



Module 2

Family Patterns Contribute to Your Health, Just Not In The Ways You've Been Told

Jessica Ortner: Welcome to Module 2. We hope you are still approaching this program with curiosity and self-compassion and acknowledging every small win and every breakthrough. I am excited to dive in once again with Dr. Kim. Welcome Dr. Kim.

Dr. Kim D'Eramo: Glad to be here, Jessica.

Jessica: This is going to be a really exciting class. What has been so eye-opening so far is realizing that when we are looking at improving our health, we need to take a step back and not just look at the symptoms but our life and our emotions and today I know we are exploring the culture we grew up in with our family. So my first question for you is how do people around us have an impact on our health?

Dr. Kim: The family culture we're in is directly related to our beliefs, our ideas, and our identity, like who we think we are and the values that we hold. And so often we don't necessarily question those. This is just how it is and this is how the world is and when we kind of grow up and start living the limitation of that it can feel really constricting. So it can change your chemistry and directly inhibits your immune system and causes inflammation, any time we are not living what is really true for us it creates that disturbance in the body. So it is a great thing if you are experiencing any kind of illness, especially an autoimmune illness, to kind of back out and look at the whole big picture and just ask yourself what do I believe and who am I aside from this context that I have grown up in and the culture I have been surrounded by?

Jessica: Well let's talk about some of those limiting beliefs that come from our culture. What are some common ones and how does it impact our illness?

Dr. Kim: If we, for example, I had this one woman who was having some pain, low energy, a lot of extra weight, and felt sluggish – she didn't have the diagnosis of an autoimmune illness but her doctors were kind of pointing the in that direction and we can't really figure out what is going on with you. And she was suffering in her relationships. A lot of the trouble she had wasn't just in her physical health but it was like I keep dating these guys who are just flakes and I can't seem to get what I want, I can't seem to get this straightened out, and when we looked at a lot of

her beliefs that she held, which is a direct reflection of the experience she was having she had these ideas about herself that were really limiting. She had grown up in an Italian family, and I grew up and am Italian as well. It tends to be a really tight knit culture of this identity of who we are, this identity of how we think and what we are eating and what we are going to drink tonight and it is all about we, so it is like this one single identity instead of hey, I'm an individual and I might be completely different from all of these other people.

So she had these beliefs herself and about men, about relationships, and it was causing so much disturbance in the people she was picking, the people she was attracted to, and how she was living her life. That was really what was causing all of the stress that was creating the inflammation in her body and making her sick.

Jessica: So then how did she get to the point where she made that connection of going, 'Oh, I have a belief from my family and let me work on that.' How did she just start to connect those dots?

Dr. Kim: She was working with me privately and I was immediately keyed in on this, so if she were to ask herself, 'Who am I being right now?' That would be like who am I being right now? That is a great question that will help you bump out of it and it could be like wow, I am being my mom, or wow, I am being this other person, and you will get a little insight. So she wasn't so much aware of this before we met but as soon as we went into it she was like oh my gosh, yes, there is such a heaviness in how my family holds things to be true, what they say about relationships, how they have done relationships. I don't want anything to do with that. That is not what I want, that is not for me. So even though she was willing to acknowledge that she didn't want to have it the same way as the family, her mom, or the people she grew up with, she was at the same time subconsciously embracing all of it and it was fully integrated into her system.

Jessica: This just shows that we can't compartmentalize our lives. When it comes to our health and our emotional well-being, they are one and the same. So here is this woman realizing she needs to do work on her relationships and by doing that work it directly impacted her health.

Dr. Kim: It was the inner work of who am I and what do I want and what do I really believe about relationships? A lot of times we don't question it because our experience is going to be reflective of the old beliefs. She was experiencing that men were not emotionally open. She was experiencing that men are non-committal, she was

experiencing that relationships are challenging and you have to be assertive. So the way she went about her relationships didn't get her the result she wanted because she wasn't really being true to who she was. So when we opened her up she was like, 'What I really believe about relationships is,' and it is like if you were living your ideal life, what would you need to believe? You would need to believe that men are loving, kind, and emotionally available. I could find a man who is passionate about being in a committed relationship with me. So maybe she never experienced anything like that, but would she be willing – and she was – to embrace some of these new beliefs? She immediately felt more relaxed, she didn't have pain, she felt light, and she just felt so free. Like I can create what I want and now I have the tools and know how to create that shift. We did some really important tapping on a lot of the energy of the family and the pressures of the family and the expectations of the family and the way she had just been living and playing into all of it that she hadn't seen before, and tapping was real useful because it gets your brain to turn off that pattern so that you can step out of it.

Jessica: So Dr. Kim, you already shared a great question with us, which is who am I being? That is a great question to ask to figure out whether we are taking on someone else's limiting beliefs. Are there other questions that we can ask ourselves to get clear on some of the beliefs our family might hold that could be holding us back.

Dr. Kim: One of the ways to get really clear is to look at what most frustrates you about your situation. It might be what most frustrates you or irks you about your family, about your mother, about the way they see things. Or oh my gosh, my mother is always complaining about blah, blah, blah. It might be the things you complain about so in this session right now we are just going to give you a little space to lose that allegiance to protecting your family and just allow yourself to acknowledge some of the ways you are maybe not really happy with them or not happy with some of the things they do or some of the things they say, or it is like I am not happy with some of the things in my life. That will point you toward the area – because you are holding that thing in place. That will point you towards the areas that you have embraced that aren't serving you. For example, I know for this person her mother didn't have a lot of outside friends and really just kept to her family. This is my whole world and she was so frustrated, like, 'Mom, there is so much more to the world and your world is so small, stop being so small.'

So how am I thinking small? How am I not allowing myself to – yes, this is my mom and she has her own story and I am just going to allow that to be as it is. But

the reason that she is having a problem with it is she has actually integrated some of those same beliefs. So what do you see the family holding on to that bothers you? And what are the areas of my life that are most bothering me? So for her, she was able to see okay, here is my experience – I can't trust men. Men are not emotional. And these are all beliefs. And you look at them and they are just facts. Well, it is true. Every relationship that I have been in has had this outcome where he has cheated or he is not faithful, so this is the truth about men. But when you step back you realize – is that absolutely true? And then the next question you can say is can I absolutely know for sure, without a shadow of a doubt, that it's true? Then you have to ask yourself if you would be willing to consider the opposite is true. So all you have to do is look around the room for an example of the opposite. Like someone living a beautiful, healthy relationship where they are loved and supported and nurtured and they receive and they get treated well, to know that it isn't an absolute and to allow yourself to just ask yourself, 'Would I be willing to change this belief even though I haven't experienced it?'

For a lot of people it is beliefs about their body, beliefs about am I acceptable? It is not acceptable to be this weight. It is not acceptable that I can't get out of bed all day. It is unacceptable that I am not cleaning my house and taking care of my kids, so there is all this judgment and that is all part of the beliefs – the beliefs you have about what you should do, how you should be, what should be happening, that is all part of your belief system.

Jessica: I am so happy you are using those examples because I can imagine someone might have had a moment of thinking, 'Wait, I didn't think this was a relationship seminar because you are using this example.' But it is so important to see that we have to look at these different areas of our lives and also it could be financial. What are some of the financial beliefs that your family has? You have heard money doesn't grow on trees, mean people are rich, you become rich by taking advantage of people, you can't be spiritual and rich at the same time. So those are beliefs that come from families and they create a burden on our body that is incredibly stressful.

Dr. Kim: And the destroy your health because let's say your true vision is to go out in the world and express your genius and your skills, of course you are going to be supported in that. You receive lots of money, you do what you love, and you live this free, healthy, and vibrant lifestyle. Well, if that is not aligned with what you believe is acceptable and you somewhere subconsciously hold this belief that wealthy people are bad or corrupt or money doesn't grow on trees, you are going



to bring into your experience all the challenges that limit your ability to live in freedom and limit your ability to have it be easy, that limit your ability to be joyful. What that does is it creates that same stress inflammatory chemistry that sends signals to your cells that shut down your immune system, shut down your digestion, and makes you sick and builds up toxicity in your body. So you just try going against your beliefs and you are going to immediately feel bad. That feeling is your chemistry, that toxic chemistry, building up. So the best way to free yourself so that you have ease with whatever it is you are doing, whether it is feeling stuck and being in bed right now – if you can, just for a moment, I am just going to accept and love this and let it just be okay, it is what it is right now and I am going to infuse my situation with love. Or I am going to go do this thing in the world that is not what I was “supposed to do” but I am going to love and accept myself fully. You immediately enter the chemistry that makes your body healthy.

Jessica: Now, I would love to – and we will – explore inherited disease, but before we move on and as we begin to identify these beliefs from our family, sometimes they are directly related to health, sometimes relationships or money, and once we have a belief how do you begin to tap on a belief to release it?

Dr. Kim: Well one of the things that we want to always do is honor and accept that I hold this belief. There is so much judgment, like oh my gosh, I can't believe they think this way, this is ridiculous, they think that women have to serve the men and completely ignore themselves and that is just crap and I am not going to live like that, so there is all this judgment. Then of course I am not going to admit that wow, I have held those beliefs, too. So you can't see it and you are going to hide it from yourself because you want to protect yourself from your own judgment. The tapping allows me to just – you are tapping on those points which chills out the amygdala, allows your body to come into the state of ease, and at the same time you are acknowledging these beliefs and so then you are kind of tuning down the judgment. Let's look at the judgment, let's own the judgment, let's experience what is really going on and bring it to the surface so I don't keep carrying it in my life.

Jessica: Would you be up for doing some tapping?

Dr. Kim: Absolutely.

Jessica: I would love to do something around the financial burden and how it weighs on our health. So coming from this idea that we live in a family that has struggled so



struggling is part of the identity, and rich people are the other people. They are selfish and greedy and our life is meant to be a struggle around finances. So it is something that I relate to and my family did a lot of work around these beliefs because we have a history of financial struggles, so I think this would be a really great one to tap on. What do you think?

Dr. Kim: This is a great one to tap on because if we cannot have financial freedom it is really hard to have freedom in our health. It is really hard for our body to relax and feel at ease. So there are people who are making millions and millions of dollars and they are not living in prosperity. They still feel like, 'I could lose it. I have to keep going and going in order to keep it.' So it is not a dollar amount or a bank account amount, it is really all about your perspective and we all need to feel safe and secure and to live in abundance in order to have ideal health. So where more does that show up than our finances? Yeah, okay, so let's do it. Let's just start at the karate chop point.

Jessica: And let's have everyone check in for a second, too, if we can. So when you think about your financial situation and you think about your family history, notice what beliefs come up, how intense they feel, and how true it feels on a scale of one to ten. And maybe your challenge isn't around finances, it is around relationships. Notice that, too, because even though Dr. Kim might be showing us how to tap on finances, if we have that intention and we begin to tap on the acupuncture points we are going to experience what is often called borrowing benefits. So just check in with the belief, how true does it feel on a scale of one to ten? Check in with your body and notice if you have any anxiety and any emotional intensity and measure that as well. Dr. Kim, if you could take it away I will be tapping along with you.

Dr. Kim: Awesome. So tapping on the karate chop point.

Side of Hand Even though I learned all this stuff from my family
And it is totally holding me back
I choose to love and accept myself fully
Even though my family has lived in financial lack
And I learned all the same stuff
There is not enough to go round
And I have to work hard to make money
I choose to love and accept myself fully
Even though I don't even know what abundance is

My family did not teach me that
And they refuse to live in abundance
So I am not free
I choose to love and accept myself fully

Eyebrow I have been experiencing so much lack
Side of Eye Not enough money, not enough energy
Under Eye Just not enough of anything
Under Nose And so my body can't just relax
Under Mouth When I make enough money then I can relax
Collarbone And it will feel so good
Under arm Because then I will be free
Top of Head But I am not free now

EB All these ways of viewing money
SE And I see my family giving their power away to money
UE Maybe I see my mom powerless with my dad
UN Because he made the money
UM And I see that I learned this too
CB I give my power over to someone else or to money
UA And I can't just be free
TH I have to work for it

EB I have to prove myself
SE I have to get smarter and get more skilled
UE And then I will finally be able to make money
UN And get what I need and feel better
UM I need money to pay for my medical treatment
CB And I don't have enough
UA It is never enough
TH This is what I learned from them

EB This is how they live and they are still living that way
SE And this is so not for me
UE But I don't know another way
UN This is all locked in my system
UM It is the way I learned and it is the way I am doing my life
CB And it is my experience so it must be what is
UA But it doesn't feel good to do life this way

TH Because now I am living just like them

Good, now just take a big deep breath in and let all of that just go. Relax your body, feel your body, that was a lot that came up. Just kind of feel it and tune in for a minute.

Jessica: Thank you for that. And Dr. Kim, what would you suggest if someone started to tap and they felt more of an intensity, like they began to really hone in on what the problem is?

Dr. Kim: Yes, a lot of that stuff we just tapped on has been in there your whole life. It has been beneath the surface and now you are like, 'Yeah, this stinks. This is crap. I don't want to deal with this.' So what can sometimes happen is it goes from we are powerless to now we are angry. Like wait a minute, I don't want to do this. And that is actually a good thing because you are bringing up all that anger and it can get you some of your power back. If it just brings up the realization of how powerless you felt, you feel even more powerless. And it is okay because having that be conscious and feeling it is infinitely better than having it be unconscious, where that energy is just way deep down in your body because energy creates. So that energy, that belief, money is hard to come by and I have to – I am living in lack, there is not enough, I don't deserve – all that stuff we just brought up has been living in your body and it has been creating everything you experience. Even if someone gave you tons of money, here is a million dollars, you would interpret it through the lack. You would be like, 'Oh my gosh, I hope I don't lose it. I hope no one tries to take it from me. What am I going to do with it? I have to figure this out.' You would experience the whole thing in lack. You wouldn't experience it in abundance.

When we bring this up to consciousness it might feel pretty heavy and just go through that because you are moving this energy out so it no longer creates your experience. You look around and see opportunity. So someone gives you a penny and you say, 'I'm gonna celebrate, wow, I'm receiving money all the time.' Because in the lack it's the opposite. Someone gives you a penny and you are like, 'What can you even buy for a penny today? It's ridiculous with how expensive everything is.' We don't tend to realize how much that energy colors our perception, our words that we use and the way we see everything, all of the action we take. So now that we have begun to move that out of your body you will free up so much of your energy for something else.

Jessica: I love that. And we have more tapping meditations that can support people in doing that and to continue this process. So I would like to move on, and let's talk about inherited illnesses. When someone is struggling and they say, 'Listen, Dr. Kim, it's genetics. My mom suffered from this, my grandmother suffered from this I really feel powerless.'

Dr. Kim: Especially with autoimmune illness and things like depression and anxiety, these are so much more ingrained states of being than they are genetic predispositions. I am not saying the genes aren't there but what we have seen in research is that your genes get turned off or they get turned off and they are totally dormant, depending on your chemistry. So if you have got all these practiced ways of being, ways of seeing things, ways of speaking – oh woe is me, my health is bad, I don't know what I'm going to do, I'm getting older, now that I'm blank age everything falls apart. These are directly handed down from our culture. You speak that way and it creates brain states that are practiced and it creates chemical states that affect your genetic expression and actually turns on genes that make you gain weight, that make you get cancer, that make you get diabetes and that of course creates autoimmune illness. But if we backtrack that and we remember that these are just practiced states of being and I could get some practice doing it a new way. Let me just kind of make a commitment to stop complaining and to start speaking possibility. Like, try that for seven days. It is not easy because we are seeing the reflection of what we have been practicing so it is like, oh my gosh, but life really is hard. Perhaps I really don't have enough money. I really can't get out of bed. Yes, those are all true and they are all changeable. You can even change the way those genes that are inherited get expressed and create your health.

Jessica: So you talked earlier in the last class about the story. Does this also tie in with a story? You know, we have this story as to why this is the position we find ourselves in?

Dr. Kim: A lot of people will clamp on to that, well this is my family, everyone in my family has this, we all get this, we all do this, we all have depression, so again there is a definition which again is part of your identity that creates what's happening in your body. And that is a story as well. Well, everyone in my family dies before the age of 50, or all the women in my family have endometriosis, all the women in my family have had autoimmune illness. There is absolutely shown to be a genetic predisposition it is just that we are seeing now in the study of epigenetics that what is even more important and more powerful than that genetic predisposition is our ability to shift our chemistry and shift our brain states. So

that means telling ourselves a whole new story. What is the story about my life? Let me just give you an example, because it is not like I am asking you to lie or to fake it until you make it or to pretend it hasn't been hard. You could go right into it. I had the most excruciating, tumultuous time. life felt like a living hell in my health and my money and my relationships, like tell it all. And then I actually began to realize that maybe I could have an impact on my body.

That was a crazy idea, but I learned some stuff about it and little by little it began to change. I started seeing changes in my experiences and changes in the way I felt when I woke up every day. And changes even in my money. Surprising things, it felt like things just started to happen. But I knew I was doing things to practice being different that were the direct reason I started to experience things differently and would you even believe it, everything in my life opened up. And now I have – fill-in-the-blank with your new story and all the things that you would love and be delighted by, and then start living that story because it will change what you perceive and you will begin to notice possibilities that you didn't notice before.

Jessica: I worked with a client once on weight loss and body confidence and she shared with me that she didn't know this consciously until we started to do some tapping around this idea of how we connect with our family. She said to me that her two sisters also struggle with weight. And that if she lost weight and was healthier than the two of them then she would feel like an outcast, that they bonded over food and they also bonded over the struggle.

Dr. Kim: I have three sisters in one of my programs right now. One of them started first but she told her sisters, 'You need to be in this program, you need to be in this program.' And one of the things I helped her get beyond was you don't have to wait for your sisters in order to move forward and grow. You don't have to have your sisters agree in order for you to be free and go. And what we dealt with for her was, 'I'm leaving my family behind. I am leaving my sisters behind. I am betraying my family.' And it was like she couldn't just let herself move forward. So we did some tapping on that to have her let them have – if they are going to stay where they are, love and appreciate that and love them where they are as you move forward. But there was a huge hurdle for us to go beyond where she felt so much allegiance and obligation to them – she was the oldest sister – that she had to bring them along with her and she felt like she couldn't go forward unless they agreed that they would go as well.

Jessica: This is so incredibly common. I am happy that we are having this discussion because sometimes just talking about it gives everyone an opportunity to take a step back and ask themselves, ‘Am I running this pattern in some way within my family?’

Dr. Kim: Yeah, I can get into a personal piece with that as well. We just moved out here to Durango, Colorado, from Boston. My family is a big, Italian family and virtually no one is outside of that area. One of my cousins moved to New Hampshire, which is about 45 minutes north. People still talk about it being the most rebellious, outlandish thing, like, ‘Wow, they moved all the way up there. What are they even thinking? That’s ridiculous, why have they got to be up there?’ And there is so much judgment around it. And so what happened for me was that wasn’t going to be the space that was appropriate for us to live, it wasn’t the right environment, it wasn’t the culture that really made us come alive or embraced what my husband I were about, it wasn’t where we wanted to raise our child. So we knew this and it took about a year for us to kind of connect with ourselves and accept and love ourselves enough, give ourselves the permission to do what was right for us. And when we decided to leave there were about two months where my family didn’t really want to talk to us. they were so upset. I have a little daughter and she is three and everyone is so close with her and if it had been a year or more prior it would have been incredibly hard because I would have been ridden with guilt that even though I am choosing what life is calling me into, like we all have to choose our personal paths. It is not a choice. If you shut it down, your body is going to get sick, it is going to set off the bells and whistles. You don’t have a choice. You have your life purpose, your authentic being, and you have got to live according to that in order to really thrive.

So we moved out here and I felt completed centered. Kim, I trust myself and I am going to honor myself. That is the only thing that matters, and if it means letting them go and they never speak to me again, I am going to just have to embrace and love them in that action. Now, it hasn’t been like that and they have come around. I had a great conversation with my mom this morning. And she said, ‘I’m glad you’re doing what’s right for you.’ And I did get that support but I had to step forward and do what was right for me even though this was not what anybody else was going to agree with. So sometimes you have to be – even if you are the only one, you have to be on board for yourself.

Jessica: And sometimes those decisions are the big decisions, like you moving away, and other times it is being at the dinner table and saying, ‘You know what? I am

dealing with a lot of inflammation in my body with this autoimmune disease, I am not going to have all of that sugar. I am going to pass on something.’ They are big and small decisions that we need to make sure that when we make that decision we are coming from that space that you just shared of this is for me, I am looking out for myself.

Dr. Kim: And the crazy thing is that the judgment is exactly the same as it was when oh, Kim is eating all this weird food. Or Kim is moving to Colorado and leaving Boston. It was a little thing or it was a huge thing, but the judgment feels the same in your body where you are like, ‘Oh my gosh, I am being so rejected. I am different, I am weird, it is not okay.’ Well, what I had to do was say to myself, and we will do it in some tapping, even though the whole world is against me and rejecting me and telling them wrong, I am going to start listening to myself anyway. Now I am not saying my dad is like doing this terrible thing, but it is those subtle things like, ‘Thanks, I don’t want to have any pie because –’ And, ‘Well, why don’t you want to have any pie? What do you mean you don’t want to have any pie? We are all having pie.’ And if you try to do something different it can be really hard to take that step and step out of the box of what your culture is doing.

Jessica: And realize that especially around food – I have done a lot of work around this with my clients, but noticing as well that you can bond with your family in other ways. You don’t have to be exactly like them to still feel their love and love them.

Dr. Kim: Yeah, and it is part of I love and accept myself fully – I love and accept my family fully, in their own idiosyncrasies and in their own limitations. We all have limitations, can I just accept that my family has limitations too? Yeah, it is when I can love and accept myself that I can actually offer that to them as well.

Jessica: I love that. I would love to do some tapping around being able to stay true to ourselves within our family and still love them and really most importantly to have our own back.

Dr. Kim: Let’s do it. So tuning in with whatever particular part of that family identity, family culture you have been indoctrinated in and you are done, you are ready to move beyond. So bringing that up in your body and feeling how you feel and picking your number on a scale of one to ten and tapping on the karate chop point.

Side of Hand Even though I just want to break free from this pattern

I don't want to be like them
 I want to be myself
 I am going to choose to love and accept myself fully
 Even though there is so much judgment
 Judging myself and being judged by them
 I choose to love and accept myself fully
 Even though my family just doesn't get me
 I am different
 And I judge myself that I am so different
 I am going to just choose to love and accept myself fully

Eyebrow I don't want to be like them
 Side of Eye I want to change
 Under Eye But I want them to come with me
 Under Nose I want them to give me the permission
 Under Mouth And tell me it's okay
 Collarbone And support me in this change
 Under arm But they aren't supporting me
 Top of Head If we could all just grow forward together

EB It would be so much easier for me
 SE And so I see that I am making be about them
 UE I feel guilty for leaving them
 UN For not doing things their way
 UM Or ushering them and teaching them a new way
 CB And I am making this my responsibility
 UA Because I love my family so much
 TH I want this new life for me, and I want it for them too

EB I see a way that it could all be different
 SE And I want them to see that too
 UE I can't just leave them behind
 UN Because I feel so guilty
 UM A sense of obligation
 CB How can I take this new wealth of knowledge and just leave them?
 UA Not honoring their points of view
 TH Not doing life according to their beliefs

EB Am I really allowed to just go against them?

SE Something about that just feels wrong
 UE I am betraying them
 UN But otherwise I am betraying myself
 UM It is time for me to make a choice
 CB Can I love and accept them exactly as they are
 UA Without needing them to change
 TH Without needing their permission

EB In order to change myself
 SE I don't know if I am ready to go it alone
 UE I might be rejected or have no friends
 UN On some level I have needed my family's acceptance
 UM And even though I still wish they could just accept me
 CB And support me in this movement
 UA I am just going to stop needing it to be that way
 TH Stop making this about them

EB And start making it about my choice
 SE I can free myself
 UE And my body is clearly letting me know
 UN That it needs me to do life differently
 UM Will I listen and honor my body?
 CB Or stay stuck in the past and honor everyone else?
 UA Maybe I will lead by example
 TH And have the courage to take those steps on my own

Good, big deep breath in, and let it go. We could go a long way with that one.

Jessica: I know, and it is so good to move that energy. I know that everybody has different family experiences and circumstances but notice what came up, notice how you feel. Again, check in with yourself and check in with your body. Check in with the thoughts in your own head and just notice those subtle shifts. Or maybe it is a really massive shift, but notice that.

Dr. Kim: Yeah, and I would love to hear about it, and if they would like to connect in the community forum and share because this huge, huge.

Jessica: It is huge. One thing that I would like to share, which is the other side, so here we are saying that we can hold on a way of being because of a commitment we make

to our family, that we feel like we have to be like them and we want to be accepted by them. The other thing that I have seen before, and this is very interesting because now we are talking about family that is in our life, but we still have commitment to family that might have passed away, the memory of a father or a mother. The reverse side is we might have that commitment to stay like them, or we might be rebelling. The way that I see this is I was working with a woman who was very overweight, had many different health challenges. When we began to do the tapping she realized that if she got better, if she lost the weight, if she became healthier and vibrant, then she was telling her deceased mother that what she did to her was okay. Her mother was very abusive. So she held on to all of the physical pain and all of the weight as a way of saying, 'Look what you did to me, Mom.'

Dr. Kim: And it can be a way of like honoring myself by standing for this was wrong, this shouldn't have happened. It is actually like you are trying to do a good thing to honor this is not okay but then to not allow yourself to come to completion with it, you are still holding that energy in your body and holding in the sickness and holding in the toxicity.

Jessica: And you are the one being hurt.

Dr. Kim: And the interesting thing is that, like you said, people can be dead and passed on or it is decades later and people change, whatever, but if I haven't allowed myself to shift and come to completion, and it doesn't mean let it go, get over it, it's over, they are not here anymore. It is not that – it is actually a way of receiving validation of yeah, this was really hard and I shouldn't have had to go through this and I am actually going to allow this to grow me in a really important way so that I get to be free and vibrant and healthy and I am going to love and accept myself and set myself free and then I am going to love and accept them and set them free, but we can't set someone free until we have really sort of honored and appreciated what we have gone through.

Jessica: Absolutely. So here we see two sides, and I know that you talk about vows. I love this word, the vow to respect and honor them, so to stay sick like them or to have the same lifestyle as them, or the other side is I will never be like them. So you do the opposite.

Dr. Kim: It is like we take these subconscious vows, you grow up and you see your mom be powerless and kowtow to your father because maybe he had the money or he was

in some way verbally abusive, and she didn't feel good enough about herself and women get sick that way. They actually develop a lot of illness, especially autoimmune illness, so you are like, 'That is not for me, forget that. I will never be like her. I will never be in that kind of relationship. I will never submit to a man.' Then you actually end up living a lot of limitations in your life because even though it seemed like that vow empowered you not to do it that way, it also limits you to receive a lot of possibilities. Then the opposite vow is that I vow to respect and honor my family, my family is it, this is the way to go, everything they say, yes, that is what I am going to adopt. Then even like you said, when that person dies I am living in reverence and honor of my grandfather, my parents. I have this one person in my life who had such reverence for her father and literally worshipped the father and he could do no wrong and everyone talks about this person. And no one could ever be better than her father, so altruistic and loving and giving, etc. But she hasn't ever been able to have a connected relationship with a man because no one could ever measure up. And so sometimes we put someone on this pedestal of perfection and then we have people in our lives who would never meet that and never measure up because they aren't that person and then we lose a lot of opportunities in letting other people in who maybe do it differently or have different characteristics. There are ways we can enjoy that and let that vibrancy into our lives that we end up shutting out.

Jessica: When we begin to start looking at our family history and the way that it is impacting our health and we begin to see these vows and a lot of times anger can come up. We think about a certain event and we think about how unfair it is, how we got stuck with this family or whatever the emotion is, but I think anger is very common. Is anger very toxic? Do we have to be careful with it? What are your thoughts on this anger?

Dr. Kim: I always tell people to give yourself permission to feel as much anger as you could possibly imagine because it is the permission and allowing of anger that lets it move. It is the oh my gosh, anger is not okay, and judging anger that makes it toxic.

Jessica: Yeah, can you say that one more time? Because we need to get this.

Dr. Kim: If I can allow myself to just revel in my anger, totally go for it and be in it where I allow myself to be as angry as I want and whomever I might imagine I am angry at and just go with it and let it move, that permission and allowing will allow the energy to flow. Now of course, when I am allowing what is I am not going to

hang on to anger and be like, ‘Well, this is the most fun I have ever had. I am going to keep being angry.’ It allows the anger to move. It is the idea of it is not okay to be angry, I can’t be angry at my family, that is shameful, I shouldn’t be angry at them, they gave me so much. My family sacrificed their lives for me. I could never be angry at them. It is that lack of allowing, the judgment of anger where anger is wrong and bad, that is what makes the anger toxic and keeps it stuck your body sometimes for decades.

Jessica: So it is important to allow yourself to have that experience of anger. I will add a side note that this is not the time to call someone and have a conversation or write an email.

Dr. Kim: No, no, no. This is all about you and you honoring your emotion, because it really is a delusion. No one can actually hurt you and we can talk more about that but you are not actually threatened. It is real versus perceived threat. He said this to me, he told me I am wrong for trying to change my life, whatever might be the judgments. But can it really hurt you? If you refuse to judge yourself, it doesn’t hurt. I let my family go through their own kind of I don’t want to say pity party, but their own hardship with me leaving. That was hard for them to experience. I just let them have that. Yeah, they said some things that were kind of ridiculous and really inappropriate and didn’t really -

Jessica: Help the situation.

Dr. Kim: Yeah, it wouldn’t have made me feel so proud of myself. But I just decided I was going to let that one go and decide it doesn’t matter. It doesn’t matter if someone is telling me that I shouldn’t do this, I shouldn’t do that. It doesn’t matter if someone is saying that I don’t care about anybody but myself. You know, can I give him a little credit? They probably don’t really feel that way, they are just upset. Yeah, so I am going to let that comment fly and I am not even going to absorb it. So people can’t really hurt me if I refuse to judge myself. But can you let yourself have your story and run with it and let the emotions come up and run though? Absolutely. Go with it, wow, I can’t believe he said this and when he said this I felt so bad. And he shouldn’t be saying this to me, he shouldn’t be doing this to me. And just let it flow, and then let it go. Then you take a deep breath in and you take a deep breath out and you are like none of that was even real, and now I can just communicate with that person in a loving way.



Jessica: So let it flow, and let it go. That is the mantra for this class, let it flow and let it go.

Dr. Kim: It will create the health that your body needs. It will create the energy flow your body needs to heal. And you don't want to put it on someone to expect them to have this conversation with you. You just have it with a neutral person or maybe someone who can tap with you, but do it within yourself.

Jessica: Yes, I love that. So one of the great things that I am hearing here is that when we want to begin to separate our energy from our family, we want to do things differently and it doesn't necessarily mean that we have to disconnect with them. It also doesn't mean it might be the most peaceful and easy experience at first, but it can be for our internal world. It can be for us and we can come from a place of just letting them go through whatever they need to go through and honoring their anger and their process.

Dr. Kim: I think tapping on these vows is going to be a really powerful way to shift this energy that has gotten stuck, because these vows get put in place in very intense moments like my father abused me and I would run upstairs and cry and say I will never let men into my life, I will never let anyone have my heart. I will never open my heart to anyone, it is not safe – whatever it might be, you shut yourself down in a very powerful way to protect yourself and there is everything right about what you did in that situation. And now let's upgrade your system. You are not in that dreadful, threatening situation. You are in a safe situation and it is okay to let those vows go.

Jessica: I would love to do some tapping.

Dr. Kim: Let's just start on the inner eye.

Jessica: And let's check in first if we can. How do we check in when it comes to the vows?

Dr. Kim: I want you to think about what you have decided, like I will never fill-in-the-blank. I will never be like this, I will never do this thing, or the opposite. I will always honor, blah, blah, blah. A commitment, I will always honor my – I have someone I am working with and she is growing forward in leaps and bounds and her best friend/business partner is not exactly going at the same rate. So she keeps feeling like I will never leave her behind, I will always honor her, she is my soul

sister, and so we did some work around that yesterday and she just had a huge breakthrough. But sometimes it is I will always honor and love and respect my family. So it could be one form or the other and you just want to feel into where have you made these commitments in your own life?

Jessica: Okay, perfect.

Dr. Kim: So let's go for the karate chop point.

Side of Hand Even though I have made this vow
That I will always or never have this happen
I will never be like them
I am just going to choose to love and accept myself fully.
Even though I really meant it
And it is so important to me to honor this vow
This is my family
I am just going to love and accept myself fully
Even though I can't imagine leaving this behind
This commitment and this vow
I am just going to love and accept myself fully

Eyebrow I will never be like them
Side of Eye And I make this vow with all of my being
Under Eye And under no circumstances
Under Nose Will I ever let go
Under Mouth I will always honor my family
Collarbone They are the most important thing
Under arm And now something else wants to be important
Top of Head My health

EB But I vowed I would never let this happen to me
SE And I have held that vow in my body
UE And boy is it holding me back
UN In ways I probably don't even know
UM I have lived my life for this vow
CB And in some ways it has really served me
UA But it is time for me now
TH To leave that other person behind

EB Even though it breaks my heart
SE Or I can't imagine forgiving this
UE Life is really growing me into something more
UN And I can't hold myself back
UM I have to follow what is right for me
CB And I have to release this vow
UA I don't even know how to do that
TH Because it has been so integrated throughout all of my system

EB I am going to let my whole being know
SE Right now in this moment
UE That it is time to be free
UN To let go of the other people
UM To let go of that experience in the past
CB To let something bigger emerge
UA And let myself be free
TH So I let all parts of myself know this new message

EB This new vow to myself
SE I vow to listen to my body
UE I vow to honor myself fully
UN To follow my path
UM And to release what anyone else may think
CB And let them go through their own process
UA And trust that life will actually take care of them
TH It is no longer my job to do that

Good, take a deep breath in and just let it all go, and relax.

Jessica: That was powerful, thank you Dr. Kim. Wow, this has been incredible so far and I am excited to learn about our heart work.

Dr. Kim: Yeah, our heart work today for this session is going to be every morning and every evening you are just going to tap – you can start right on the inner eye point before you go to bed and when you get up in the morning, and I delete everything about who I think I am and you just come to the next point, I delete everything about who I think I am. Just do one round and breathe in and breathe out and that will loosen up the old identities, the old obligations, and the old ways of defining yourself and your life and open your system up for possibility. Then the other

piece is with these vows I want you to write down what is the vow you made that I will never fill-in-the-blank or I will always. And you can share that in the community forum and you are going to do the tapping on that. The way you will do it is just honoring that vow, like actually make yourself right so you can really get into the commitment that you made and just tap, tap, tap and then just breathe in and breathe out and let that lighten up and kind of start to tap in just like we did with some empowerment, I'm free.

Jessica: I love that. So when we do the tapping when you are saying I am deleting who I think I am, then after we do that for a round or two do you recommend that we begin to notice what other thoughts come up? Do we begin to make the decision of who we want to be and how we want to show up?

Dr. Kim: What happens when you sort of just delete all those conclusions is your authentic self emerges automatically but there really isn't a lot you need to do and you definitely can start empowering yourself with the amazing vision of what you want – I am vibrant and healthy, I feel amazing, I love my body, I am free, whatever things might come in. But you don't to think about it or figure it out or force it. It happens automatically so just trust that process and then absolutely start to put some of those new images in of who you get to be now that you are free.

Jessica: I love this, so powerful. Dr. Kim, thank you so much.