



Kim D'Eramo

Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

Brain fog can be a sense that your thinking, understanding, and remembering just are not working as they should. It often comes with a sense of feeling tired, confused, and even overwhelmed. In this state, everything feels difficult; from work to being present in relationships. But today you will learn how tapping can help you feel centered, focused, and energized once again. To lead the way, we are speaking to Dr. Kim D'Eramo. Dr. Kim is a best-selling author and osteopathic physician who was trained as a board-certified emergency medicine physician.

After healing herself from an autoimmune illness with symptoms of chronic fatigue and chronic pain, which doctors told her would be lifelong, she founded the American Institute of Mind-Body Medicine to share how to activate self-healing to reverse chronic disease. She now assists people all over the world to reverse autoimmune illness, chronic fatigue, chronic pain, and anxiety and depression. It is an honor, a real privilege to get to speak with her. Welcome, Dr. Kim.

Dr Kim. D'Eramo: Thanks, Jessica. I'm so glad to be connecting on this topic.

Jessica: Yes, it's a big one and after reading your bio, we can't move any further without learning more about your experience. Because not only are you a doctor, but you are someone who has gone through this journey. Tell us a little bit about your personal experience with this topic.

Dr. Kim: Well, the first time anyone told me I had chronic fatigue, it was really devastating. I had had really obscure symptoms of brain fog and being overwhelmingly fatigued, feeling like my body was just shutting down. Then there is this bewilderment of, "What's going on, what's going on?" And also fighting through it. Like mind over body, "I've got to push through this. I can't succumb to this; I've got to overcome this." I think that's, when that's the tendency, it's sort of like, that's what caused it in the beginning, all of that push, push, push, and overdoing, and not really knowing how to listen to my body and tune into what I need. I remember just crying and praying on the side of my bed, please don't let me have this chronic fatigue thing,



because it felt like this hopeless black box of no man's land, where there is really nothing you can do, and no one really understands it. You're doomed for life, and I realized just how bad it felt to think that was what was going on.

It was like, "All right, Kim, that's not your answer here. Even if it has that label, you don't have to buy into all of the hype that you've heard about or what's really going on." It felt so contracted to see it that way, so even though I didn't have answers at that time, I kind of knew I didn't need to buy into a lot of the ideas and the thinking about brain fog and chronic fatigue.

Jessica: Which are, "There's no hope".

Dr. Kim: Yeah, you've got to work really hard. You've got to just eat the right things and your whole life revolves around it and there's this thing wrong with you, you're going to be really sensitive to this and you've always got to be careful. You're not going to be able to run anymore, because I was really into running at the time. I mean, my life was pretty active. I was a medical student. I couldn't imagine just having this whole thing shut down, or having to push through life the rest of my life. I think that's where a lot of people go with this.

Jessica: Right, and so that is your experience, and I know so many people can relate. Can you tell us a little bit more about the symptoms around brain fog? Obviously, brain fog is not a medical term, but all of us have that sense of when we're experiencing it. Tell us a little bit more about how that shows up in our life.

Dr. Kim: When you have brain fog, it's more like a symptom of something that's going on rather than "this is a disease entity," but what happens, and there are a lot of people speaking about this from this standpoint of medically what's going on, or what's happening your adrenals or your thyroid or your nervous system. For my work is really about we are vibration, we are electromagnetic, first and foremost. Your brain is really affected by what's going on in your consciousness. So for example, with brain fog, you're overwhelmed and fuzzy, you can't function to do - even word finding can be hard. You feel slow and sluggish and it can go along with chronic fatigue, where the body is physically so tired and so overwhelmed. There is a lot of understanding of what might be going on in the body that's related to this, but I have a little bit of a different vantage point on to the cause and how to move through this, to let it really resolve. It's helpful to look into supporting the adrenals, supporting the thyroid. There's lots of lab tests you can get. For me, nothing really showed up for about a year, and no one could find anything wrong. It was like way after that that things started to be imbalanced physically where it could be detected on labs. I



knew really early on that, “No, no, this is not okay.”

If you're in brain fog or chronic fatigue, you might feel just completely overwhelmed with everything, and like there are no answers, and you just can't function. I kind of make the analogy, if you have an old computer system and you're trying to use a newer program or a newer app, and the computer is just too slow to function in that higher frequency for the newer program. That's exactly what's happening. We can go deeper into this, what's happening in brain fog and how it's really just time to reboot your system.

Jessica: Yes, and I think a lot of people can relate to the experience that you're sharing, which is not being able to have a diagnosis, not knowing what's actually wrong. That comes with a whole other layer of emotions. Then if you get a diagnosis, that also comes with another layer of emotions. It is so important to look at this. What I find really interesting about your work is, you often say that these symptoms aren't actually a bad thing. What do you mean by that?

Dr. Kim: When we feel this way, and I know for me, because I had severe chronic pain with this whole autoimmune disease as well, it seemed like this has got to be something really bad that is happening. I kept looking for, “What is wrong with me, what's wrong with me?” I am going to doctor after doctor and what I realized much, much later is that this reboot, this repatterning that's being called for in your system, is actually a really, really good thing. It doesn't mean it's easy to go through. It doesn't mean you have tons of resources out there of people who really get it. But it does mean that you're ready to function at a higher level, meaning in a higher consciousness of fluidity, of ease, of abundance, of self-love. It's to let go of a lot of the energies that may be keeping you anchored in lack, keeping you anchored in frustration, where you can't get what you need no matter how hard you work at it, keeping you anchored in, kind of like, “Life is abusing me. I never get what I need. I'm always having to work for it.”

Even maybe it's showing up in your life where you have gone to a bunch of doctors, and you feel betrayed, because you're like, “This person told me they understood and that they didn't help me,” or other areas of your life beyond your health, like your relationships or your money. Like, nothing is going your way, or you're not being taken care of by life. Those are always going to be patterns of just energies that you've held subconsciously that are trying to get your attention and telling you it's time to repattern this and let this go. It's kind of like a housekeeping for your mental emotional system, for your energetic system, to let go of any of these little sneaky, self-conscious patterns that you don't even know you've held, but that



you've outgrown. It's time to clean house and be free.

Jessica: Yes, well, we definitely want to clean house and that's what we're going to be doing today. One thing I think is interesting to address, and you've kind of touched upon this already, but this idea that all these things can make a difference. What I mean by that is, we live in a society where we want one clear answer. "Give me the pill, give me the strategy, tell me the five-step plan." With the work that you do, and the work we do with tapping, I have found that not only do you begin to feel physically better, but you gain more mental clarity to begin to navigate the healing journey. The healing journey is something that we're constantly navigating to see what's best for us. Can you speak a little bit about that holistic approach?

Dr. Kim: Your mental clarity is part of the whole complex of you tuning in to what's going on with you. Emotionally, mentally, physically, you can tune in and feel the energy you're in, and it can happen way before it's something we can detect physically. That was certainly true for me, so you've got to be willing to pay attention to all of these things and not think it means "Oh, so it's just in my head?" No, this is real, and I really have a disease, and trying to kind of fight for that because you think that early sensitivity, maybe it's been de-validated, now this is just in your head. There's nothing going on. Oh no, no, this evidence that there really is something going on that needs to be addressed, but let yourself use the sensitivity of what's going on mentally with mental clarity or maybe foggiess. What's going on emotionally, where maybe you feel really there can be anxiety, there can be depression, there can be overwhelm, frustration.

Those are all indications of the energy frequency you're in, and it absolutely will affect your physical body. It's just a matter of time, like how much time you spend in that electromagnetic frequency, because our emotions, our thoughts, they are energy. Our physical body is going to be affected. So if it's like me where it took a year before things started to show up with lab results or ways we could detect physically, don't worry about that. It doesn't discredit that you're experiencing something very real. It's just important to look at things on that level, mentally, emotionally, as it is to look at things purely physical. In fact, when we do address this underlying layer and lighten things up and release things emotionally, we'll feel that mental clarity and we absolutely will begin to manifest physical changes in the body. We can see this medically, and there's tons of studies demonstrating this, that the physical body will respond immediately. Your hormones shift, your nervous system, your immune system strengthens. Your digestive system changes profoundly so that all of these functions are working much more up to speed.



Jessica: Yeah, what I find so fascinating about you, Dr. Kim, is that you're this board-certified emergency medicine physician. You see people at their worst, you've seen people at their worst, in those emergencies. You see how we have to look at the emotional aspect of what's going on, not just what the doctor can see or not see. I think what you're saying too is really validating, because when you have a doctor say, "I don't see anything," it can definitely feel emotionally disempowering and make us feel lost. My question for you is, what role does tapping play? Now that we're learning this tool, what can we do with it?

Dr. Kim: It's awesome because tapping is such a great tool. There's a lot of tools I use if I tune into someone, if I'm working with them over the video. I've been very energy sensitive, even working in the ER, to see beyond the physical. But it's really powerful because I can tune into someone right away, even over a Facebook post or over a video, and tapping is such a great way to help them release the energies that they may not even see, that I'm really tuning into and it's clear as day, like "Boom!" this is the biggest blockage of what's going on in your system that's creating these symptoms and to help them consciously let that release, which is really, really easy. Tapping is one awesome way that is fast and pretty simple to do that.

The key is tuning into what's actually happening. You've got to actually be willing to feel all this stuff that you may be trying to avoid. I know I was trying to avoid feeling like a victim, like, "Why is this happening to me? This is unfair, I just want to go on with my life trying to avoid." You're so overwhelmed and so you think, "I just got to get it all done, and then I'll feel better," which is never, ever going to happen. You've got to actually unwind it, so being willing to tap into what's underneath these symptoms, which we're going to do here today and let your system release it, because what's happening, oh my gosh, for me there was so much resistance!

I was resisting the actual symptoms, because how can I be a medical student and be in a brain fog and chronic fatigue? "I've got to resist this; I've got to overcome this." For many people, it's the same thing. Like, "No, no, no, I can't, I'll succumb if I don't resist it," but that's the big lie. It's actually about entering into it more willingly, more fully. Yes, it feels like the fatigue is going to overwhelm me and I'll just be like this blob on the couch for the rest of my life and never do anything if I don't motivate and overcome this. It's not true, and it's the one thing that really keeps this stuck, big time. That was the biggest thing for me.

Jessica: Just to be clear, it's the inability to accept how we're feeling that can keep us stuck. To just let ourselves feel bad.



Dr. Kim: It's the unwillingness to be in the state we're in. It's not like, oh, just accept it, that's just life. That's kind of what I thought, which is why I resisted it so strongly. It's more like, "Okay, I am willing to feel all of this overwhelming fatigue, this unending pit of hopelessness or helplessness," and just make ten seconds to have total wiliness to explore it, to be in it and not be trying to get out of it. I know it sounds crazy, but your system can reboot so fast, so quickly, sometimes in seconds. But what's required is that you surrender completely to what you're feeling right now. If you're trying to outrun the fatigue and push, push, push, or press through the brain fog, you're trying to operate that computer system with the new program and force it to happen, and your computer is like, "No, just give me ten seconds, I've just got to do a reboot and I promise all these programs will run smoothly."

This is the biggest thing, when I was willing to just relax my whole body, completely and fully, and go into that fog and the fatigue, which was really the energy of hopelessness, like I'm never going to amount to anything, and all the ideas I had that went along with it, and just let go. It's like the light switch went on because there was this really profound release and my body could just dump all those old energies. Your body has the ability to do this, and it's not difficult, but it does take our willing participation.

Jessica: This is why we need tapping, because you can logically tell someone, "Oh, just accept it, just be in it," and it feels kind of hard to grasp or even to do or uncomfortable. But when you have a tool like tapping, where you're actually physically able to do something, it's like you can surrender and feel empowered at the same time. You can feel something without feeling like it's totally going to overwhelm you.

Dr. Kim: Yes, and you know what we talked about the last time we had this interview was how doing tapping to try to make it better, try to make it better, try to fight the disease, it's exactly what you don't need to do. If we can just tap to nurture the body and become aware of what we're really feeling, what we're really thinking, and how difficult, unthinkable difficult it's really been. It's so simple. It's such a simple tool to let your body have what it needs and like you said, acknowledge these energies, and you're doing something that's so empowering to have your body release it.

Jessica: So then our goal with the tapping is not to push through and say, "All right, I'm going to tap because I need to get rid of these completely," it's to be able to honor how we feel and being to relax. When we do that, our body begins to feel better and heal and regenerate. Do I got it?



Dr. Kim: You have it perfectly. I know for me, you've probably done it too, but I know in the past I'd be frantically tapping several times a day. I remember my nanny would make fun of me because she was like, "Oh my god, you were so stressed out back then. You'd be tap, tap, tap, tapping, just trying to get out all that stress." I'd laugh looking at my former self because I just didn't know how to fully surrender and let go. So we're going to use tapping to do that, so your body gets what it needs to do what it's able to do.

Jessica: Right, so I would love to go into an experience, especially for someone who experiences brain fog and is having trouble focusing. I do want to ask a quick question before we jump into the process. I do understand that it can be powerful to be specific to our own experience. In this format, with this interview, we're definitely going to be tapping on things that are more general, so more people relate to them. When someone is doing this on their own, how do they do that? Can they be inspired by this? Can they follow this tapping meditation? Do they need to add something else? What does that look like?

Dr. Kim: This is going to be general but specific to the things that come up that keep us locked in brain fog and locked in that chronic fatigue, because I've seen so many people all over the world, it's kind of a universal thing that it's the same themes of push, push, push, overcoming, and then fear. I was so afraid of this whole, even the idea of "chronic fatigue." There was a lot of fear, so the general tapping that we're going to do is going to be really, really useful for a lot of people for specifically what they're going through.

Jessica: Okay, perfect, let's jump in. I'd love to have the experience.

Dr. Kim: Okay, feel and tune into, "What are you feeling in your body right now?" For those of you who maybe you haven't even had these particular symptoms, it's always helpful for all of us to develop awareness. "Hi body, how are you?" Here we are, and bring your attention inward. If you're feeling or have felt in a different moment severe chronic fatigue, severe brain fog, tune into that space of what it's been at its worst or how you feel about it right now, of when it's been there at its worst in the past. Tune into all of the ideas you have about it, all of the energies of maybe hopelessness or bewilderment or frustration or feeling helpless, or just the overwhelm and patterns you've been in. Scale that on a scale of one to ten. Ten is I can't even stand it anymore, this is the worst, get me off the planet now, and one is it's there but just a little flicker of it there. Just write it down or jot it down in your awareness. Where did you start off? I love hearing from people in the Facebook



group. I always reserve the next day after we do this to go in and answer questions. I would love to connect with you personally.

Breathe in and just tune into your breath before we even start tapping. This already gets the energy moving, just your willing awareness of it is going to let it release and come up to a larger extent. That's a good thing. So tapping on the outer karate chop point, sometimes it can feel worse and more intense as it's moving out. Let this happen, you're in a clearing. So tap, tap, tap on the karate chop point.

Side of Hand Even though I have all this fatigue and brain fog
And I don't know what to do with it
I choose to embrace peace now

Even though I can't stand what's happening
And I don't understand
I choose to release this and be at ease now

Even though I have had it
And this makes no sense
I choose to love and embrace myself in this moment

Eyebrow All of these symptoms, and I'm overwhelmed
Side of Eye I don't know what to do
Under Eye Feeling like my system is shutting down
Under Nose I've tried everything
Under Mouth And it just leads to more overwhelm
Collarbone So fatigued and foggy
Under Arm I can't function this way anymore
Top of Head I don't know how to get to something higher

EB What if I really could just let go
SE But I don't know how
UE Holding on and pushing my whole life
UN This way of doing life
UM Where I push hard, and it has to come from me
CB I don't know how to let life come through me
UA To re-source my body, to re-source me, so I could actually receive in ease
TH What would it look like for me to really let go and receive everything

Okay, deep breath in, and let go. Relax your body. Okay, Jess, we weren't even



specific on what you're experiencing physically, or you can tap on what the doctor said, "I've got to take these pills," or specifics about your experience. But these energies we just tapped on are a lot of the things that underlie this particular illness pattern. When you look at where we usually are at with pushing through life, "I've got to achieve, I've got to overcome, I've got to do, everything has to come from me." I get that the mind may not understand, how could it be otherwise, but yes, of course that's going to overrun your adrenals. Yes, of course it's going to shoot your thyroid into overwhelm and depletion, so just feel into that new harmonic of I can let go and let life come through me, so that I receive in my body, so that I receive clarity and energy and vitality. That is a higher level of consciousness. It's a new consciousness and all it requires is that little bit of settling in with compassionate awareness for how hard it has been otherwise.

Jessica: I would love it if everyone who just tapped would just check in with your number now and notice if you feel any shift in your body. Dr. Kim, I don't often share how I personally feel after tapping, but I have to share because I really enjoyed that. I have had a baby recently, not so recent, but I still feel like lately, just postpartum, just feeling like my body is still trying to find its new normal from being a mom. I was telling my husband yesterday, "I feel off, and I'm having trouble figuring out exactly what it is." When we did the tapping, I just felt this openness, is how I can describe it. It's not a big a-ha moment, but it's this feeling of openness where you can begin to allow the answers to come. You can begin to move in your body with more ease. It's a very different experience than just clinging on to, "I want to feel energized right away!" It's feeling empowered on this journey that we have to continue to feel open and to make it easier.

I hope that I'm articulating that well, because I'm trying to articulate a feeling that I'm having in my body, but the best way to say it is just this feeling of openness. When you are tired all the time and when you are struggling, you don't feel open. You feel completely closed down and tight.

Dr. Kim: Yeah, it's beautiful, because that opening, this was the big, big realization I had through my couple years with autoimmune illness, was that self-healing wasn't actually about healing myself. Self-healing was about opening to receive the essence of life. Opening to receive what allows my body to heal. I want to do some more tapping in this because the biggest thing that blocks this and creates that pattern of "I've got to do it, I have got to get after it, I've got to push harder, I've got to work harder, I've got to learn more," is this idea, "I'm not worth it. It can't be that easy, that would be too easy. I'm not worth it. I shouldn't just be able to receive, and open, and boom effortlessly everything comes in that I need." We've learned it doesn't



work that way. We've got to work hard, we don't deserve it, we're not good enough, and we have to do all of these conditional things so that we're then good enough and then we can have – fill-in-the-blank – comfort, love, money, health, everything in that great treasure that we're all after.

This is a shift in consciousness, and brain fog is an indication you are ready to move into a higher consciousness. But you've got to actually open, which is exactly what we're going to do. So let's keep tapping,

Jessica: I would love that.

Dr. Kim: Okay, so you can just start again on the inner eye point. We don't even have to do the setup phrase again. On the inner eye point, just tap.

| | |
|-------------|---|
| Eyebrow | It's okay for me to let go of this fully |
| Side of Eye | To let go of this completely, to let go of who I think I am |
| Under Eye | And actually receive that easily |
| Under Nose | That abundantly |
| Under Mouth | That effortlessly |
| Collarbone | All the ways I've been taught it has to be hard work |
| Under arm | And so I keep working |
| Top of Head | And my whole system is set on "Go" mode |
| | |
| EB | Overwhelming and depleting me |
| SE | What if there really was a higher way to live |
| UE | And it wasn't about me doing more or doing better than I am |
| UN | It was about me saying, "Yes, I am ready to receive" |
| UM | Not out of fear or grasping it or begging for it |
| CB | But out of the acknowledgment that I am infinitely valuable |
| UA | Infinitely worthy |
| TH | And worthy of receiving infinitely |
| | It's okay for me to let go now |
| | Life is on my side for all I need |

Perfect. Take a big breath in.

Jessica: Yes, and I want to mention that this tapping is also in the workbook for those who want to come back to it at a different time. But yes, I keep just feeling that sense of being open and, Dr. Kim, what would you say to someone who is feeling better, but there is a little voice that says, "Yes, but it's going to come back. Yes, but nothing



works for me. Yes, but this is too easy, yes, but this is too out there.” How do you encourage people to continue something that isn't the three-step plan and this magic pill? This is a relationship that we're building with ourselves.

Dr. Kim: Yes, so this is great when the “yes, but...” comes up, because that's the deeper foundational pattern you've been living that you may be ready to let go. This is a program, so when you're living in the program of “yeah, but...” and then fill-in-the-blank... “I can't have it. Yeah, but, it's for someone else and not me. Yeah, but, I really am in lack and I'll never get out.” I've seen this in myself so many times and I'm like, “Oh my god, I can't believe that one's in there. Do I actually believe that on some level?” I'll journal it, so just get your journal out. I love what you did, Jessica, a few weeks ago on Instagram, sharing your morning journal routine and then you just tap on those items. I call it a swamp; swamp it out, all the nitty gritty, mucky, yucky stuff that you maybe don't even consciously think, “Wait a minute, I wouldn't buy into that. I don't think that. I'm more evolved than that,” but it will come up in those little moments of pause, like you just mentioned, when things start to open.

So if there's a “yeah, but...” tap on that or just breathe through that. “Yeah, I've carried this; yeah, I am ready to let that go.” It actually really is, “Okay, even for me, with all my doubts, all my foibles, all my fill-in-the-blank, that it's actually okay anyway.” That's why the outer edge point when we set it up, “Even though I have this ‘yeah, but...’ I love and accept myself infinitely.” We lay the foundation for a new consciousness of I choose to receive all life with grace and ease, even though. So now it's about living unconditionally. You get to receive life, unconditionally.

Jessica: Yes, and this is how you can create your custom tapping script, is by taking what you're sharing with us, those statements, those phrases, and then to begin to incorporate it with the “yes, but...” with what you journal. Sometimes people don't even like to write it in a journal, they're just scared of putting anything negative down. You can put it on a piece of paper, on some computer paper, do the tapping, then rip up the paper and throw it away.

Dr. Kim: It's important to celebrate what you're aware of, like, “Oh my god, I'm aware of this little nitty gritty, yeah, I'm going to write it down and say, 'I love you sweetie, you're okay.'” You neutralize it. The longer that you think it's a big, bad negative thing, “No, I can't let myself think it,” the more power you keep giving it. You are more powerful than that. You can embrace all of it.

Jessica: I love it, and this is what we're all doing. It's part of the human experience. I feel like I continue to try to embrace these different thoughts and feelings and that's how



we navigate this world and make life easier by not being perfect, but by embracing the moments that things feel hard and that we have these doubts. I'm grateful that you're showing us this path and you're making it simple. I'd love to keep doing some tapping. Let's fit in some more tapping here.

Dr. Kim: Yeah, okay good. I do go into... when I have nitty gritty stuff come up I always make a video about it, because I'll move it and then I'll be like, "Wow, that was so big and bad and so inconsequential." Like, "I am more powerful than that!" I always love to share on my YouTube and stuff just what the process is, because it's my process. It's not that I'm here to be like "Yeah, you should do this process,." It's my process! I want to tap on the outer karate chop point and we're going to jump into it. What's right about this, I'm not getting because we're all actually opening into something higher. These symptoms are just your body's way of letting you know "Hey, the old way of grasping and holding and controlling and trying is not working here. There's something higher to let in."

We'll start just tuning into the body and where are you right now. So, scale of one to ten, with "I am open to receive life, hallelujah, yes, I'm worthy, I'm valuable, it's okay for me to let these things go and be conscious," versus a ten is, "No fricking way, that's never happening for me." You may feel hopelessness, resistance, despair, a heaviness. Just tap on that side of the hand.

Side of Hand Even though this is not for me
My symptoms or my diagnosis prove I can't have that
I choose to be at peace now

Even though I just don't believe it
So now there's this new problem of my beliefs
I choose to release this and be at ease

Even though it's too far for me to go
To imagine being in total health and abundance
I choose to release this and embrace all that I am

Eyebrow These inner "yeah, but..." voices
Side of Eye My doubts and despairs
Under Eye I have been thinking they have real power
Under Nose But it's only the power that I've given them
Under Mouth What if I were unwilling to fight anymore
Collarbone And truly surrender and honor myself?



Under arm Honor my pain and how hard I have trying?
Top of Head Honor who I am and how much I really care?

EB This has been an indescribable struggle
SE That no one but me can truly know
UE So there's no one out there who could give me validation I real need
UN In the depths of how much I really need it
UM This is something that has to come from me
CB This inner calling from my being that life is too hard that way
UA That there is a new way for me to be
TH That creates ease and flow and abundance

EB Beyond anything I've ever seen before
SE To honor myself that fully
UE In the depth of my pain that only I know
UN And for me to choose to say, "I love you," to me
UM And for me to choose to say, "I see your pain"
CB "I am sorry you've suffered"
UA "We can let this go whenever you're ready"
TH "Because you truly are infinitely worthy and deserving"

Okay, inhale through the nose, let it go.

Jessica: Wow, thank you for that. Dr. Kim, what if someone just tapped and started to cry through that? That's some deep work. Tell us about the tears, is that okay? Does that mean things are...?

Dr. Kim: Yeah, I can feel everyone who is here, even though it's recorded, a lot of people are listening to the recording. We're not separate, and that's how I operate, which made it really challenging in conventional medicine, to not have space to share that more fully, but I can feel how profound an opening it really is. So tears will flow when you begin to open your heart to a deeper space of your pain. The tears and that ache is actually the cracking open to let all those energies release. So honor it, love it, celebrate it, even celebrate the ache of that pain when your heart first opens to how profound the pain really has been, and keep moving through that, because that's a really, really good sign that yes, you are still alive in there, and yes, there is one in there that knows there's something way higher than this for you to be living.

Jessica: Yes, the thing about chronic pain and fatigue, and I know you know this personally, is it that it can feel so isolating, that you can feel incredibly alone. Even though



millions of people experience it around the world, when you have your experience it's so hard to describe your struggle to someone else and to feel that connection. There's something so powerful about what you're saying about now we need to validate our own pain.

Dr. Kim: Yeah, no one can actually... it's like everything has to come from me deciding that I really am that worthy and that beautiful, and that valuable. I really am worthy to go there for, and only I can do that. You are the only one who can meet the deepest, deepest pain that only you know, because no matter how much you explain it to someone or share it, and maybe they have had true pain themselves, which actually allows people to have greater compassion, to meet you and yours, but even still, when I meet people in that space there is a point where it's me and me, it's you and you. There's no one else that's there. Will you go there for that moment with you to choose that you're worthy and you get to have it anyway.

Jessica: Yes, and you know the irony of all of this is that it's about honoring how we feel so we can create more ease. And yet, the work, when we start, is the opposite of feeling easy because it is easier to be angry. It's easier to feel resentful and to feel like a victim. To truly take responsibility and to meet ourselves where we are and honor our pain is incredibly difficult, which is why most people don't do it. Yet, when you do it you hit this moment where life becomes easier.

Dr. Kim: And any practitioner that you work with, or even if you get a tapping program online, they can be there to assist you through it, and it's still you go there for you. If you're like, "Well, I don't feel strong enough to go there for myself," great, it's perfect. Just as long as you're willing, like, "I am willing to open on some level, and it feels impossible," then it's great to have the assistance of a practitioner or a loved one or whoever you know is willing to hold the space for you because people can hold the space for you that makes it unthinkable easier for you to transmute these deeper pieces.

Jessica: Yeah, it's one of the reasons I love the Tapping Solution community, is that there is something so powerful in the world that we live in now, that we have the internet, that we connect to people all over the world and realize "I am not alone." That being said, it's both, right? It's that and then it's also our own journey.

Dr. Kim: It's the difference between a community where it's about chronic fatigue and people sharing their pain to try to give empathy to each other and get something from another, versus your community, which is about each person standing in the depth of their pain, acknowledging it, sharing it, letting it be seen, and supporting each



other in standing for themselves.

Jessica: Absolutely.

Dr. Kim: It's a completely different energy. One will keep you addicted to the problem, and your illness becomes your identity, and the other will literally set you free to experience who you are beyond this.

Jessica: Yes, so let me ask you this, Dr. Kim, for many, they're hearing this and they're probably nodding their head, they're resonating, they're tapping along. But then when our time is over and they're on their own, they can look at this information and go, "Okay, how do I implement this into my life? How do I stay consistent? How do I stay with this journey?" Because life gets distracting and a lot of people need things from us, and we just get busy in our lives. Is there a way that you create some kind of structure around this to make sure that we continue to do this work?

Dr. Kim: Well one thing I love to have people do is set your alarm to go off three times a day, to just do that check-in. The check-in we're going to do for this is just simply, "Hi body, how are we doing?" Then the second piece is, "I surrender my will to the will of my higher self," because we want to check-in with our body to make it better, "I've got to feel better and I've got to be on my agenda of what I think I need to do." But this illness, it's like, what's right about this I'm not getting is that this is actually calling you into something higher. So even if just three times a day you set your alarm to do this check-in and say, "I'm willing to receive something higher and to let go fully". The first part is to just check in, "Hi body, how are we doing right now?" You can do the scale of one to ten, with this is a little the opposite scale of when we do the severity in tapping. But when I do my check-in, ten is "I feel ten out of ten, I'm feeling great." One is I feel miserable, just so on a ten-out-of-ten energy level.

Then the second piece is, "I choose to let myself be free. I choose to surrender to my higher wisdom and this process that's happening." So that's a huge component of surrendering the ego-will, to the higher self-will or the divine will or however you want to call it. It's okay, but literally surrendering to this inner processing of awakening that's happening through your symptoms.

Jessica: That's beautiful. So that's something easy. It takes a moment and I can imagine that in some of those check-ins, we have 10 minutes, 15 minutes, to do some tapping, to open up the workbook, to follow along and say those things and support ourselves when we need it. I love how it's a process. It's not that we set for three hours and then we arrive. This is a part of our life and it's something that you continue to do,



and I continue to tap. There is something freeing about that as well without having all of the pressure of doing things perfectly or so structured. This is a way of showing up for ourselves that we need to do throughout our whole life.

Dr. Kim: Yes, and you're worth it. Now you know how to do it, what to do to open that space, because it is about opening instead of about doing, doing, doing. So don't make this one more "work", like, "I've got to work on myself now." Make it about opening, "Oh yeah, let me take this minute," and it can just be one minute, "To relax, open, and receive." I'll be sure to put really, really supportive practices in the tapping workbook with scripts and things that will go much deeper, for you to open into this.

Jessica: Wonderful! Well, Dr. Kim, this was amazing personally. I loved the tapping and I know it's an interview that people are going to listen to again and again, so I really appreciate you taking the time to speak with us today.

Dr. Kim: I love you so much and I love what you guys are doing. I love your whole family. It's a family affair and it's really beautiful. You guys have really beautiful work and I am always enthusiastic to share it.