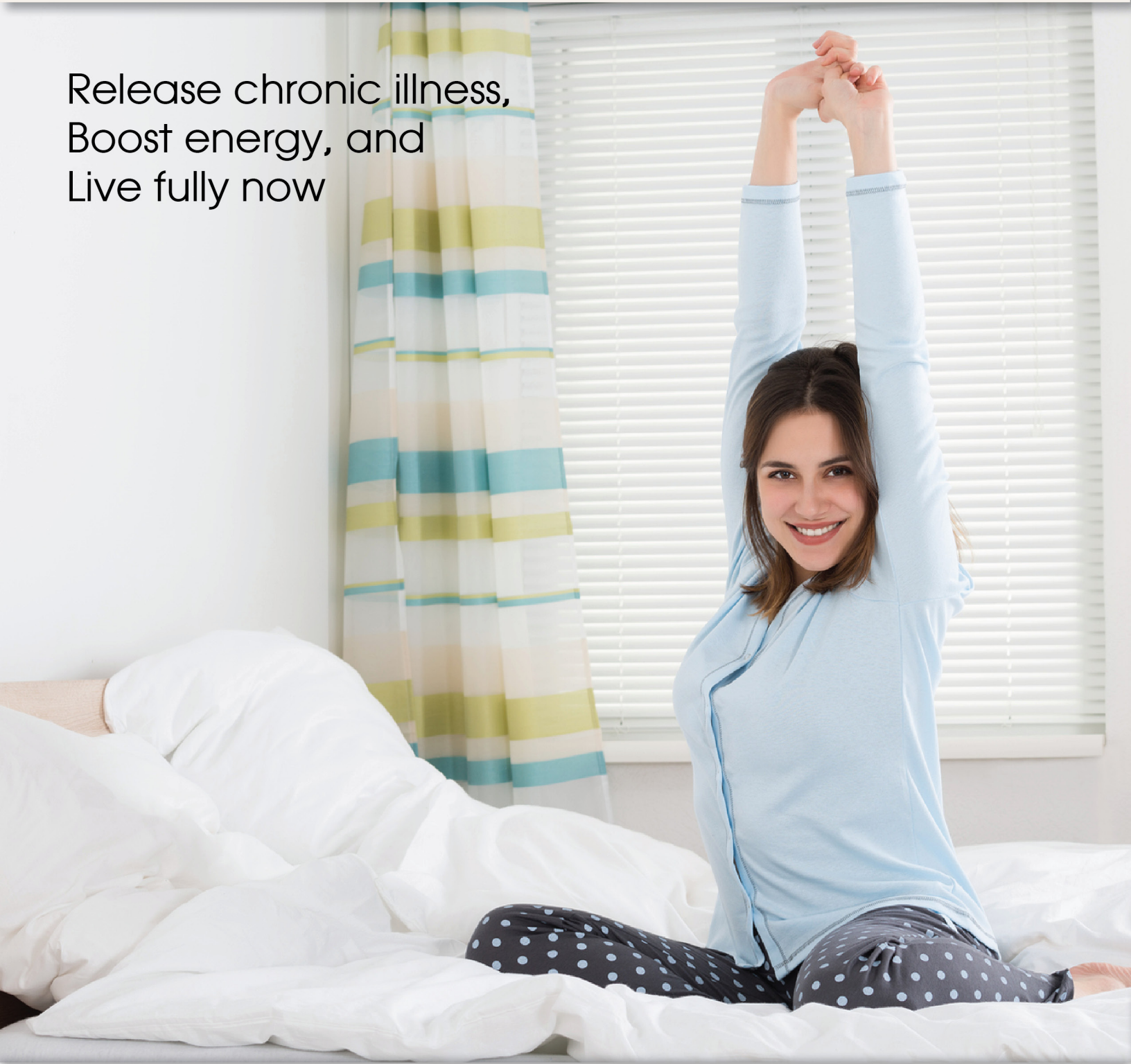




# The Tapping Solution

*for Autoimmune Disorders*

Release chronic illness,  
Boost energy, and  
Live fully now



# WORKBOOK



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## Module I

Our immune system is immediately and profoundly impacted by our thoughts and emotions. Real change begins by making our body our ally instead of our enemy. This first module is dedicated to starting to support a healthy relationship with our body.

### Q&A with Dr. Kim

**Question:**

How can I work with my doctors and use this program?

**Answer:**

Doctors have dedicated their lives to help others. You want to listen closely to what your doctor says, and also connect with your own body to listen to its wisdom. Team up with your doctor and share what you are aware of in your body. Doctors are always learning, and when you operate as a team, you give your doctor the chance to support you in your empowerment instead.

Not every doctor will be a fit for you. That's why it's so important to find a doctor with whom you feel safe to communicate openly. Here are some tips on how to best communicate with your doctor.

1. Consider your doctor as an expert with whom you consult to get support for your body, not a guru to whom you submit. Always listen to your body and share what you're aware of with your doctor. He or she is there to guide you in opening up to greater vitality, not to be the last word in telling you what you must do.
2. Let your body guide you. Symptoms are your body's way of communicating with you. Doctors can help you decipher messages from your body and interpret symptoms, so that you have greater clarity. However, you will have more awareness than anyone else of what your body is telling you, so be sure to stay connected with your body as you seek support from your doctor.
3. Choose to be empowered in your body. Your doctor is not there to tell you what to do or inform you of what is going to happen. You alone are in charge of taking the information your doctor offers and using it to make choices for your health. Let your doctor know what is important to you, what you value and what your



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priorities are, so that you can make choices that are a fit for you as a whole person.

**Question:**

Can I still be on medication as I begin this program?

**Answer:**

Yes. Clearing your body's energy and emotions will support you in healing on every level. This may mean you no longer require medications, or that your medication requirements are lessened. It may also mean that you stay on medications but with fewer side effects. Check in with your doctor after doing this program if you would like to come off any medications. Especially if you are taking anti-depressants, it may require a tapering period and you do not want to do this without close medical monitoring.

**Question:**

How do I take responsibility for my thoughts, emotions and experiences without blaming myself?

**Answer:**

You are responsible, but not to blame. This can be tricky. The more aware we become, the more we may judge ourselves for what we find. The most important thing is to emerge into this awakening with the utmost self-love and non-judgment.

You cannot blame a blind man for stepping on your toe...and so it wouldn't make sense to blame yourself for unconsciously holding onto old energies that you were not aware of. We all choose consciously to the degree that we are awakened and aware. Remember that you are becoming more aware and conscious through this work, so you can celebrate all the ways you discover that you've unconsciously been up to some things that have not served you.

Celebrate your awareness, forgive yourself and move on.



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## Tapping Meditation - Module I

**Follow along during Module I and return here whenever you need more tapping.**

Side of Hand Even though I am so frustrated with my body  
I can't imagine just becoming allies  
Why would my body be doing this to me?  
It's destroying my whole life  
I choose to love and accept myself fully.

Even though I am so angry with my body  
For creating this illness  
Why would I ever do something like this?  
I choose to just love and accept myself fully.

Even though none of this makes any sense  
And I have been living this story of betrayal  
Feeling victimized in this body  
Right now I choose to love and accept myself fully.

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

EB I feel like a victim in here  
SE A victim to all of these symptoms and this illness  
UE I can't imagine that I would create this  
UN And it has been so frustrating  
UM Feeling tired all the time  
CB And all of this pain  
UA The weakness  
TH Feeling powerless

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

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

EB Creating a new relationship with my body  
SE And I don't know what's in store here  
UE But I am beginning to see that it is a reflection of me  
UN And even though I felt like it just wasn't fair  
UM I am accessing a deeper part of myself  
CB I wonder if I could just appreciate that?  
UA And someday maybe even thank my body  
TH For awakening me to something new

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

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

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



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## **Module I Heart Work**

### **Your Personal Story**

As if you are speaking to your most loving and trusting friend, share your story here. Write your story with details, sharing the pain and hardship.

Once you have your story, take a moment to reflect. Honor this experience.

Letting go: print this page out of the workbook. Find a safe place to burn this paper. In your fireplace or in the kitchen sink are great options. As you watch the ashes fizzle out, place your hand over your heart and say, "I honor this experience, I celebrate this story. Instead of fighting this story, I accept it, because I know I can now choose a new story."

Go to page 8 to write your new story.



## **Your New Story**

Pretend you are 100 years old at a wonderful party with your great friends, family and loved ones who are celebrating you! As you begin to reflect back on your life, you share a new story. What are you celebrating on that day?





### **Your (Body) Love Story**

Write a love letter to your body. Begin with an apology if you have felt like you've been hating and blaming your body. How can you express gratitude for what your body does? What do you love about your body?

**Dearest Body,**

Ode to My Thighs:  
By Dr. Kim D'Eramo

You carry me through life  
To run, to jump, to flee  
And I have never thanked you  
For all you've done for me.

I steadily move forward  
Through trial after trial  
Walking, trodding, stomping  
And it sure has been awhile...

I've criticized and beat you  
to meet what I thought you should be  
never taking the time  
to let you just be free.

I'm ready now to let go  
of the limits that I see  
and let you be just what you are  
a beautiful part of me.

## Module II

When you are not living true to who you are it directly impacts your immune system. In order to keep in alliance with our family members we may repeat their patterns or deny our own thoughts and feelings to please them. This creates an immense amount of stress in the body. Releasing attachment to family patterns can dramatically enhance our personal wellbeing.

### Q&A with Dr. Kim

**Question:**

How do I know whether negative family patterns are impacting me and what those patterns might be?

**Answer:**

Do you notice you act differently around your family than you do in other areas of your life? Are there conversations, traits, and behaviors you find yourself doing with them that you do not otherwise engage in?

Are there judgments, beliefs or perspectives your family has held that you avoid being at all costs? Such as, *"I will never be that kind of person,"* or *"I'm just not that way."*

Are there ways you are "just like" your mother/father/sister/brother?

Do you hear yourself saying, *"I would never do something like that,"* or *"I will never be like my \_\_\_\_\_ (family member.)"*

Do you feel bad or guilty if you acknowledge negative attributes in a member of your family? Do you make excuses for why they are the way they are?  
(for example, *"My mom meant well; she had a tough life, after all."*)



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These may demonstrate ways you've subconsciously committed to be like, (or never be like) your family member, OR ways you've committed to never acknowledge negativity in a family member and continue to make excuses for them.

**Question:**

Do I need to have a conversation with the family member or person who is causing me stress?

**Answer:**

No. In fact, in certain circumstances, this may be detrimental. Instead, resolve this in the energy first. You will be amazed at the results you will see because that person will absolutely feel the shift in the energy. Typically they will experience it subconsciously and will not know why they suddenly feel more open and loving towards you. In many instances, the old challenges dissolve completely.

Have an imaginary conversation with that family member as if they were there in front of you.

Bring your attention to your heart and be willing to say everything you have to say to them. Tap as you say these things to them.

See them in front of you, lovingly receiving you and receiving everything you have to express with full acceptance.

Tap and purge all of the pain, anger, sadness, and negativity.

When you have released the charge, communicate how much you love and appreciate this person for really hearing and receiving you. Let them know that you felt this way because there is so much love in your heart for them. Express any loving thoughts of appreciation and let the light from your heart emanate toward them and enter into their heart. Feel the love you have and let it fill you and flow from you to them.

After this exercise you may feel inspired to share something specific with them in a physical conversation. Stay in your heart as you share your feelings. Avoid blaming them or sharing anything other than how you feel and how this process has helped you grow.

**Question:**

How can the beliefs about aging that I picked up from my family or culture impact my health?

**Answer:**

Your body is listening to every thought and every belief you carry. Your subconscious registers all of this and lets your nervous system, your immune system, and every cell in your body know how to behave and what level of health to exhibit.

That means if you register in your subconscious the beliefs that *“As I get older, I will become ill and dependent,”* or *“After age \_\_\_\_\_, everything goes down hill,”* your body literally translates these commands and it signals your cells to deteriorate more quickly. Illness develops like a program in your system. This even translates at the level of your genetic code.

We’ve seen in the study of epigenetics that there are forces in our body that impact our gene expression. The inflammation that results from stressful thoughts such as these will turn on the genes that accelerate ageing and illness, and turn off the genes that repair your cells and keep them young and healthy.

**Question:**

What advice do you have for someone who is hesitant to do the heart work because they don’t want to “delete” who they thought they were?

**Answer:**

The ego may tell you that you’ll lose all kinds of things or that to hold on to the challenges you have is less scary than entering the unknown. To overcome that fear, get clear on who you are ready to become.

What would you love to welcome into your life? Are you ready to have ease, vitality, joy and freedom? Keep your awareness on who you get to become through this process and it will be clear that you are not actually losing anything.



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## Tapping Meditation - Module II

Follow along during module II and return here whenever you need more tapping.

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

EB I have been experiencing so much lack  
SE Not enough money, not enough energy  
UE Just not enough of anything  
UN And so my body can't just relax  
UM When I make enough money then I can relax  
CB And it will feel so good  
UA Because then I will be free  
TH 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

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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

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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

EB	I don't want to be like them
SE	I want to change

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UE But I want them to come with me  
 UN I want them to give me the permission  
 UM And tell me it's okay  
 CB And support me in this change  
 UA But they aren't supporting me  
 TH 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



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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

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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

EB I will never be like them  
 SE And I make this vow with all of my being  
 UE And under no circumstances  
 UN Will I ever let go  
 UM I will always honor my family  
 CB They are the most important thing  
 UA And now something else wants to be important  
 TH 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!

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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

## Module II Heart Work

Tapping for “I delete everything about who I think I am.”

Look at yourself every day and every evening in the mirror and tap as you say: *“I delete and un-create everything about who I think I am.”*

We have many ideas about who we think we are, identities we hold onto that may have nothing to do with the truth of who we really are. These identities limit us in unknown ways. For example, if I am a mother and have ideas about what that means or how I am supposed to be, “mother” identity will keep me from expressing traits and characteristics that may be more authentic. I *can’t* be that way if I’ve subconsciously decided, “mothers don’t behave that way.”

Same thing if I’m over a certain age. If I have preconceived notions about what that means, I will not have access to being and expressing the truth of who I am.

This limitation on self-expression has actually been shown to affect our brain patterns. When we’re in “work mode” and being our work persona, we use different parts of our brain. Then we go home and have access to other parts of our brain.

It also affects our chemistry. Our metabolism and immune system rebalance according to the identity we are being. So if you have the idea that “I am a mature adult” and this means you are tired and don’t have as much fun, your brain activity and body chemistry will adjust to reflect that. You’ll feel more tired and find things less enjoyable.

## **Tapping on your vows**

Discover your vows by answering these questions

I will never \_\_\_\_\_

Examples:

be like my mother  
betray my family  
let other people down  
let them see me cry  
fail  
give up  
be greedy and make too much money  
bring shame to my family  
let them down

I will always \_\_\_\_\_

Examples:

support my family  
make them proud  
work hard and do my best  
honor my parents  
take care of others first  
know my place  
do the right thing  
give to others more than myself  
put my family first

### Module III

When someone triggers us, they lead us to what needs to be healed.

#### Q&A with Dr. Kim

**Question:**

If I work on releasing my trigger around someone else in my life, does it mean I need to be friends with them?

**Answer:**

Once we release resistance, judgment and everything that hooks us and triggers us, we are free to choose what's right for us.

In fact, only when we've released our judgment and resistance are we finally free to choose.

Loving and accepting what is, or loving and accepting another person, does not necessitate that you spend time with them or even choose to have them in your life. It means that you no longer reject them from a space of judgment. Then, you can easily release what is not serving you.

**Question:**

What can I do before walking into an uncomfortable situation or conversation to protect my energy?

**Answer:**

Your commitment to your own boundaries comes from your awareness of what supports you. If there are people who trigger you, you can tap to release those triggers, based on the fears or expectations you are bringing into the situation. If you have ideas about



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what is about to happen, tap to clear your resistance to that first. Then, you bring a different energy into the situation. You are no longer susceptible to those triggers and can respond instead of reacting.

It may seem you need to “protect” yourself from other people or their “negative” energy; however, it is only your resistance that causes you to be triggered. Once you’ve released that, you are no longer susceptible to being impacted by the comments or behaviors of others in a negative way.

**Question:**

You mentioned that when we take things on for others, as though they are incapable of meeting their own needs, we hold them small. It disempowers others when we continue to do this and prevents us both from moving forward. Once we clear that with tapping, what are some tips on how to communicate with these individuals and tell them we love them and we aren’t going to be taking on their own problems?

**Answer:**

It can anger or disappoint others when they expect us to do things that we are unwilling to do. However, when we’ve cleared emotions within through tapping, we will be able to honor our awareness and choose what’s right for us without being swayed by guilt or confusion.

When we honor our boundaries, we empower them, even if it makes them uncomfortable or they don’t seem ready to stand on their own. When we’re clear that it’s no longer serving us to follow others’ expectations, continuing to do so could impair our own health and wellbeing.



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## Process to Release a Current Trigger

- Step One: Feel your awareness in your body.
- Step Two: Slow down your breathing and bring your awareness to the center of your head, all the way down into the center of your chest.
- Step Three: Now focus on your pelvis, right below your belly button. Then pull your energy down even deeper into your body, from your chest down through your belly and all the way down to your core. Anchor your awareness.
- Step Four: Begin your tapping.

## Tapping Meditation - Module III

**Follow along during Module III and return here whenever you need more tapping.**

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

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

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

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

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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 and 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 me  
 TH So then of course I will always have even more to give



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### Module III Heart Work

Write down who you think are your “energy vampires.” Look for the ways they reflect the exact judgments or abuses you’ve been putting on yourself.

Tap on those judgments or behaviors so you neutralize them and are no longer triggered by the actions of others.

Remember that those others are living from a space of fear. Find compassion for yourself and for them so you can both be free.

**BONUS:** Write a letter of love and compassion to that person to neutralize any negativity you may have projected onto them. Thank that person for helping you to see (and release) the ways you’ve been willing to judge and abuse yourself!

## Module IV

Change begins by looking at the emotions that impact your decisions. When you feel emotionally strong, the healthy decisions are easy to make.

### Q&A with Dr. Kim

**Question:**

Why is it important to first look at our emotions around food before the food choices themselves?

**Answer:**

When we are emotionally charged, this affects our hormones, immune system and digestive system. In the “stress state” of fear, anger, sadness or other challenging emotions, there is inflammation in your body and there are changes in your brain activity. This can lead to cravings or overeating, as an attempt to avoid feeling those “negative” emotions.

Blood is shunted away from the gut and digestive system and toward your muscles so you can “fight” or “flee.” Your body is less able to secrete digestive enzymes, break down your food, absorb nutrients and eliminate toxins. Eating in this state is taxing for the body and can contribute to disease.

When we tap first to release “negative” emotions, we enter the *relaxation response*. Hormones balance, inflammation decreases, our digestive system works ideally. Cravings diminish and we can process our food in a way that contributes to health.

**Question:**

What are some of the biggest mistakes individuals make when beginning to look at making healthier choices?

**Answer:**

We often use our minds to figure out what foods are “good” for our body, instead of listening to our body’s wisdom. Feel into your body to become aware of what it needs. If you’ve tapped to release any challenging emotions, it will be easier to receive information from your body about what foods will benefit you most.

When we have preconceived judgments or ideas about foods, such as, “This is bad for me,” we may override our body’s wisdom and guidance.

The clearer you become with tapping, the easier it will be to tune into your body’s awareness, instead of trying to figure out with your mind what foods will be beneficial. Then, you can eat in harmony with your body, not as a way to manipulate it.

**Eating guidelines**

**Eat real food:** Packaged, processed, and refined foods are not as easily recognized by the body and can contain harmful ingredients. Fresh fruits and vegetables come with their own enzymes that help your body break down the food and digest it. Whole grains in their natural form offer nutrition that goes beyond refined and processed grains.

When you add in more “real” food, versus synthetic packaged food, your body receives the life force from the food that benefits your health.

**Focus on adding good stuff in, instead of taking away the bad stuff:** We are trained to work hard to avoid “bad foods” but this can be limiting and stressful, especially when you have cravings. When adding “good foods” in (whole, natural foods and fruits and vegetables) your body receives what it needs, so it’s easier to detoxify any harmful foods you’ve eaten, and cravings decrease, so it’s easier to avoid foods that aren’t beneficial.

**Hydrate:** Drink a full liter of water when you wake up. Your body has used lots of water just from sleeping and restoring its energy. In the morning, it is like a sponge. Drinking a large amount of water before starting your day sets you up for ideal health and detoxification.



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**Go gluten-free:** Experience the impact gluten has by taking a break from it for two weeks. See if you notice that you have more energy, are less bloated, lose weight, or decrease symptoms of illness.

It's important that with this trial you completely avoid all wheat gluten completely. Simply decreasing it won't allow the inflammation to resolve completely, so you may continue to have symptoms. Set your goal for these short two weeks, and see what you find!

There are many foods that are naturally gluten-free. Fruits, vegetables, and grains such as corn, oatmeal and rice are all free from wheat-gluten. (Many people can also generate inflammation from grains, however, so you may want to eliminate all grains during these two weeks, then slowly add things back in to see if they trigger your symptoms.) Potatoes are also a great alternative for starches and are naturally gluten-free.

If you feel strongly about having bread products, there are many pastas, breads, crackers, pancakes, and cakes that are made with flours that have no wheat gluten. These can easily be found in most grocery stores. Experiment to see which brands you like best, as some are far more delicious than others.

## **Sleep Tips**

Most bodies require 8-10 hours of sleep for ideal restoration. When you skimp on sleep, you go into a stress state and your immune system becomes inflamed. It's better to skip your workout than to miss sleep. Sleep depletion can lead to illness and weight gain.

Make it a point to get the minimum of 8 hours nightly. Test it out to see if your body likes more, and then go for that.

Also, the quality of your sleep will be much higher when you go to bed before 10:00 PM. Even if you sleep the same amount of time, but don't go to bed until after 10, your body will become depleted. Set your alarm for 9:00 PM so you can unwind during this time. Avoid watching television or engaging in technology during this time, as these are highly stimulating. Reading inspirational material is a great idea during this time, as the focus of your mind before bed powerfully affects the quality of your sleep!



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## **Moving Your Body**

Healthy bodies require movement. That doesn't mean you need to run a marathon to have ideal health. Even 20 minutes of walking daily will add major health benefits to your body.

Even if you've not exercised in years, you can start by moving slowly. Walking, yoga, or other simple forms of movement will nurture your body, even if done for a short time. The point is to have some form of movement that feels good to you every day. That keeps your lymphatic fluids moving, which is a key component to detoxification, having high energy, and maintaining ideal health.





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## Tapping Meditation - Module IV

Follow along during Module IV and return here whenever you need more tapping.

Side of Hand Even though I have this problem with my diet  
And this challenge about food  
I am going to choose to love and accept myself fully

Even though I can't control myself  
And sometimes these cravings make me eat the whole thing  
I am going to choose to love and accept myself fully

Even though I am out of control with food  
And I have so many cravings  
I choose to love and accept myself fully

Eyebrow This toxic relationship with food  
Side of Eye I know I shouldn't eat this, but  
Under Eye I just want to enjoy myself  
Under Nose I am at odds with my body  
Under Mouth I want to enjoy my food but it makes my body sick  
Collarbone The things I want are not good for my body  
Under Arm My body is disagreeing with me  
Top of Head Not supporting me and having fun

EB I just want it to be easy and eat what I want  
SE Why is this food thing so complicated?  
UE I have to learn more stuff  
UN About what to eat  
UM And what not to eat  
CB And then I have to control myself to do it all right  
UA That is not a way to live  
TH I just want to be free

EB All these ideas about food  
SE Flying out there in the world  
UE And all the news and all the books  
UN And I am just so confused



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UM	Because I can't do it right
CB	Listening outside myself
UA	Instead of tuning in
TH	And honoring what is right for me

Good; big deep breath in, and let it go. Check in with your body, what did that feel like? What did that bring up? Were there any insights? Any realizations? Maybe it makes you feel even more spun out. Just let all of that come up, and slow your breathing, deepen your breathing, and be present to all of that. We can do a little more of this with the tapping, because there can be so many layers of the, "I hate my body," feelings, an inner battle, and we want to get a little more deeply into that.

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Eyebrow	I can't believe I just ate that!
Side of Eye	What is wrong with me?
Under Eye	I judge myself
Under Nose	For being out of control
Under Mouth	I am just not in harmony with my body
Collarbone	I have never really learned how to be in harmony
Under Arm	And so my body is reacting
Top of Head	To all this disconnection

EB	All the stuff I have been told.
SE	Instead of trusting my body
UE	I have been battling my body
UN	Trying to make a change
UM	Actually trying to get my body to change
CB	To force it and manipulate it
UA	Because I have been taught that my body is the enemy
TH	And no wonder my body's cells are attacking itself!

Big, deep breath, and let it go. Check in with how you feel. What has come up? What more might be coming up to tap on? Take a pause and support yourself through that. Your body's cells, the attack cells, the autoimmune imbalance, really come directly from this inner battle, battling my body. And every time I speak about my body it is instilling that response. It is either going to create a harmonic chemical response that nurtures my cells, or it does exactly the opposite and you have these attack cells. So now I want to be really aware of that, and mindful of that, and it can open you to so much



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compassion. “Oh my gosh, wow, I have been trying to fix my body! And what my body is trying to tell me is to come into that harmony, that it will take care of all of it. It will balance out and everything I need is right here.”

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Side of Hand This idea about exercise

I hate my body

I don't want to do it

I am just going to choose to love and accept myself fully

Even though I don't want to exercise

And I have all these ideas

And all this judgment

I am just going to love and accept myself fully

Even though my body is not perfect

And I hold this idea of perfection

That is literally making me sick

I am just going to love and accept myself fully

Eyebrow All of these judgments

Side of Eye Judgments of my own body

Under Eye My body is feeling them

Under Nose And they don't feel good

Under Mouth They destroy my cells

Collarbone And I am so sorry

Under Arm That I have held onto these judgments

Top of Head About myself and about my body

EB About being a woman or being a man

SE And decided that my body was not meeting up

UE So I sort of punish myself

UN By not treating my body healthfully

UM Giving it exercise

CB Or just taking it out for a walk

UA Just me and my body

TH Starting a new relationship

EB Would I be willing to give my body what it needs



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SE	Before it gets perfect
UE	Before I deem it acceptable?
UN	Would I be willing to accept it anyway?
UM	My body will respond to my acceptance
CB	And it will immediately feel better
UA	And then it won't feel so heavy to go out for a walk
TH	And I can begin to enjoy movement of exercise

Big deep breath in and let it go.

One thing you can do out of self-love and it is very easy to do, is to celebrate yourself. Like, "Oh, I did a ten-minute walk. I didn't try to make it an hour, I just enjoyed motion for ten minutes." Or, "I ate cake but I ate it slowly and succulently, deliciously, and savored every moment to let myself nurture myself instead of feeling shameful." Or, "I ate carrots and apples instead of chocolate and candy." You want to think of one thing from which you can make a habit out of a ritual. It is actually a ritual of self-love. So whether you do a ritual around food or around movement, you want to begin to connect in this new relationship of self-love, this new relationship with your body.



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## Module IV Heart Work

### Creating your Self Love Ritual

Ask yourself, “What is one thing I can easily do out of self-love, and celebrate myself every time I do?”

Examples:

Go to bed early.

Drink water in the morning.

Take a walk everyday.



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## Final Thoughts

In concluding this workbook and this program, remember that health is aligned with harmony. Your body responds well to harmony. Trying hard, working for it, or using more willpower create disharmony in your body. You cannot fool or manipulate your body into ideal health. It always knows the difference.

So be light with yourself, find ways to laugh at what you uncover, and enjoy this process of expanding into greater consciousness. Society may tell you that you have to work hard and push yourself to have the health and life you want, but listen instead to your body and your inner wisdom. Let all of those old beliefs and perspectives go as you connect with your body as your ally. You are meant to live in freedom and wellbeing. Stay patient with this process, and you *will* see abundant gifts unfold.

Keep reaching out for support. Collaboration is one of our greatest strengths. I look forward to supporting you further!

Sending love, and be well!

-Dr. Kim