



Module 3

The Impact That Being Sensitive To Other People's Energies And Emotions Can Have On Your Immune System

Jessica Ortner: In today's module you will learn how other people may be affecting your immune system. Yes, it sounds far-fetched at first but if you are sensitive to other people's energy and their emotions, being around them can cause stress that directly impacts your immune system. We are going to learn a lot more about this so let me welcome back our doctor. Dr. Kim, how are you?

Dr. Kim D'Eramo: I am awesome, Jessica, thanks. It is great to be here.

Jessica: I am so happy you are here because you are talking about something that I feel like nobody is talking about yet when you talk about it everybody tends to nod their head and go, 'Oh yes, I have had that experience.'

Dr. Kim: We are all aware of our energy on some subtle level. but the fact that no one is talking about it doesn't give us a whole lot of context for how to describe that experience. So when we start talking about it today I think a lot of people are really going to sort of align with what we are saying.

Jessica: Yes, and a lot of people feel this yet when they talk about it to other people, these other people might be saying, 'Oh, it's all in your head. You are being so dramatic.' That takes me to the first question where I want to talk about being highly sensitive and how that correlates. What does it mean to be highly sensitive? It is a bad thing? Is it a good thing? How does it correlate to an autoimmune imbalance?

Dr. Kim: Our bodies are made of energy. We are energetic beings and that is sort of the first and foremost piece to understand as your foundation of when you are approaching your health. So if you are just thinking oh, I have to do these habits and behaviors and eat these foods, take these medications, you are really only dealing with things at the physical level, but way down beneath the surface at the energetic level is where the real problem is arising. So as people who are energetically sensitive, they are just more attuned to their body's energies. It doesn't mean they are made of energy and other people aren't, we are all made of energy. But for people who are more sensitive they are more aware of what is

happening in their energy. So you might feel like, ‘Oh, I got a bad vibe from this person.’ We already have words and we tend to sort of subconsciously understand that, that we speak in this way and that we understand this vibration. That is energy, we have a vibration. People have a vibration and you might feel this person has a good vibe, I like being around that person. What you are feeling is how your body feels in their vicinity. And so for people who are sensitive, if you are wondering if it is a good thing, if it is a curse, well, if you are not clear on how to manage it, it can be overwhelming. It just seems like it will be so much better, like ignorance is bliss, just be numbed out and not be aware of this level of my existence, and just how everybody else seems to not notice it, I wish I didn’t notice it. But the truth of the matter is that this awareness and this sensitivity empowers you to do amazing things and create profound transmutation in your body very, very quickly, once you have the skills and the ability to work with it.

Jessica: That makes a lot of sense. So I want to get clear, why are some of us more sensitive to others?

Dr. Kim: So other people can actually carry a frequency that resonates with your own, meaning people say this person took all their negative energy or I am doing great in my own state, but then my husband comes home and brings home all the negative energy from work. What happens is that people aren’t giving you their negative energy. It is actually that it is vibrating with something that is unresolved inside of you. So if you harbor a sense of I am not comfortable with my body, or judgment, like I am judging my own body, that is a frequency and a self-hatred frequency. If you think of it in terms of energy, that energy and judgment lives in your body. Even if all day long you say, ‘I love my body, I love my body,’ if you haven’t resolved that frequency and released that energy, someone else comes along and maybe they are vibing with 90% of self-hatred and you only have 2%, but it is going to sort of ding on your 2% and you will begin to feel that energy, even though it is only a tiny bit that you have carried that you didn’t feel before. It actually gives you the opportunity to become conscious of something living in you that you were not previously aware of.

Jessica: It almost makes me think of an open wound. If you have this painful open wound and someone touches you with a feather, it is going to burn and it is going to be incredibly painful. It is not the feather, it is that open wound.



Dr. Kim: And you get triggered. And people will say that, that is exactly what is happening. They will say this person is like stomping on the wound – they trigger me, I get triggered every time I see my mother, or I get triggered when I am around negative people at work. Well, what is it within you that is getting triggered? Because the trigger puts you into the distressed fight-or-flight response that is toxic to your cells. So yes, it absolutely does contribute to that autoimmune imbalance and disease. But what is it actually that is happening? It is bringing up an opportunity for you to become aware of something that you weren't aware of, but even more importantly, to resolve an energy that you didn't otherwise have access to. So now that you are triggered that energy comes up and you feel it. We will teach you how to move it with the tapping and with being aware of it and then you can release that energy in your body so you are no longer affected by it negatively. Then you also have released that trigger because it is not there.

Jessica: That makes sense – if someone is pushing your buttons, get rid of the buttons.

Dr. Kim: Exactly...

Jessica: So, Dr. Kim, we are going to learn how to do the tapping and I also want to talk about boundaries but before that I want to paint just a broader picture of how this shows up in someone's life. How does this begin to affect your body if you aren't aware of it? There are many people who are listening who probably didn't know they were energetically sensitive until now. Or maybe somebody is not sure whether they are that sensitive or not. What are some of the symptoms, some of the things that happen when you are feeling triggered and very sensitive to other people's energy?

Dr. Kim: The important thing is that energy that lives in my body is affecting me even if I am not triggered. So the trigger is where there is an opportunity, but that energy is going to keep me at whatever my baseline, my personal satisfaction, joy, the energy level that I have, how much health I have access to. How quickly my body can repair after an injury or how well I can fight off a virus instead of getting sick with a virus. So all of that balance within ourselves is dependent on this energy that lives in our body. It can actually interrupt our immune system and it can interrupt our hormone function and throw off your thyroid because you don't have access to that energy that heals your body if these energies are sucking up your juice, so to speak. So even if you are not aware, it is affecting you and that is why it is actually a gift to be "triggered" or to be energetically sensitive, even though I



get that up until now you might not have interpreted it as a great thing or a great experience. We are going to teach you how it is a gift and how to use that gift.

Jessica: Yeah, it makes a lot of sense. I think we have all had that experience of leaving a situation and feeling very drained. So if that is the case that is a moment for us to become aware of something that is living inside of us anyway, so that we can address it. I love that, the idea of saying, 'Thank you,' when we feel triggered.

Dr. Kim: That is one of the most important things we can say because when we realize what is really happening you are having an energetic detox. Every time you get triggered it is an energy that is coming up, making itself conscious, hey, here I am – what do you want to do with me? Do you want to give me a blessing so that you can release? Non-attachment will allow that memory to release, or are you going to keep suppressing me, resisting me, trying to kill off that bad thing? What you resist persists and so it keeps that energy alive in your body.

Jessica: We are blaming the other person.

Dr. Kim: Yeah, blaming the other person - I don't want this, I shouldn't have to deal with this, you are making me feel negative, I have to get away from you, all of that resistance.

Jessica: So logically we are beginning to understand this. If someone is triggering us then it is time to begin to look within, and that being said often times it is easier said than done, which is why I love the fact that we have tapping. So say that we have someone in our lives and they just feel like a heavy weight or an energy suck – you called them energy vampires. Once we become aware of that, what do we do?

Dr. Kim: Well what we want to do and where I always bring people to first is bring your awareness in your body so it seems like what is happening is out there and it is about them and I have to change them. And I have to just make that person understand, stop saying this to me. What you actually have power to do is what is already in your body. So bring your awareness inside your body and you will actually sort of turn up the volume on the pain and you will feel it even more intensely. The good news about that is the experience is just the experience. So it is like, oh, wow, I feel a heaviness in my solar plexus like I just got punched in the gut. You can actually form an appreciation for what is happening in your body that is just an experience instead of oh my gosh, this is something, I can't let this

happen, this is bad, and I have to make it stop. You are fearing the experience. So those are entirely different things. And one is you are keeping it suppressed in your body and suppressing that energy and on the other you are allowing yourself to experience it fully, to let it come up and let it release, and to just let that energy sort of come right off your field so it is no longer held in your body.

Jessica: So that is the first step, to gain that awareness. But what exactly does that mean? Is this when we begin to start doing the tapping in order to be able to help us get to that place? Is this something that we need to meditate on? Is this something we can go through right now?

Dr. Kim: This is the way I use it. Life is going to trigger you and I use those triggers to bring me present in my body. So you could do meditation every day and get better and better at being present in your body but so many of us don't have time for that and then we don't do it and so then life hits us with something and we are right in the fire. So it is harder to be just present when you are all fired up. So that is kind of where the tapping comes in and I use tapping while I am in the fire, while I am aware that I am triggered, while I am disturbed. I bring that awareness into my body to experience what is happening and to tap it so that I can easily release it.

Jessica: Right, so here we get to the gift, this person triggers us and now we become aware of what we can clear and because it is in front of us it is easier to begin to do that tapping. Something that many people say is that in that moment I don't know if I am doing it right, I don't know if I am saying it right, I don't know if I am saying the right thing, what advice do you have?

Dr. Kim: The best way to tap is to bring your awareness and feel your body and just imagine all of your attention unlocking from other people, unlocking from your past events, unlocking from worrying about the future. If those are all chalkboards, like you have a chalkboard of all the past events, just erase that whole chalkboard and yet that chalkboard over here of the stuff you are worrying about for the future, just erase that chalkboard. Then pull all the parts of you that were invested in that right here, right now, and into the center of your body. So you can start with your head and then the other chalkboard of all the people out there who are annoying me and who are bothering me and all the circumstances that I am resisting. You just let that all fall off and erase itself, and you bring the part of you and your energy, your attention right here, right now, into the center of your head.

The second piece you want to do with that is slow your breathing and bring your awareness from the center of your head all the way down into the center of your chest. So then you can feel yourself physically because for most of us it can be hard to know how you feel emotionally so don't use that as a vantage point because you may never be able to identify it. Feel yourself physically and imagine feeling from your physical head all the way down your throat, all the way down, and then right into your chest. Feel yourself moving with your breath, maybe there is some movement in your chest, and feel your body relax.

The third part is you put another magnet down or another focal point in your pelvis to feel what is happening down here all the way in my core, right below the belly button, and then you pull your energy down even deeper into your body from your chest down through your belly and all the way down to your core. Then you want to anchor your awareness in your body this way. So you are feeling physically like my butt is on the seat, maybe you move your hips around, and that will bring your attention into your body. So slow your breathing now and then you just ask yourself, 'What do I feel in my body?' Now, physically, you might feel pain, you might feel tension, you might feel pressure somewhere. Maybe some areas feel loose. Maybe you feel your breath moving.

Then the second piece is to become aware of how you are feeling emotionally. The best way to start with that is that one to ten scale, with ten is the most severe and I am really disturbed and one is I feel pretty light. That is how we do it in tapping, where ten is a disturbance. So you just want to gauge in and be like, 'Well, how am I feeling right now?' Even if you don't know if it is anger or fear, maybe you have no idea how to label the emotions but you can sort of get a gauge of how you are feeling on a scale of one to ten, so you can begin there just to practice bringing your awareness to your body and become familiar with what you're feeling.

Jessica: When it comes to doing this process, a big part is trusting your intuition. You are speaking to us through this just to allow ourselves to have the experience and not need it to be perfect. So often we think we need the guru or the specialist and we need to have the exact words of the perfect process. But even if we just had a more playful attitude when it came to trying these techniques, they are just so profound.

Dr. Kim: And they will teach you. We can sit here and try to teach you a bunch of stuff, but your greatest guru, just like you said, is in your body. So if the best teachers we can be for other people is to guide them into that self-awareness, into that relationship with themselves, because that is where life force energy lives. That is where you actually connect with it. So up until then it is sort of like just a discussion. We are just having some interesting discussion, but to the degree that it can point you into yourself, that is where we really have a key role in helping support other people.

Jessica: I find that it is very common when I work with clients and they do this first step of getting into their body and into how they feel and they begin to realize the struggle that they have had in the past to saying no and to creating boundaries. So if you don't want to be a doormat, there is a saying – if you don't want to be a doormat, get off the floor. And for many of us it is very difficult. We have trouble saying no, we have trouble creating boundaries. What role does our ability to say no and boundaries impact our energy and even our immune system?

Dr. Kim: Well, I will tell you the most important thing is what role does our ability to be aware of our body so that we can fill and answer our need, that is what gets us to get off the floor, right? Because we can't just do this thing and take care of myself and get off the floor, leave my abusive partner – you can't until you receive the love, the nurturance, the support that you need, and it actually comes from you. Now, if you are aware of what is going on inside your body you will receive that. You will feel the need, you will feel the pain, and then you can ask yourself, 'What do I need right now? How can I give that to myself?' Because when I am fulfilled and my needs are being met, there isn't anything that I can't do.

Jessica: So we become aware of our own needs and we become aware of the importance to begin to take care of ourselves, yet we still live in a culture where a lot of our value, especially as women, comes with our ability to give. It is something that a lot of us pride ourselves in, being the over-giver and being the martyr. How do we begin to change that where we begin to value ourselves, not for just being able to give so much but also for being able to take care of ourselves? Does that again come from our inner voice?

Dr. Kim: Yes, because your inner voice is going to guide you to what you need in order to give more. So yes, if you want to think about it like oh, I want to be a great giver but I can only give from a place of fulfillment, so you might as well just ask,

‘How can I be more fulfilled? How can I receive more?’ The truth about your essence is that you are, by nature, a giving being. It is just human nature that when we fulfilled and filled with love we always naturally emanate that forward from us. So you could actually take 100% of your focus off of giving and still be the greatest giver in the world if your focus goes into being a receiver, how can I receive?

Jessica: But what about that one person we have in our lives that is constantly needing, constantly asking for things, and we fear that by saying no to them that they are going to have a tantrum and they are going to have a hard time. They are going to feel rejected or have some sense of pain and so here we are doing something for someone else because we are scared of their own emotional reaction to us saying no.

Dr. Kim: When we see other people small, like they are incapable of empowerment of meeting their needs, I have to meet the needs for them, we hold them small and we hold ourselves small. When we are willing to let our body guide us into the truth, which is my empowerment will always serve the empowerment of others, when we are willing to let that guidance support us, we will naturally do what needs to be done to let that person access their own power. Now they may need to fall apart before they stop grasping for others because they are so convinced that they are deficient, and fall apart before they access their power. Like wow, I guess people are not going to do this game with me anymore. I really only have one source I can turn to. The truth is the more powerfully I hold my truth and I honor my truth and I honor my body, the more easily that people around me will access that truth in themselves.

Jessica: Bravo, absolutely. One of the things I love to say is that I trust my spiritual path and I trust the spiritual path of others. And sometimes a spiritual path takes you to some dark places but when I look back at the times that I have struggled in my life, those moments have become the biggest blessings in my life because I have learned so much. So why would I want to take that away from someone else? I need to have faith in their spiritual experience.

Dr. Kim: And that they will get what they need through that experience. Yeah, especially with our kids. It is really hard because we have so much resistance to seeing them go through any suffering. I know my daughter is very young, so we have this whole thing with putting her to bed and my husband was like, ‘Kim, we have to

let her go through the challenge of us not being there for every breath until she is asleep.’ And I was so resistant to this but what I saw was that she became manipulative. She would be able to fall asleep by herself but she knew she could pull on my heartstrings because I felt so bad about I don’t want her to suffer, I have to be there for her for every breath. I can’t let her cry. And when I finally actually got the strength in me that was like, you know what? I know what is right for me is to walk out of the room and nurture myself, and go to bed. And what is not right for me is to stay up for another hour taking care of her and making sure she is okay. It doesn’t feel right, I am not honoring myself. And somewhere I need to know that is going to serve her. And Jessica, it was within the first night. It was like, boom. It was as if she felt a shift in me, where I was so committed to what was right for me that there were not any circumstances under which I was going to compromise that. She just like, okay, I will stay in bed. She stayed in bed and she fell asleep and I know my husband was like, ‘I’m telling you,’ but it wasn’t until I made that shift of commitment in myself. Because your kids can feel that codependence that you’re living and may become codependent themselves.

Jessica: Yes, great story. We definitely are learning how to communicate with those that we love, then there is the rest of the world. There are the people that we have to work with, the people we have to commute with, and a lot of times we feel like they are stressing us out and we don’t feel the power to be able to make a difference. Maybe it is a boss that is driving us crazy. In those situations, what do we do?

Dr. Kim: This is a great place to start and we really want to shift the experience we have where it feels like I am a victim to everyone around me, I don’t know what to do, I can’t change that person, what can I change? So I have a new experience. Let’s find a way to access people through the tapping to the truth of what is really going on and the opportunity that is for them to receive a blessing for themselves.

Jessica: Okay, I love this. So just to be clear we are talking about just the people who are driving us crazy, the toxic people we feel like we have in our life.

Dr. Kim: The energy vampires. If only I could just get rid of this person, then my life would be perfect.

Jessica: Okay, yes, I would love to do some tapping around that.

Dr. Kim: Okay, well let's start with the karate chop point. So let's tap on the karate chop point -

Jessica: Actually, Dr. Kim, how can we measure this so we can see whether we are making improvements?

Dr. Kim: Thank you. So let's measure where you are feeling right now. I want you to think about the most "toxic" or the most challenging person in your life. It might be helpful to call them toxic if it is your mother or your spouse or maybe it is a child who is challenging you. So where is that energy vampire really? Is it sucking the juice out of you that you are having so much challenge. I want you to bring that up – maybe it is your boss or a coworker, maybe your brother-in-law, who knows? Feel into the energy of what it is like to interact with them, what it is like when you are in an argument, or where you are trying to make a point, or you are just trying to have your own piece. Feel in your body, how intense is this disturbance for you? Ten is like, oh my gosh, I have got to get away and do something. It is so intense. And one is you barely even notice it, so I want you to feel for yourself where that is in your body. If it is not a seven, eight, nine, maybe think of a different instance, you want to get something good and juicy.

Jessica: Okay.

Dr. Kim: Okay, so tapping on the karate chop point.

Side of Hand Even though I can't stand this person
I choose to love and accept myself fully
Even though this person is driving me crazy
I choose to love and accept myself fully
Even though I don't know what to do about interacting with this person
And I can't stand the way it makes me feel
I choose to release this and love myself now

Eyebrow This energy vampire
Side of Eye It drives me crazy
Under Eye Every time this thing happens
Under Nose I have to deal with other people's negativity
Under Mouth Why do I have to deal with this stuff?

Collarbone I certainly do not deserve this
Under Arm I deserve to just be left and be in peace
Top of Head But this person is triggering me

EB Triggering something very, very deep
SE And it feels like they are bad energy
UE It does not feel that this is about me
UN But yet I can feel this in my body
UM What is it I am feeling in my body
CB That I judge as their bad energy
UA Is there something in me that I can release?
TH Like a judgment or a perspective that I hold?

EB Maybe it is something that I hold and they are reminding me
SE And part of me just refuses to believe that I am holding this
UE The problem is clearly them
UN But there is really nothing I can do about them
UM I wonder if there is a space here for empowerment
CB Something I do have access to change
UA I have access to change everything that is inside me
TH And I sure can feel this energy inside of me

EB It is stirring things up for me
SE I wonder if I can just be with that and feel it
UE Feel this discomfort and pain inside of me
UN With a sense of love and compassion
UM Compassion for this energy
CB Instead of resisting it
UA So I can just allow this energy to move through me
TH And stay relaxed and just breathe

Good, big deep breath in through the nose, and let it go through the mouth.

Jessica: I love that saying – I can't control others but I can control everything that I feel inside of me, wow.

Dr. Kim: And until we are willing to experience the energy inside us and actually stop the pattern of this is their negativity, I just have to get away from them, to actually

experience it, which feels like the scariest thing in the world because it is hard, it doesn't feel comfortable, we don't want discomfort, but the empowerment comes through I agree to experience all of this energy and relax my body and breathe. And what always happens is that energy will always move. When there is not resistance it will move so quickly.

Jessica: I love that. This is a great opportunity now to check in with how you feel.

Dr. Kim: So you want to see if your number was a nine or an eight, where are you on the scale now? Did it come down? And sometimes it goes up because you are like, oh, I am really on it now. I am vaguely feeling it. But now the energy is actually really coming up in my consciousness and I am really feeling it. Bless you, feel it more, tap some more, and do another round and I want you to do the round to just really, really feel all the subtlety of what that energy feels like so that you can allow it to move even more. If you are feeling it is coming a little bit more down you can continue to use the tapping to continue to support yourself through this process of what other awareness do you have. What was that like? What came up for you? Did you realize anything?

Jessica: Right, sometimes you get the gift or realizing that what you are mad at is actually something completely different. It is not your boss that is bothering you, it is your father that wouldn't give you that validation that you wanted.

Dr. Kim: And your boss is triggering on the father nerve.

Jessica: Exactly, and when you get those moments like we all do, and we tap, I now celebrate them and I go, ooh, gotcha. Oh, I get it, this isn't about that and now I have the clarity and now I have the power.

Dr. Kim: I can tell you a story about that, too, if we want to take a minute for that. I had a boss a long time ago. I don't even like the term 'boss.' Like hey, I work for myself. But it was years ago and I was working teaching at a medical school full-time and I remember saying to myself that I am my boss, I am making the choice to work here and this is part of my career and I will be working with these people. But what happened was the person who was my overseer chair, of course I had resistance with them because there is all this resistance to the boss. It was all about my father and my resistance to my father and all of that, but here I am where I have to deal with this person, I have to let it resolve. So I am tapping on

it, oh my gosh I can't stand this person, I can't believe he said this thing, he is so condescending, he is impossible. And what I realized when I started to move all the energy that came up for me around my dad and that came up louder and louder and I moved it more and more because I was committed to releasing it. What happened was I realized, hey Kim, until you are clear with your dad, not only are you not going to get along with your boss or these other men in your life but you are not going to have loving relationships with any of the men in your life. And sure enough, my romantic relationships were not going so well, either.

So I actually went to the core of where it was and did all the tapping to release any of the resistance with my dad. And then I called him and it is something that I would not have been able to do had I not released that resistance and used the tapping. I called him and said, 'You know what Dad? Here is the truth of what has been going on with me. I have been so mad at you for so long and I have been blaming you for this and for that and all these things. I am ready to just get you off the hook and let it all go so that I can be free to just live my life so that I can be free to have great relationships with you and with the other men in my life.' And the first thing that happened – we had a great conversation and my dad really received that and this other person, the boss, who is actually very heart-centered and very, very loving came to me to let me know how he really felt about me, how he really cared about me, and what I really meant to him as part of the faculty and as part of a family. Because we really were connected as a family on the teaching staff at the school. I saw this man for the beautiful, loving, caring man that he really is and that all the other stuff of how he was really stern was really just all about his trying so hard to be a leader. The only way he knew how was to be really authoritative, but then I could see him doing it out of love. It changed our relationship forever. It changed my relationship with my dad forever, who I just adore. And it immediately changed my relationship romantically with men.

Jessica: So if that man didn't trigger you, it would have never given you the opportunity to heal with your father?

Dr. Kim: Because it didn't hurt enough. When you are not triggered it doesn't hurt enough, why bother? But it does destroy your health and it does destroy your immune system and not only are my relationships better, but I am a more relaxed, fulfilled, healthy, and vibrant human being on every level.

Jessica: Yes, that is beautiful. So we just did some great tapping and this might be the beginning. This is why we have the breakout tapping sessions, so people can continue to do the tapping on their own. I want to go back and touch upon this saying no and creating boundaries and how we can use tapping to help us become more comfortable with that.

Dr. Kim: It is really important because the tapping gets us connected with our essence and then it is like well, you have to live in a alignment with your essence, now that you have connected and you have gotten clear, you can't just betray yourself and go back to like, well, I have to please other people so that people will accept me. Now you have to honor the truth of who you are and how you are and live in alignment with what really serves that. One thing I want to say about it is that we tend to put a lot of focus on how do I block negative energy and how do I put boundaries so other people can't get in? The truth of what we are really doing here with this transmutation where you are allowing your body to transmute energies and I always say you can't really heal yourself, you can setup the conditions that allow yourself to be healed. So thankfully we don't have to micromanage your immune system and your chemistry and all of that, we are releasing the blocks within you that prevent that healing from happening. So when we think about boundaries what happens in our mind is like it is okay, I have got to block this stuff. This is a bad energy and I have to block it.

But what we have just covered in this segment and you are beginning to experience is that these "negative" energies are only there and this challenge is only there to bring up toxic energy that has lived in me from faulty conclusions I have made. It is actually serving me, so how can I let this in in a way that honors me? So for me it is more about setting agreements. What are the agreements that need to be met for me to participate in a relationship? What are the agreements that need to be met that honor myself now that I know my truth that would make it so that I can be free and joyful and happy? So then setting up these agreements for yourself and with the people in your life that supports and honors you in your essence, instead of thinking about oh, I have to set up all these boundaries.

Jessica: Right, but going back to your story with you and your daughter, your daughter didn't want you to go to bed. She knew that she could manipulate you to stay up. When you made that decision you found that the dynamic changed and you were able to honor yourself. So you mentioned before that it was a little bit hard at first, it pulled at your heartstrings. So if we feel that we are beginning to understand

that a boundary isn't an aggressive undertaking but in honoring of ourselves, how do we become more comfortable with it when sometimes honoring yourself can create some kind of conflict?

Dr. Kim: Sometimes it means saying no to what someone else wants. So let's talk about that. The first piece is that you want to start asking yourself from within, right? Okay, I am about to say yes to this opportunity or this request. Or I am about to say no to this opportunity or request. You have got to check in with yourself. How does it make me feel now that I have connected to a deeper degree with myself, with my body, that gives me access to my essence. Is it a yes for me? Or does it feel like oh, I really have to compromise myself in order to do what this person wants? This person could be your child, they could be your boss, or they could be someone who is "supposed to be" demanding of you are you are supposed to do everything that they want. I want you to question all of that because you are only really going to serve your boss, your spouse, and your child if in fact the request is in alignment with supporting and serving yourself. So you start to ask yourself if I am in alignment with this, how does this feel for me? Is this serving me? Can I get myself into an agreement with this or does it feel like whoa, as much as I want that person to be happy this is not the way that I make that possible. So feeling into that question, feeling into that first so you just have information on whether it is a yes or a no. Then the next piece is how do you go about expressing that to them, so you sort of set up the boundary or set up the agreement and the standard or agreement of what could be expected of you and what you are allowing yourself to participate in and agree with.

Jessica: Yes, that makes a lot of sense. So when we gain that clarity, are there any tips on just how to actually do that?

Dr. Kim: So one is releasing any of the resistance you have to honoring this. And we could do some tapping on this. For me, my daughter was like, oh! So should we get into that?

Jessica: Yes, I would love to.

Dr. Kim: So let's think about, for ourselves, who is a person in our life who is making demands on us or who is hard on us or who we feel like if I don't do this for them, that person will just fall apart. They need me, I have to fill-in-the-blank with the thing you think it is. You have to do it for them. Or I had one person where it was

like taking care of her husband's aunt, who is elderly. I have to take care of her, no one else will take care of her. She was kind of cruel and not appreciative, so this was definitely wearing on this person's immune system. She had an autoimmune disorder as well and we used the same process for her. So I want to be empowered but I am in this dynamic where I am disempowered, I don't see how I could just say no. So I want you to feel into that relationship, feel into that requirement, and I want you to scale that on a scale of one to ten. Ten is oh my gosh, this is killing me, and one is you are barely noticing it at all. Find something significant enough that you are pretty charged. Okay, so just log that number in your head or you can write it down, and I want you to begin to tap. We will start with the karate chop point.

Side of Hand Even though I have to do this thing for this person
And it doesn't feel right for me
But I have no choice here
I choose to love and accept myself fully
Even though I have no choice
They need me
They will clearly not be okay without me
I choose to love and accept myself fully
Even though I have to compromise myself here
Or someone else will so not be okay
I choose to love and accept myself fully

Eyebrow Okay, this is just impossible
Side of Eye I don't even get how I could not do it this way
Under Eye I am obviously not free
Under Nose This person needs me
Under Mouth And they will not be okay without me
Collarbone So I have to compromise myself
Under Arm I don't have a choice here
Top of Head And in a way I am like a victim

EB I don't see a way out
SE But this is killing me
UE It is destroying my joy and it is destroying my health
UN How can I honor my health and just let this person go?
UM I care about this person

CB I care about what happens to them
 UA And I am convinced that I am the one that has to do it
 TH That there is no other way for them

EB They need me
 SE They need me to be sacrificing myself
 UE Well, this is quite a story
 UN And even though I don't see another way
 UM I am willing to open to the wisdom in my body
 CB Maybe there is another solution here
 UA And when I start honoring my body and listening
 TH That can make that solution very clear

Good, take a deep breath in, and then let it go. We can go a little deeper with this and I want to check in here because there is a lot that can happen there. I want you to feel into ugh, am I just feeling even worse? Whoa, this is devastating. I can't imagine letting go of this and what I think would happen to that person. It can make you feel worse or maybe you feel a little lighter already. So just tune in your own system on a scale of one to ten and where are you now and then begin in your own mind and your own awareness to connect with what has been coming up for you in the tapping. Was there an insight? Was there a deeper emotion of like regret, dread, sorrow, despair - all of that is great. You want to breathe into that and we will do a little more. So anything else you want to add before we go?

Jessica: No, this is great.

Dr. Kim: Okay, good, so come back to the inner eye.

Eyebrow I see that I have been seeing us both small
 Side of Eye As if all the possibilities start and end with me
 Under Eye Maybe there are possibilities that are beyond me
 Under Nose Would I be willing to trust my body and let those in?
 Under Mouth My body is clearly letting me know this is not okay
 Collarbone My body that is connected to infinite wisdom
 Under Arm Would I be willing to trust that it has something more?
 Top of Head And that by honoring my body

EB It could serve me and serve this other person

SE Maybe there is a way that this empowers us both
UE By creating solutions we didn't have access to
UN My body's wisdom is infinitely creative
UM It can bring strength to me and it can bring strength to others
CB We all have access to source energy
UA That can bring us to solutions that weren't there before
TH So right now I choose to start to trust my body

EB And follow what I know is right for me

Good, big deep breath in through the nose. Let it go.

Jessica: That was powerful, wow.

Dr. Kim: That was awesome. And you can feel the energy in your body shift, that even though I didn't feed you like the hypothetical solutions it doesn't matter, you are in a space now where they come in. They are so obvious and they are so automatic and that is the important part, to open to that wisdom.

Jessica: Kim, I want to move on to another tricky emotion that comes up when it comes to our relationship with different people, and that is guilt. How does guilt show up in people's lives and how does it affect them?

Dr. Kim: What guilt does is it makes it so that other people's conclusions, other people's judgments, other people's perspective, will dramatically hold me back. Now, if I don't hold that guilt and I don't release it then there are just other people's judgments. Some of them might seem completely ridiculous, but if I am holding on to that guilt then what they hold, the energy they hold, has a very powerful effect in holding me back. So that is why it feels so bad and ugh, whenever I am around this person it is terrible. Because holding the energy of guilt is toxic to me.

Jessica: So it is guilt that we are not living up to other people's expectations?

Dr. Kim: And it could be guilt that I don't deserve to have more.

Jessica: Okay.

Dr. Kim: So then if someone has an expectation of me, well yeah, I shouldn't really be free. I am asking too much. This person wants me to stay home and cook dinner and I want to go out and do yoga and skip around town. I really should do it because of this or I should do it because of that, and they are right. So you make that conclusion because it is already and energy that you hold.

Jessica: A key word to know when guilt is coming up is that word 'should.' I think it is one of the most toxic words. I should be doing this. I should be doing that. We should all over ourselves.

Dr. Kim: And it points you to your judgments and conclusions, the toxic judgments and toxic conclusions that you have held.

Jessica: Yes. Do you have a story or can you share another scenario on how this shows up?

Dr. Kim: I had a woman that I was treating who actually had an autoimmune disorder and she felt that she should stay in her job, working full time, even though she now has two children that she should be taking care of in her home, cooking and cleaning, and being there for her husband in certain ways. And it wasn't so much that they were telling her that she needed to do that as it was that they were reflecting the beliefs and the assumptions that she had about herself and the role she played, about what it means to be a wife, what it means to be a mother, what it means to be a woman. We don't write those down, they live in us and they will be reflected in our life. And she was diagnosed with some kind of obscure form of an autoimmune illness, but she had severe pain throughout her body and she didn't have a lot of energy to get out of bed every morning. She had a lot of joint pain, and this was surely deteriorating her health. And the idea was well, I should keep making money and stay at my job, but what she really wanted to do was something she enjoyed more and then work part-time. Then she could really be there for her kids and enjoy them and it is like life would be so easy but the conclusion was that life isn't supposed to be that easy. So then we don't see that choice.

Jessica: Right, so then we just have the expectation that we have to struggle. Maybe it is something that we have been used to for so long or we have seen our parents struggle and so we continue with that pattern and when we have an opportunity to

do something easy it is almost like we look the other way, like a language we don't understand.

Dr. Kim: Yes, and we have a set point for how hard or easy my life is supposed to be. If it gets harder than that we will do something about it. Like whoa, this is a little too much. But if it gets easier we actually bump that opportunity out because it feels off and it feels wrong.

Jessica: That is so interesting. I have been thinking a lot about this concept of happiness guilt. Would you say that this is part of that, too? You get happy and then you begin to ask yourself, 'Do I deserve this?' Like the happiness triggers other feelings?

Dr. Kim: That is exactly what it is, yes. It feels wrong to have it that easy. Then people ask me, 'Wait a minute, what is the difference between this feels wrong and then what my body tells me is right?' Well, the difference is that your body doesn't lie, period, the end. And what happens is your mind tells you this feels wrong. If you really feel into what your body has to say about it, it will have a totally – like, your body is like, 'Yippee, skippee, let's do that!' And your mind is like, 'No, no, no, surely that is a bad thing.' So it is a big difference between the mind and "feeling" the results of your mind versus what your body is really telling you. You can think of it as the difference between the head and the heart. Your heart is always going to communicate and give you the clear information.

Jessica: So then how can we use tapping to open us up to allowing more ease in our lives?

Dr. Kim: Well, do you want to just go through it here and we can begin to do an opening?

Jessica: Yes, please.

Dr. Kim: Okay, so again we will start – before we start on the karate chop point we will check in with the body. So I want you to feel, for you, where these presumptions and expectations – it might seem like it is coming from someone else, or it might be like I just want to be happier and I can't, is it really that possible? It might feel like doubt, like yeah, this Dr. Kim person is crazy and she doesn't get that my life is really hard and I have all these things that I have to do. So my life can't be easy. So it might come up like that kind of resistance, so whatever that is, I want you to feel into your body how this feels for you, the guilt, the heaviness, the

expectations, the shoulds, and scale that on a scale of one to ten. Or even just the confusion of this feels wrong, what should I do? Feel into your body, connect into your body, and get a sense of where you are at. Jot that down mentally or on paper and now we will start up on your karate chop point and start tapping and just slow your breath.

Side of Hand Even though I can't really have what I want
 Life is not easy for me
 And maybe I just don't deserve it
 I choose to love myself and accept myself fully
 Even though I can't have that level of ease
 It might be okay for someone else, but that is not available for me
 I just choose to love and accept myself fully
 Even though I don't deserve to have it that good
 I can't imagine just having everything be so easy
 And I think that is kind of ridiculous
 I am going to choose to love and accept myself fully

Eyebrow This is so unrealistic
 Side of Eye These people need to get into the real world here
 Under Eye The real world is hard
 Under Nose Life is hard
 Under Mouth I have to work hard at life
 Collarbone I am a fill-in-the-blank (mother, homeowner, whatever it is)
 Under Arm I have obligations
 Top of Head There are expectations of me

EB And I have to meet those expectations
 SE Even if it is destroying my health
 UE Sure, it would be nice for everyone to just skip around and go on vacation
 UN But that is not the real world
 UM I just don't see a way
 CB To have ease and have peace in my life.
 UA My life is chaos
 TH There is hard work everywhere

EB I can't just dump it
 SE Is that what my body is asking me to do?

UE My body is certainly letting me know that it has a need
UN That it is not okay with the way I am doing it
UM Would I be willing to consider something more?
CB That there is a way to let ease into my life
UA Maybe in ways I haven't even considered
TH Maybe those things are way simpler than I imagined

EB So I am going to dump my assumptions at beliefs
SE About what I think my body is really asking me to do
UE And I am going to love and appreciate myself
UN For how hard I have worked all these years
UM Maybe I really didn't need to
CB But I am first going to appreciate how hard I have worked
UA Before I ask myself to receive more
TH I wonder if there is a way for me to open to receiving

EB That isn't about dumping my obligations
SE But is a way of fulfilling myself
UE So that naturally I am able to give even more
UN So that giving is easy
UM But not if I don't nurture myself
CB So this idea of doing it all
UA Is not about more demands on myself
TH But through opening and receiving more

EB More moves through me so I have more to give
SE I am open to the idea that I deserve
UE I am open to releasing the shoulds
UN I am open to releasing my expectations
UM About what I think I have agreed to
CB And making only agreements
UA That support and nurture myself
TH So then of course I will always have even more to give

Good, big deep breath in. And let it go.

Jessica: Great. The amount that we have covered in such a short time is incredible, and I really recommend that people come back to this module again and again. This

isn't a one-time thing and I feel like every time we listen we are going to get something else out of it.

Dr. Kim: You will get so much more out of it after the first couple of times because now you are a different being and you are resonating at a different level. You can't even imagine how much you just released just listening to this. But when you come back you get so much more out of it because you are a different being and you have got a different set point and you expand even more.

Jessica: Yes, absolutely. Well, Dr. Kim, any final thoughts?

Dr. Kim: When we live in our body, your guru, your guidance, will always be there. So then just opening little by little to trust that because it will guide you into more and into more and into more and like you had said earlier, Jessica, it might seem like it is creating chaos but through this you develop more trust and more trust. So the results will always reflect something that supports and nurtures you. So you can have even more trust and even more connection within yourself and more allowing and more receiving and more abundance.

Jessica: It is so important to remember that and I'm excited to learn about our heart work.

Dr. Kim: Your heart work for this week is to write down, who you think are your energy vampires. Who are the people that are triggering you, that are bringing negative energy into your life? And then look for all the ways that you get triggered by them. What is going on within you when you are triggered, what are the judgments, the ideas, the beliefs... that you may actually be judging yourself for, or abusing yourself with that's getting projected onto them? And then when they do this behavior it lands on you as an attack. So who are these people and then write down what are those triggers, what are the judgments, what are the abuses, what are the behaviors that really get your goat? And then you are going to tap on all of those triggers, the behaviors, the comments they way you feel inside, what is does it to you? You feel like your stomach is in knots, or a heaviness or an anger or whatever is coming up for you with this negativity. You are going to tap on all of that so that you neutralize it. You are no longer triggered by those people, by their judgments, their comments, their behaviors and you are completely neutral.

Once you have tapped on that you want to look to see if you can remember that those people are typically coming from a space of fear. See if you can find compassion for yourself and for them, both of you, in this situation so you are not only neutral, but you actually enter a space of compassion when those “negative” behaviors happen. As an added bonus, if you are able to tap it out and get neutral and even begin to find that space of understanding, we are going to have you write a letter of love and compassion to that person to release any negativity you have projected onto them. See if you can even thank that person for helping you see and realize all the ways you have been willing to hold judgment and abuse against yourself and to allow this negativity to come in. They have actually served to let you see your triggers so you could let those triggers go and be free. This bonus is to write a letter of love and compassion, where you not only neutralize these triggers and also thank this person for showing up in your life to help you release them.

So the first piece of the energy heart work is to write down your energy vampires, who are these negative people in your life and then really connect in the way they are triggering you. What’s coming up in your body and then tap on those things. Neutralize those so you are no longer trigger able. And then the bonus, to write this letter of love and compassion, thanking them for showing up to help you see and release all of these triggers.

Jessica: I love that! Dr. Kim, thank you so much.

Dr. Kim: Yes.