a reflection of that internal relationship.

Jessica: So here we are talking about this concept and I get it, it is hitting me again. I think it is so important to always be reminded to be kind to our body, but still, when we have a conversation like this it is a logical conversation, right? So in our brain we begin to understand okay, I have to be nicer to myself. But when the pain comes up in that moment when we are just about to walk out that door, the anger then flares up and it seems like we don't have that much control. And that is why tapping is so important to let us physically feel the shift. So if we want to create a better relationship with our symptoms to look at our body as our ally, how do we do that with the tapping.

Dr. Kim: Well we can do some tapping now and show them.

Jessica: I would love that.

Dr. Kim: There is so much frustration that it is like yeah, yeah, yeah – I want to be best friends with my body but gosh, I need so much more from it. So we are not in willingness, so let's open up that space first. Ready?

Jessica: Yes, and I invite everyone to just measure how they are feeling right now. So if it is frustration or anger, on a scale of zero to ten measure it, but also measure how you are feeling physically. Notice where you feel the most tension or pain in your body and also give that a number.

Dr. Kim: Great, and sometimes it is hard to know how I feel emotionally and I could just start with physical and that is enough to go with if you have a deeper awareness and you are aware of the emotions, just definitely gauge that. So thanks for reminding me of that because I often forget the scaling. So we are going to start with the karate chop point and you are just going to gently tap on the karate chop point and will do three setup phrases.

Side of Hand Even though I am so frustrated with my body
I can't imagine just becoming allies
Why would my body be doing this to me?
It's destroying my whole life
I choose to love and accept myself fully
Even though I am so angry with my body
For creating this illness
Why would I ever do something like this?
I choose to just love and accept myself fully
Even though none of this makes any sense
And I have been living this story of betrayal
Feeling victimized in this body
Right now I choose to love and accept myself fully

Good, then just breathing as we do the rest of this.

Eyebrow I feel like a victim in here
Side of Eye A victim to all of these symptoms and this illness
Under Eye I can't imagine that I would create this
Under Nose And it has been so frustrating

Under Mouth Feeling tired all the time
 Collarbone And all of this pain
 Under arm The weakness
 Top of Head Feeling powerless

EB My body is just being destroyed
 SE And I am so angry about all of this
 UE I am angry with my body
 UN For doing this to me
 UM Why do I have to live with this?
 CB It is so unfair
 UA I try and I try
 TH To be a better person and to just do anything I can

EB But none of it has really mattered
 SE I wonder if I could just surrender
 UE I am sure I have tried that too
 UN Just honoring how I have felt
 UM I have felt so depleted
 CB And there has been a lot of despair
 UA And I am just going to totally honor that right now
 TH That it has been unthinkable hard

Good, just take a deep breath in – resetting your nervous system. Let it go all the way out. I like to do really powerful out breath, just to let that energy go. In that round you are just beginning to tap on sort of that depth of what this has really been like for you, and no one can know.

Jessica: And I know when we are suffering physical so often we feel so incredibly isolated.

Dr. Kim: And sometimes hopeless. When we can meet that, just really meet it and experience it in the sense of you are doing this activity of self-love, so you are taking care of yourself with what comes up, when you can just meet that you let the depth of that despair really come up, like oh my God – you are in awe of how deep the despair has been. So in that there is a huge shift between resisting the despair and allowing it and actually celebrating it. Like, you know what? I just totally celebrate that I have walked through that journey, that this is what it has been like, and I can appreciate myself when I allow that expansion of the depth.



Jessica: So often we shame ourselves for how we feel. And it is heartbreaking to see, it is heartbreaking to experience. If we had been tapping just now and other feelings came up, it is so important to honor how we feel in that, push them down and not shame ourselves, not criticize ourselves for how we feel. There is a freedom in allowing ourselves to feel.

Dr. Kim: That is exactly what we are doing with the tapping. It is like I can have freedom and enter despair. I can have freedom and thing all these negative thoughts and it is just allowed, it is just okay because my nature is one of allowing and one of expansion and one of peace. So doing this allows me to tap into my true, divine nature.

Jessica: And so when someone does this, the tapping that we do here is to help us get started. There are a lot of tapping meditations with this program and our hope is to give everyone tools that they can allow themselves to have their own process and use their own words because, as we know, it is so important to be specific. If we begin to feel more relaxed by giving ourselves that voice, is there something that in that moment when we are looking to have our body be a greater ally, are there certain positive statements that once we give a voice to how we feel that we can begin to bring in and incorporate?

Dr. Kim: Yes, and I think we should do a little tapping on that.

Jessica: Okay, let's do it.

Dr. Kim: So for any of you that may have had that just brought up even more depth or confusion or destructive thoughts and you just want to let all of that come up. We are so in support of you, use the tapping to keep your nervous system at peace with it and go deeper, and then we will pick back up with you when you are ready to kind of make that move forward. So now we will just tap on the inner eye.

Eyebrow	Creating a new relationship with my body
Side of Eye	And I don't know what's in store here
Under Eye	But I am beginning to see that it is a reflection of me
Under Nose	And even though I felt like it just wasn't fair
Under Mouth	I am accessing a deeper part of myself
Collarbone	I wonder if I could just appreciate that?
Under arm	And someday maybe even thank my body

Top of Head For awakening me to something new

EB A deeper experience of myself
SE Knowing that I am in relationship with this body
UE And not a hostage in my life
UN I wonder what's possible for us
UM When I am open to receive these messages
CB This communication from my body
UA I wonder what kinds of things I will receive now
TH I wonder what my body is really capable of?

Okay, so take a deep breath. We are going to go a little deeper.

EB Would I be willing to just send myself love
SE To this body that I have sometimes hated?
UE I am open to allowing that
UN I know my body needs love
UM What would it take for me to just give it my love?
CB With all of its imperfections
UA And all of the bad stuff it's been doing to me
TH To open to an entirely new relationship with myself?

Good, big deep breath in and then let it go – powerful breath out.

Jessica: Thank you, Dr. Kim. I can imagine that when we do that process we might get some insight, some ideas, and it is so important to write those ideas down.

Dr. Kim: Yes, and share them with us because we want to hear about that.

Jessica: Yes, we would love to hear it. Again, everyone check in and notice how you are feeling now. Have you felt any shift in your body? Notice your body, notice your emotions, and notice the shift. Wonderful. So Dr. Kim, I would love to talk about the power of stories. You have touched a little upon it, the way that we looked at ourselves. And when it comes to struggling with physical pain we tend to have a story around it. How does that story impact our experience?

Dr. Kim: A lot of times people come to me and tell me about their diagnosis and what their doctors told them and they owned this idea that it means all these things that medically it doesn't really mean. So for example, I have thyroid disease. Then

there is this assumption that my thyroid is broken and I will be on medication for the rest of my life. I will always have this problem. Even though a lot of doctors would tell you that those are true, medically it is not shown to be true and we can reverse thyroid disease and we can allow your thyroid to heal and you can get off medications. I have had many of my patients get off thyroid medications and have a normal thyroid. So when we don't know those assumptions are there we sort of live with them and we recreate those patterns. Then the story that we live – and people don't like admitting we are a victim or being called a victim, but the truth is that when we feel powerless it just feels like wow, I feel like a victim in here. So I want to invite you to just allow that and allow that sometimes. Maybe you have felt like a victim, and not make yourself wrong. And begin to look at your story of “how it is” and let it change into this is how it has been, so that you can still acknowledge your pain and acknowledge the despair and the depth of the turmoil you have been through without recreating it in this moment.

It isn't how it is, we actually live in infinite possibilities. Your body is recreating itself in every moment. And the chemistry floating around in your blood stream sends signals that even change your genetic expression and they certainly change the quality of health of your thyroid so that in this moment I can invite something new even as I embrace how it's been in the past. So when we kind of begin to look at the story we have made up about our life we can look and realize is that even true or is that just my story? There is my experience and the facts and the events, and then there is my story about that experience and those facts and the events and so we want to make a little bit of a distinction because your story creates your chemistry. Your story creates your body.

Jessica: I would really like to make that distinction because I can imagine some people thinking – say they are suffering with arthritis, this idea of the fact that I have arthritis and when it started is not a story, I have arthritis. It is a fact and when you look at x-rays you can see it. I have been told I have it so how is it a story? So that is why I love a little bit more clarity around, this idea of the facts and the story.

Dr. Kim: So the facts would be that ten years ago I started having pain in my back or my knee or my neck, and at this point I went to the doctor and he told me that I had fill-in-the-blank. I went to the doctor and he told me, ‘There is nothing wrong with you, you need Prozac.’ Whatever the events are, then you can begin to tell the story just as facts and events. And you actually take the emotion out of it. When we tell our story, our personal story, colored in with all of our emotions with attachment, we actually put a lot of details in there that are really toxic. So I

have fibromyalgia, I have autoimmune disease, I have thyroid disease, and I will always have this problem. I will need medication forever and there is nothing I can do and nothing words to make me better. I have already tried everything. Those are all victim statements.

So even if it is a matter of, 'My husband left me and took all the money.' That is a victim story. What really happened is on this date this person told me, 'X, Y, and Z,' and then we made these arrangements and now I am living on my own. It gives me a lot more empowerment to make choice and, more importantly, it doesn't have a toxic effect on my cells when I speak in terms of the facts and events. But when we are depleted we actually need a lot of compassion. So the need for compassion drives me to tell the sob story – I am all alone, everybody left me, I have no money, life is hard for me, I don't have enough, my body is falling apart. And we tell the sob story and I have been guilty of this so many times, too, when we realize instead that I need some love and compassion here. I have been having a hard time. And I want to get my needs met so I can move forward in my life. Now I can create a different story.

Jessica: So do you feel that when someone has been struggling for so long with an autoimmune disease that it becomes part of their story in the sense that it becomes part of their identity? That they are not sure who they would be without it? There is almost an unconscious grasping. I just want to make these connections. Is that something that you see?

Dr. Kim: That is exactly what I see and that is exactly what keeps this toxic process in place. It is what recreates the same thing that happened yesterday, and that is the same thing that is now happening again today. Then the other thing I see is people flip it. I am not a victim, I am going to change this, I am not going to tell that story – and now they are like fighting themselves. And either way they are not getting the love and compassion they really need. So we are not going to ask anyone to like hey, get over it, that's just a story, you're better than that, you don't need to tell that story. That is not going to work. You need to receive what you have been trying to get from telling the story, which is always some form of love, compassion, recognition, validation. That is why when we went into that first round of tapping and kind of hid in the depth and despair we got to kind of realize that oh my gosh, I am amazing. I have really come through so much that is unspeakable. I could never even describe to anyone the depth of how intense this has really been and I am going to celebrate myself instead. I am going to give myself the love, compassion, recognition, and validation that I am so needing and

just let myself have that and take as long as I need. And now I don't need to identify with the illness in order to receive that because that creates a whole different thing when I begin to identify myself as a person with this problem, a person with this diagnosis. It is a distinction and it is a really important distinction because it allows you to be free from continuing to create that process.

Jessica: Right, and the challenge with the story is not the story itself but what it triggers in us when we relive it in our mind and when we say it to other people, the reaction our body has to that story.

Dr. Kim: And those memories ignite your amygdala. They create the cortisol stress hormone. They create the inflammation and they disrupt your immune system. It has all been directly shown and it is directly tied together medically and so now how can we work with that? And like I said I have seen so many people go into the process of well, I am not going to go down that road, I am going to fight it and either way it is two sides of the same coin. We all need to meet ourselves with love and compassion in order to really be free.

Jessica: And the tapping helps us get there. So if we are beginning to have clarity that we have this story, and again just because we are calling it a story doesn't mean it didn't happen – we are not saying people are making up their autoimmune disease, but the story they say in their heads over and over again, the story that they share, the story that kind of tells your body over again yes, this is what I have and this is who I am, when we begin to become clear on that story how do we take that information and then use it with tapping?

Dr. Kim: We are going to begin to change and kind of extract like what conclusions have I come to that aren't really true? That aren't serving me and that aren't necessarily true? So what are the conclusions that I have made about my diagnosis? About this event? About some kind of experience? I had this traumatic experience and I will never forgive myself. Someone hit me in the car and I will never get over it. And very often I have seen that we have emotions tied into traumatic illness and that locks the pain and the injury in place. We have seen when we release the emotions associated with that memory that we unwind that restriction in the body. So I want to look at my conclusions I have made and just ask if these are even true, the conclusions about my diagnosis, my history, my experience, and begin to allow something to open that you reconsider. Then the other piece is the beliefs I have about myself and the conclusions I have about myself. We start with conclusions that I have about my body. My body will never heal, this just is the

way it is, my adrenals are shot – none of that is true. So would I be willing to reconsider those? And then the other conclusions about myself, what is possible for me? What am I capable of? Even things like who am I? Who do I think I am that I am not? And what about that, if I would just release it, would really free me up to live more organically, access more of my personal power, which is the energy that heals my body. I know for me I am constantly just going to delete and uncreate everything about who I think I am every morning when I get up and every night when I go to bed. So we will do some tapping on this to change the conclusions and to change the way we have identified ourselves so we can allow the body to change.

Jessica: I would love to jump into some tapping.

Dr. Kim: Then we can talk a little more about this because there are other points to hit on and we will go deeper.

Jessica: We can go deeper with the different aspects. Yes, absolutely.

Dr. Kim: Okay, so let's go back to the karate chop point.

Side of Hand Even though I have lived this way for so long
I have been sure that this is for life
It will be always be like this
I am just going to love and accept myself fully
Even though I have all these conclusions about my diagnosis
Because it's been so real
How can I just let it go?
I am just going to love and accept myself fully
Even though this is just the way it is
And it is just not going to change
No matter what this Dr. Kim person says to me
I am just going to love and accept myself fully

Eyebrow All the conclusions I have about my diagnosis
Side of Eye And everyone is telling me they are real
Under Eye My experience is telling me this won't change
Under Nose How can I allow it to be otherwise?
Under Mouth In some way these conclusions are serving me
Collarbone Protecting me from disappointment

Under arm And all the doctors tell me this is just how it is
Top of Head So I better just deal with reality

EB My body actually has the ability for change
SE There is space for healing and transformation
UE I don't really understand any of it
UN But I wonder if I could just allow it
UM Relax and release some of these ideas
CB Ideas I have about myself
UA Ideas I have about what is possible
TH I wonder what it would take for me to embrace those

Good, and take a deep breath in and then let it go.

Jessica: We are moving energy, that was great.

Dr. Kim: It is a matter of being able to just begin to open to something new. I want to just re-emphasize that you don't want to make yourself go there until you have really moved through the challenge of how hard it's been. You have got to validate what it has been before you can kind of move beyond it – this has been extraordinarily challenging and now I am going to open to something new. But if you are just like, 'Let me just get over this, I can do it differently,' it is not the same thing.

Jessica: I love that, the key is to validate how we are feeling. So as we begin to let go of our story, I want to dive deeper into emotions that can be contributing to the stress and to the illness. What are some questions that we can ask ourselves to gain clarity as to whether we have some unconscious blocks that are preventing us from making a recovery?

Dr. Kim: Okay, so if everyone just relaxes your body and shakes your shoulders out and get your spine nice and straight, and take a few deep breaths into your belly – so when you inhale, let your belly balloon out, and when you exhale, let your belly sink in. Just breathe in this relaxed way and if that is hard for you then do it laying down, it doesn't matter. Just envision your body relaxing and envision the breath coming all the way down to your pelvis and then the inhale ballooning out your belly. Just envision that relaxation and release, where your belly sinks in as you exhale. Do that for a few deep breaths. Now you are going to bring your awareness into your body. We tend to spend a lot of time in our head or not even in our body, thinking about the future or the past. Bring all of your awareness and

attention right here in the center of your head and then pull it all the way down into your body, deep through your chest and through your belly, and anchor your attention, just feeling all the way down to your pelvis. When you bring your attention in your body you are just anchoring your energy in your body. And you want to start to feel into what are some of the identities that I have had and some of the ways that I have identified myself that have held me back? And it can be around I don't deserve to have this much energy and focus on myself and heal my body, I need to focus on everyone else. And feel into your body when I say that because if it rings true you will feel a sense of relief, like yeah, I have held that. Or expectations – I should be doing better than this. I shouldn't be in this condition. Making it wrong – when you make it wrong the judgment completely inhibits the flow of healing energy. So am I judging myself? What are the judgments I have made of myself? And feeling into your body this way, would I be willing to let them go? It is not easy to accept imperfection, especially when that imperfection is a serious chronic illness, but even if you just find 10% or 2%, acceptance will allow more energy to flow in that heals your body. It will allow relaxation. Are there expectations I have had on myself? Are there judgments I have made? So feeling in your body, bringing your awareness into your body, will give you this information so you are clear, wow, yeah, I can see where I have held those judgments. I can see where I have put that pressure on myself. And you don't have to know how to release it yet, but just becoming aware is the first step.

Jessica: One of my favorite questions is what is the downside of recovering? And when I asked this – I think this is a great question any time we do any tapping work, whether it is for an autoimmune disease or dealing with a financial problem or a relationship problem, but what is the downside of finding a resolution? I know at first everybody's first thought is, 'There is no downside, I want this so badly.' But when we really do that act of getting into our body and feeling like it is safe to hear that answer, sometimes we can be really surprised and hear things like - if I wasn't exhausted all the time then I wouldn't have an excuse. All of a sudden people are going to have way more demands, and I don't know how to say no. If I recover I am going to have to go back to work, and I never liked what I did. If I recover, I am going to be treated differently. I am going to have a different way to connect with certain people, all these different things that can come up as to these unconscious reasons why we may be holding on to the pain. And like you said, it is so important to not come from a place of judging or saying that you put this on yourself or that you deserve this, but from a place of compassion and curiosity.

Dr. Kim: This is the most important thing and when we back up and look at establishing a new relationship with myself, having a personal love story, treating myself with love and compassion, why would I make myself go do something I don't like, do a job that I hate without creating an exit strategy or staying in a relationship that I don't really love, or not asking for what I need from those around me. I am glad we made that the first step because this illness can serve you in getting your needs met. I can't ask for what I need, but if I am totally down in bed I have no other choice. I have to ask for what I need. So maybe there are ways that I haven't allowed myself or given myself what I really want and need, that this illness is forcing me to do. It is not that I am conjuring this illness to secretly get what I need, your body has to get those needs met. It is not a choice, but you think it's a choice. Well, I will just toughen up and do everything myself. Your body is like, 'That's not going to work. Let's just shut down, we need to get our needs met. We need love and nurturance, we need support.' And if you are not giving yourself that love and support your body has to find an alternative way of doing it. So I want you to ask, without judgment on yourself for this illness. I want you to just ask what is it my body is getting from this illness that I haven't been willing to give my body or give myself? Have I been really stringent with how I eat, how I exercise? Have I been forcing myself to say yes to things I don't want to do? Have I been saying no to things, like I don't deserve that, that I really do want? I want to play and have fun. What have I not been allowing myself? What would it take for me to just be willing to just allow all of those things, so my body doesn't have to shut down in order to get them?

Jessica: Dr. Kim, can you share a story of how this has shown up in someone's life?

Dr. Kim: I had a patient – she had three children, she developed thyroid disease, chronic and severe anxiety and intermittent depression. She didn't know how to ask for what she needed. She didn't consider that she was valuable so she compromised herself in relationships and kept fighting, like why do I keep finding these guys? They were cheating on her, they didn't honor sexual boundaries. She didn't know her own boundaries and she actually wasn't clear on what they were. So of course she was operating in her relationships in a way that didn't get her needs met, but when we went into the coaching she was really resistant because she didn't feel good enough, like I am not good enough to ask that of a man. I am not good enough to do a job that I really love. She was in this job and actually there were some sexual boundaries breached in her work as well. So there was a lot going on around the sexual boundaries. And she stayed at this job for like a full year beyond that, trying to fight this battle with this person at work who had sort of

been inappropriate with her. She felt really powerless. So of course it wasn't like, here you have this thyroid disease, let's fix your thyroid – we really looked deeper into what is her system up to? Where is she compromising herself so her body is not getting the energy it needs to heal? And sure enough it was at this level of we can talk about the energy centers in your second chakra, down in the pelvis but just from a more general perspective, she didn't honor herself and value herself in order to be clear on her own boundaries and what she needed and what was right for her.

So her life was not set up to give her what she needed. And through the work, and we did a lot of tapping and there were a lot of layers because there was all this anxiety, but we were able to get her to the 'I love and honor myself completely,' so now it wasn't I need to do this dance to prove I'm worthy so I can have a great relationship, it was I am, and I love who I am, so of course I deserve a partnership that honors and respects me, just for being who I am. And so what was really interesting about this story was not only did her thyroid disease resolve, the depression is resolved, she is off of – she was on Prozac and she is off of a whole bunch of medications because she was on several, attention deficit and all of these things. But her kids had been having so much struggle and her young, pre-teen daughter didn't want to talk to her and would go in her room and just close the door and wouldn't speak to her. Her other child had Asperger's and was on the spectrum and was not doing well socially. He was not thriving and didn't know how to communicate about any of it. And her younger child started having ADD symptoms, and all of this in a year.

It was really an extraordinary situation because with her shifting and honoring herself and opening up to this level of self-love, her kids had a huge transformation. Her daughter tells her all the time, 'I love her so much.' She goes to her with her challenges and her pre-teen high school years, she goes to her with these challenges and talks about them. She said, 'You know what, Mom? I am just going to put away my phone and not be on Instagram all the time because that's really what is causing all my anxiety.' It was shutting her down and she gave it up. That is a huge leadership move for a young child, a young girl. Her other child is engaging in sports and having fun socially, has friends over. He is completely integrated from a social standpoint and doing well in school. Then her third child is no longer having those anxiety and ADHD symptoms at all, so he is super healthy and he is a beautiful kid. I know them all well, so it was just a great thing to see and have that whole different end of the spectrum where it is not about your thyroid, it is really about this relationship with yourself and the stories

you have had. And will you be willing to honor and love yourself and tell yourself a new story – I deserve love and belonging, I deserve to be celebrated in all of who I am. That is what opened her up to this level of health.

Jessica: This is the kind of work that heals the planet. It heals communities when we begin to experience that healing and what a beautiful story of the impact it had on our children. So as we continue to do this work and we continue to go through this program, I think it is a good idea to think – who am I doing this for? Yes, I am doing this for myself and I am doing this for my children and I am doing this for my relationship, but knowing that when you do this work it has that ripple effect in your world, I think that is a great thing to hold onto whenever we feel a little bit discouraged or we distract ourselves with other things to remind ourselves of the importance of this work. This is amazing, so I want to just touch again – her thyroid problem got better?

Dr. Kim: She no longer needs thyroid medication. Her labs are completely normal and she no longer has the anxiety, all the symptoms she had before, weight gain, all of it. She is balanced, and her body is healthy.

Jessica: That is incredible. So as we begin to explore this question of what is the downside of recovering and this question of the story, suddenly we have all of this information. I am sure someone is listening and as they are hearing these stories they are getting clearer on what is going on in their own life. And it can feel a little bit overwhelming at times. If someone is feeling overwhelmed and they have all this information, what is your advice for them?

Dr. Kim: One point is relaxing your body is always the first step. Relax your body, deepen your breathing. Any time you feel contracted, you feel stressed, you feel overwhelmed, relax your body and slow your breathing. The other piece is who or what have I been blaming that I no longer get to blame? That is a big question to ask yourself, who or what have I been blaming? Maybe that is giving me an excuse and the reason we do that is because we are judging ourselves so harshly that if it was my fault, I couldn't handle that. so let's just take blame off the whole equation. It is not my fault, it is not anyone's fault. Can I accept what is so that I can empower myself to move forward? You might want to just ask yourself what do I need to accept in order to embrace my vibrant life? What do I need to accept about myself, about other people? Who do I need to let off the hook? I know for me I had a lot of turmoil in my life earlier on and I was so angry at my dad for so many things that happened what must be 30 years ago now. And would I just be

willing to let him off the hook for the sake of freeing myself? You always have to remember it is for the sake of me being free. Who would I have to stop blaming and let off the hook for the sake of freeing myself to live my awesome life? That might be a good contact point for when you feel like oh my God, there is just so much, what do I need to let go of in order that I get to be free?

Jessica: Absolutely. So when we are doing this process and we begin to get clear on the story we have been telling ourselves, how does someone tap on a story to experience release so that they don't feel like they are being controlled by that story anymore?

Dr. Kim: Let's go into it a little bit because we want to kind of just explore, like how has the story served me? And you will feel it in your body and it will awaken you to awareness if you are tapping while we are talking. Shall we do that?

Jessica: Yeah, let's do it.

Dr. Kim: Okay, so let's just start on the inner eye.

Eyebrow	I am so familiar with this story
Side of Eye	And all that happened back there
Under Eye	What that did to me
Under Nose	Going through this experience
Under Mouth	And I don't know if
Collarbone	I can just let it go
Under arm	If I can be that big of a person
Top of Head	So I am just going to accept myself as I am

EB	It is totally fine that I have carried this story
SE	And if I want to keep carrying it, that is fine too
UE	I no longer judge myself
UN	I no longer judge what happened back there
UM	There is stuff that happened
CB	And then there was all of my challenge with it
UA	And when I am ready, I can let that go
TH	When I receive what I need, of course I will let it go

EB	And stop defining myself that way
SE	So I can see the truth of who I really am

UE I am not that victim
UN I am not the perpetrator
UM So I just get myself off the hook
CB And I can release everyone else as well
UA Whenever the time is right for me
TH And remembering that this is about freeing myself

EB So I am going to love what is for me
SE I am going to forgive the past for me
UE I am going to release that identity so I can grow
UN And let go of the old story
UM I wonder if I could start telling a new story
CB About how this experience deepened and grew me
UA To love myself exponentially more
TH To open into a whole new dimension of aliveness

EB I wonder if I could just let that happen
SE What would I need to believe?
UE What do I need to believe is possible?
UN What do I need to believe about my body?
UM What do I need to let go of about my body?
CB What do I need to believe about life?
UA That would allow me to be that free
TH And just live my life as a celebration
I am willing to give that to myself

Good, inhale, and blow it all the way out. Shake, shake, shake your body out too. Shake your arms out and your torso, it helps a little more or whatever. We just released a lot of energy.

Jessica: We did, and notice and check in again. I don't think we measured before but just notice how you felt before and how you feel now and notice that win. Wonderful. Well, Dr. Kim, this has been incredibly enlightening and something that people can listen to again and again and also I invite people to just sit with this. You know you have shared a lot so we need to give ourselves time to really digest this and to be gentle with ourselves and to go into those tapping meditations that we have with this program. So before we wrap up though I would love to hear more about the heart work.

Dr. Kim: I would love to give everyone the heart work. So you are going to write your personal story and when you do this I want you to write all the challenges, all the hardship, all the pain. You are going to tell it for the last time, so you tell it big. It is epic. I want you to tell it like you have your most loving, most trusted, best friend, lover, confidant, or God or spirit, whatever is like you can just surrender to that friend, and you write your personal story and all of the pains and paint it with all the depth of the color. And you are going to tell it for the last time. And you are telling it in the truth of how you experienced it, so just let it go. Then you are going to just honor that – you know what, I honor that I lived this story. Then what you are going to do is you are going to burn it. Go outside or wherever it is safe and put it in a metallic bowl or something and burn it and just let it go. And as you watch those ashes fizzle out, you just have your hand over your heart and honor that I totally celebrate this story and I totally honor that I chose to do it this way and that is how it went and I allow it. Now I am just going to let it go and it will dissolve on its own.

Then the next piece you are going to do is actually two parts – you are going to write a new story, and this story is you are creating a future memory. You are 100 years old and you have this amazing party with your greatest friends, family, loved ones, all the people celebrating you. And at this party there is a new story that you are looking back over your life and celebrating what an amazing journey it's been. So that story is going to be like, wow, here I am at 100 and I just want to celebrate that this has happened and that has happened and I have had this kind of love and these wonderful relationships and this amazing healing and vibrancy in my life and all these wonderful things that I have done. Just fill it in with anything that makes you feel wonderful.

The second part of that, which is kind of optional but really useful, is you are going to write a love note to your body. And you can write it to your illness, your immune system, or you can write it to a body part. One time I was asked to write an ode to my thighs and that changed my life. I didn't know how I could love my thighs. I didn't feel good about my thighs, and that is something that a lot of women carry. And now I can love my thighs and I can feel that energy when I bring my awareness there. So this is a love note to your body and you might want to apologize, like wow, I have been really hard on you. Or acknowledge that you are my ally and I have been fighting you and I am ready to stop that. And you want to write a note of love and appreciation. Like wow, you have been containing me for my whole life and we can do some cool things together and I am ready to give you what you need and I am sorry. Whatever the love note is,

you can share this on the community site with us because we would love to support you in this and celebrate you and this is your heart work for this week – write your personal story and how it has been and burn it. Write your new story from age 100, looking back to celebrate your life. This embeds a future memory and it is a foregone conclusion now. You will know how to create this. The last one is a love letter to your body.

Jessica: I love that and everyone can follow along and do those exercises in the workbook as well and we have that there to support you. Dr. Kim, once again, unbelievable. I am so grateful and thank you so much. We are excited to meet everybody later in Module Two.