



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 1

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha Ewers, your host, and my interview this session is really exciting for me.

This is one of my dear, dear colleagues and friends, Dr. Kim D'Eramo, who is a physician, a speaker, number one best-selling author of The MindBody Toolkit, and founder of the American Institute of MindBody Medicine. Welcome to The Women's Vitality Summit, Dr. Kim!

DR. KIM D'ERAMO: Thank you Dr. Keesha, great to be here!

DR. KEESHA EWERS: One of the things that we share in common, as to why we came into this kind of medicine that we both practice, is a story! I always like to start with the story, because we're talking about vitality – female vitality – and we live in an era where vitality is being drained everywhere we look. You can see that in the women that come to see you, right?

DR. KIM D'ERAMO: Yes, everyone is depleted and there are various reasons we'll talk about as to why that's happening.

DR. KEESHA EWERS: Right, and you also have a story about your vitality being depleted, then the 'hero's journey' of how you got it back. That's why you do what you do today. So I'd love for you to share your story with the women that are listening to this.

DR. KIM D'ERAMO: I've always been interested in mind/body medicine, and fascinated by how the body heals, and how the mind and body are connected.

It wasn't until I had a chronic autoimmune illness – chronic fatigue, this weird pain in my joints, migraine headaches and all this stuff that was falling apart, and was diagnosed after two years of

being sick – that I realized that I knew nothing about applying this. All I really knew was to fight this disease and overcome it. Positive thinking: “Mind over body!” and “I can do it!”

But all of that actually burned me out and made me worse. That was the very energy that made me sick in the first place. So it wasn't until I was finally diagnosed and this doctor had all the answers for me: “Here's what you've got to do. You're going to take these medications. And you can't go running anymore.” Like my whole life was just this terrible thing! But I thought “Wait a minute – that's not a solution.”

Then I realized that this was not the way that I needed to approach it, where I was fighting to overcome and search for the answers, and get my body to heal itself, or to heal myself.

It was right after that I totally changed everything; the way I felt about my body, the way I saw this illness – as a problem, that something was broken, something was wrong. “What's *wrong* with me?”

Instead I started to look for what was right about this that I wasn't getting. Just 10 days of this new communication with my body and this new awareness that this was actually something that my body was trying to work out and express. I thought about what I could do to support my body, to open to receive what I needed as opposed to trying to make something happen and overcome it.

It was just a completely different approach, and this changed that chemistry of the fight. Autoimmune disease is your body is fighting itself. So your body is a reflection of that. When I changed this inner communication to be willing to receive the 'what's right about this' and be in harmony with it, not fighting the symptoms – which is totally the opposite of what we want to do – that changed everything. All of my symptoms resolved. It was days of this new approach that



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 3

my body became completely healthy with no more autoimmune disease, no more migraine headaches, no more joint pain. Everything went away.

DR. KEESHA EWERS: It's such a great story. I had a very similar diagnosis with rheumatoid arthritis. "All of a sudden" I couldn't move without pain.

Indeed with rheumatoid arthritis, and any autoimmunity, your body has been warning you for a really long time. It's interesting how we're so much about getting out of pain and suffering rather than tuning in to the body and saying "What are you trying to tell me right now?" and "Oh, I'm pushing you too hard? You need more of these greens and less of this?"

For me, it actually was cutting back on my running. I was running marathons and I had a crazy schedule; getting up at 3:00am to do my long runs because that was when my four kids were still asleep and my husband was home.

But my body was telling me "No, no, no, this is too much!" And the mental process that I had was that I had these goals that I was trying to meet. I call this the brain being a bully and dragging the body along behind it.

So when I woke up to this, which was through Ayurvedic medicine which looks at the body as a whole – you're not separate from your spirit, your heart, your mind and your story – and started really treating it in that way, mine went away almost instantly too.

I love what you teach, and this is so important for women to hear and to teach, because we know that women are the ones that bring everybody to health. This is what women will then share with their partners, their friends, their mom, their dad, their kids, their aunts, their uncles.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 4

DR. KIM D'ERAMO: Women are usually more aware of their bodies so they're more naturally inclined to be open and be proactive.

DR. KEESHA EWERS: So I love that they're getting this message from this interview with you that you have to tune in to your body, to the feedback that your body is trying to give you. When you started doing that, just within days, everything was gone. I call this the volume – it's like the volume was turned up on your body, like it was screaming to get your attention, and when you finally listened to it, it stopped having to scream.

DR. KIM D'ERAMO: Yes, very quickly, it stopped screaming. It was a complete turn-around.

It's funny, like you're saying, for so many women, we've been living in this conclusion of what we're so sure we should be doing for our health: "I should be running. I should be eating this way. I should be restricting, I should be more disciplined." We have all this judgment. We live in the mind and then that overrides what our body is really telling us would actually be a benefit. It can be completely different.

For me at the time, I thought eating fats were bad and I should be eating another way instead. So my diet was totally not what my constitution really wanted. My body likes a lot of heavy rich fats – I don't eat processed foods and fats like that, but lots of avocados, olive oil and more creamy things. To me, that was like "Oh my God, no way in a million years I would ever eat that. I'm not having that." There was this total disconnect from my body and from my body's awareness of what would be a contribution.

So that was another area of imbalance, and for so many of us, we live in that conclusion of what we're taught: "This is the best diet for you, you should do this!" As we've seen, that changes every 5-10 years. So you want to listen to your body, let your wisdom be the guru and let that be the expert that you tune in to and receive.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 5

DR. KEESHA EWERS: You're talking about Ayurveda right now. Your body type is a pitta vata. As you age and get closer and closer to menopause, you'll be more vata dominant than pitta, because that will be the life stage that you're in. With the climate, during fall, winter and spring, you're more vata dominant. You can eat cubes of butter and that's actually pretty darn good for you.

DR. KIM D'ERAMO: Now I do! I just had a big tablespoon of coconut oil because I want to get pregnant, and I was like "Let me make sure I keep this up!" I do eat butter like you can't even believe!

I'm telling you, 10 years ago I would've never eaten this way. It was a doctor who had been training me who told me "Kim, you've got to stop eating raw carrots and raw apples and salads. That's what's causing this arthritis!" I was like "No way!" That had a dramatic impact on my on my joints and my running, and changed everything.

DR. KEESHA EWERS: Now I'm going to add something to this for our listeners, who are more like me. I'm a pitta kapha girl, which means that if I ate a cube of butter, I would gain five pounds in one day.

Fat is not my thing for my body type. I was eating fat-free back in those days of running marathons because we were told that was the healthiest way to eat for your heart, right? But it turns out that we took out the fat from our food supply and replaced it with sugar, and sugar is toxic for a kapha person.

I can eat raw apples, carrots and greens, and in fact that is my very best thing to eat along with good clean protein, but sugar is toxic. So knowing your body type is really important. This is actually part of your vitality formula.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 6

DR. KIM D'ERAMO: Yes and to have it be a guide as opposed to a rule.

DR. KEESHA EWERS: Yes.

DR. KIM D'ERAMO: Because Tuesdays are going to be different to Wednesdays, and morning is going to be different to evening. If you're tuned into your body and not living in the conclusion, you can just go with it. You feel it out: "This food is going to be more of a contribution to my health and energy, I'll go with this." Instead of having your own idea of "Oh no, wait I'm not supposed to eat that, it has gluten. I shouldn't eat that, it has fat." That's living disconnected.

DR. KEESHA EWERS: Or judging it as bad: "That's bad."

DR. KIM D'ERAMO: Totally.

DR. KEESHA EWERS: That gets us in to trouble because we turn that judgment onto ourselves. I'm sure you've heard that before when clients come to you and say "I've been bad this week." I always say "I am not your mother confessor. You are not allowed to say that to me." It's not 'good' or 'bad'.

DR. KIM D'ERAMO: Actually judgment creates the disease. It's judgment that creates the disharmony. It's crazy how easy this is. When you get into alignment with allowing yourself whatever it is you're ready for, there's ease and harmony.

People have said to me "Wait a minute. You just eat whatever you want to eat?" and what I said was "When you're in harmony, you don't crave crazy things that are going to be toxic. So it's okay and you can allow it. So yes, I eat whatever I feel guided to eat."

If I do have an emotional disturbance and it's putting me in a spin-out, that's not going to put me into a food craving, and then I go eat the whole chocolate cake – why? Because I'm in harmony with my body. I'm allowing it to be totally in my anger, and rage, and rock that out. Or totally in my depression and just move with it as it flows. So there's not that resistance. Where in the past it would stick around, I'd suppress it and try to overcome it, and it would just keep coming back.

DR. KEESHA EWERS: Because we know what we resist, persists. Build a little wall around it and it just gets stuck in there. It winds up coming out as some sort of imbalance and eventually a disease process within your body because you've allowed those emotions to stay stuck in there and there's nothing else it can do with it.

So I think that what you just said is really, really important. Judgment: there is no place for it. There just is no place for judgment.

DR. KIM D'ERAMO: It's a contracted state, like energetically, it overruns your adrenals and it changes your brain patterns so you're in a more limited mindset. It disrupts your digestion. Anytime you're living in a conclusion, or in judgment, it puts you in that emotional, energetic, physiologic state that creates disease.

DR. KEESHA EWERS: So, talk about your Institute for MindBody Medicine. I want our listeners to know what you offer, what's going on, what you're teaching, how their medical providers can get hooked up with you.

DR. KIM D'ERAMO: Well I've been working with people privately for over a decade with this, and then I put my work together in group programs, so more people could work with me live through the group, assisting each other and receiving assistance from me.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 8

Then I created the American Institute of MindBody Medicine, because there were so many practitioners that wanted to implement this – because it was changing their lives – and the first thing they would say was “I need to master this myself before I can bring this into my practice.” They realized, unlike conventional medicine, a doctor couldn't be 50 pounds overweight and trying to tell a patient to lose weight and go on a diet.

In MindBody medicine, we acknowledge that our energy state, our body, is an energy field. It has an impact on the patients. It can assist the patient and contribute to their health, and invite them into higher levels of consciousness, or it can do the opposite.

So if you're going to be welcoming people into releasing their emotions, witnessing the emotions inside them moving through and releasing toxicity, you have to have gone through that within yourself first.

I've had people say “I want to assist people in going deeper, but I'm opening Pandora's box. If they start going into their emotions, I don't know how to handle it.” Where doctors haven't been trained to address the emotional system is where we've really been losing out. That is the number one reason that keeps chronic illness in place and prevents people who have pain or fatigue from getting better. It's that underlying emotional blockage. That's a big part of the work that I do.

There are two main programs. The first is Radical Health, where people step into that experience. Their body is ready to vibrate at that high frequency and live in vitality. Your brain gets balanced, your thyroid gets balanced and your digestion gets balanced. You don't have to keep avoiding all these foods and keep micromanaging your body. It also extends to everything around you.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. Kim D'Eramo 9

People who were in the Radical Health program would tell me all the time "My kids are responding. My kid doesn't have anxiety anymore. My child doesn't have a behavioral disorder. My child no longer has ADHD." Why? Everyone around you is responding to your energy, especially your kids.

If you're having fear, limitation or lacking judgment, your kids will feel that and register that as anxiety. They will live in chronic anxiety. A lot of kids have come to me and there's nothing that ever happened, this kid has had no trauma. Why do they live in anxiety? We're able to get them off of their medications through this work. That was a major part of the program.

For practitioners, the program is called Be the Medicine. This is where they come through the Radical Health program and they implement this for themselves to really expand on what is actually possible in their body that goes way beyond what we learned in medical school.

Then they learn how to implement this in their practice, and how to create their medical practice as a reflection of who they really are, what they're really here to be, as opposed to the assumption of how we should be, and what we're supposed to be doing. Thinking "I'm here to fix people and save people" actually ends up burning us out.

When we change into this model where we assist and empower our patients, it not only is massively valuable to them, because it connects them with the source of their health. You're not the source of their health. But it allows the provider, the doctor, the practitioner, to receive even more than what they've put into it. It just a completely different model.

We can't just keep thinking we got to burn ourselves out, work harder, make more money and help more people – that's not going to work. It's not.

DR. KEESHA EWERS: Very well said. I work a lot with women to help them understand that their libido level is actually an indicator light for their whole vitality and their whole selves. Often research shows that doctors do not ask the question about sexual desire in office visits for a couple of reasons. One is because there's only a six minute medical visit usually accepted by insurance companies.

DR. KIM D'ERAMO: They don't know what to do!

DR. KEESHA EWERS: Not just that but they're distinctly uncomfortable with their own sexuality. If you're so locked in your left brain and you're on "Analyze, diagnose, treat" then you're actually not in a space where you're acting from your whole being. That's where a libido thrives – passion, desire, all those things are juicy. They're not just logical, left-brain activities.

It's hard for them to ask the question in an office visit, and they haven't been trained what to do in medical school at all. Treating STIs and pregnancy prevention – that's the extent of our training. This is the problem with "I'm not that comfortable talking about the S-E-X word."

It's interesting how the training in our medical world here is so limited to "There's the symptom, here's how you test, here's the diagnosis, and here's how you treat."

DR. KIM D'ERAMO: I had a patient today – I see patients on Skype, it totally goes along with this. She's had severe pelvic pain, and now she's having bleeding, this pelvic dysfunction. In our session, we just totally went right there: "How do you feel about your body, your sexuality? How do you feel about having sex with your husband?" She was like "I do not want to have sex with my husband. I have all this resentment from years." It came back from other energies that were going on.

We don't dig in like psychotherapy. We actually feel into the energies that are in your body that are ready to release, so it's much, much faster, and much, much simpler. She released all this anger and resentment that she had toward herself that came out projected at her husband that was getting translated in her pelvis.

So even though she wasn't consciously aware of this resentment until we brought it up, her body was. Her body was registering it. She'd been to all of these different doctors for bleeding and for the pain, and no one was able to really address it because they were not looking at the root cause. They were looking at the tip of the iceberg, which are the physical symptoms. "Pelvic pain? Here's some pain medicine, now you're good." That's not going to work.

DR. KEESHA EWERS: Bleeding, inflammation, hysterectomy. "Just rip it out!"

DR. KIM D'ERAMO: "Let's just take your uterus out!"

DR. KEESHA EWERS: That's right.

DR. KIM D'ERAMO: The energies that are creating the disease are still there. If we release the energies creating the disease, the uterus heals, the pelvis heals. This woman will enjoy sexual exchange again.

DR. KEESHA EWERS: Right. This is really important work, what we're talking about right now.

There's going to be a scale of this, so I don't want to minimize when people have had vaginismus, or painful intercourse ever since they were sexually active maybe because of sexual abuse. That can take psychotherapy and trauma release, as well as releasing that energy and forgiving, and moving past it.

What we're talking about is this woman loved her partner, but had some resentment built up. This is what my doctoral research was about, the impact of held-onto resentment. It's powerful. The impact of held-onto resentment in your body is just chaos, pandemonium, and pain. That's what will happen, right?

DR. KIM D'ERAMO: I have seen the same kind of release with people who have had that kind of abuse from early on, or have had a rape, or had some major emotional trauma. Through releasing the energies of it, their body will respond, even if their body has been sick for years.

It can heal surprisingly fast when they release the energies of what they've been holding and actually receive what they really need, which is a sense of safety, of love, of serenity, of being cared for, and receiving.

DR. KEESHA EWERS: Absolutely, I agree. I do this work too and I see it. But just for our listeners that are holding onto this, you can go back to it if you pull up that slot again and start ruminating it again. That's where the work that you're doing, Dr Kim, and the work that I do is breaking that cycle. It's like saying "No." Actually have you seen that Bob Newheart skit of the best therapy ever?

DR. KIM D'ERAMO: No.

DR. KEESHA EWERS: It is hilarious. You need to look it up on YouTube when we're done. Bob Newheart has this whole sketch that he does that's the "Best therapy ever." He says to this woman "Well I have this very interesting, but highly effective method that I use. It will be under five minutes and you'll be treated and cured of everything from your whole life." She says "What? Really?" He says "Yeah, I charge a dollar a minute. Five dollars will probably take care of it." So she gives him her five dollars. Then he says "So tell me your story." She starts telling it

and he just says “Stop it!” Every single time she speaks. “But I’m afraid of being buried alive!” “Stop it!” That’s the whole therapy: just to stop it.

DR. KIM D’ERAMO: You interrupt the pattern.

DR. KEESHA EWERS: You interrupt the pattern! It’s actually quite brilliant. I use it a lot when I’m talking to my patients. I tell them the story of the funny sketch and tell them to look it up on YouTube. It’s Bob Newheart. But it’s a really important concept that’s being taught through this comedy sketch.

DR. KIM D’ERAMO: Wow! I’m going to watch it. It is true how much it gets patterned into our nervous system to be a certain way, to see things a certain way, to behave a certain way, to respond a certain way.

When I was having all these symptoms and the illness, I realized when I had this whole breakthrough that every time I became aware of the pain, or every time I became aware of the fatigue, I immediately went into despair, anger, or frustration. “Oh this pain, what the hell am I going to do? This is awful. Why is it still there? What’s wrong with me? What’s wrong with me?”

My relationship with the pain triggered that emotional state, my thoughts about it, my frustration with it, and the biggest thing was feeling powerless that it would ever change. There was a big fear that I’d never run again. Afraid I wouldn’t be able to finish medical school. Afraid I wouldn’t be able to be a success, that it was going to hold me back.

Fear is a chemical, emotional, energetic state, so it prevents healing. It actually shuts your healing mechanism down and it inflames your immune system, so of course it makes the illness worse. It literally prevents you from healing something that could be very easy to heal. So it was

my relationship and my perception with what my body was going through that was the biggest block.

DR. KEESHA EWERS: That's really wonderful. I use another way of saying that: love and fear can't exist in the same breath. So if you're with your partner sexually, and you love your partner, and you really want to be there, but your body is clamping down, it's because fear is in that breath rather than love.

It's just that choice: "Do I want to be fearful right now, or do I want to be loving?" It's choosing which energy pathway to go down, because a different set of neurotransmitter cocktails release from your brain depending on which one you choose.

DR. KIM D'ERAMO: Well it's tricky with sexuality. I did this for a long time: "I don't want to have sex, but I should be loving. Let me be loving and then my body will feel better, then I'll open up and relax." But I didn't know how to be loving to myself when I was in fear.

If I'm in fear, being loving to myself means "Let's not do this right now, because this isn't where I'm resonating. Let's put our energy onto what is it that I really need to receive. Once I have that, I'm going to want to have sex with you." Now I have a partner who is totally all about that.

If I'm not emotionally in that state, then I can share and open with him, and he doesn't have his own agenda. He's totally willing to allow me to receive whatever it is I need. Then it is pretty much inevitable that I'm more open to love him and can move forward. But a lot of times that's tricky.

It's like "I should be loving. I'm in fear. Let me not be in my fear and have sex, so now I'm having sex." But women override their emotions, rather than open to them. Totally different.

DR. KEESHA EWERS: Absolutely. What I think is so important about what you just said is that decision making process happens before you get into bed and before you're having sex. You know that this is a pattern for you, and so working with releasing that for yourself becomes really, really vital.

You have to listen to yourself and not expect someone to mind-read for you, and be able to express where you're at. I think women get locked into that and trapped too often where they want their partner to mind-read. That's really not possible, and not an appropriate expectation, right?

DR. KIM D'ERAMO: We've got to be connected with ourself if we're going to be able to share with our partner. That's the biggest key: how am I connected with myself?

DR. KEESHA EWERS: So in your work, what are some of the tools, because that's one of the bonuses that you're going to be giving to our listeners, MindBody tools, right?

DR. KIM D'ERAMO: Yes, we do! Do you have the link for that or are you going to put it on your website?

DR. KEESHA EWERS: It's going to be on the Women's Vitality Summit website for your speaker's page. It's there right now. It'll be the link, it'll be your picture, how to get hold of you, your link to the MindBody Institute, everything that you sent us.

DR. KIM D'ERAMO: Good, good, good. So we'll go in to some basic things here and they can go deeper there. Fantastic.

One of the biggest tools I use is called the Instant Elevation Technique. It's a really quick way of changing your chemistry, changing your energy state, changing your emotion, by connecting with your body. So do you want me to walk you through that?

DR. KEESHA EWERS: Let's do it!

DR. KIM D'ERAMO: Okay. Just close your eyes and take a deep breath. Let it go all the way. The parts of the Instant Elevation Technique are A-B-C, so A is Aware. Bring your awareness to your body. So start by bringing your awareness from your head, your throat, your chest, from your head, all the way down to your belly and your pelvis.

Typically our awareness is outside of ourselves: "What do people think of me? What's going to happen next? This thing that happened in the past, I hope it doesn't happen again. This thing that happened that I wish didn't happen. I shouldn't have done that thing." We're living in the past or in the future, or in the idea of another person, and we aren't really living in our body.

So in this first place, we bring our awareness into our body, and we get present here, right now. Your body can only live in the present, so it's a great way that anchors you to access your power. I really use the body as a portal to access your personal power.

So just take a few deep breaths and let your awareness come right into the center of your head. Then just feel your body physically. That's the best way to become aware of what's happening in here. Again, we're not really aware of how we feel emotionally. We might say "I think you shouldn't have done that" or we have an idea of what we think, but we don't really know "I feel angry" or "I feel fear."

Becoming aware physically, centering first on what you feel: is your back tight? How does your bum feel? Move your bum on the seat, move your pelvis. This is a portal to have greater

awareness of what's happening emotionally. So that's A. Bringing your awareness all the way down. You want to bring it all the way down to your pelvis, down to your feet even.

Then the second piece of the Instant Elevation Technique is changing your breathing – that's B. When we're in fight-or-flight, when we're stressed or overwhelmed, we breathe shallow breaths into the chest. You actually want to bring a relaxation to your neck, to your shoulders, and let your breathing come all the way down to your belly.

So just take three deep breaths to let the breath come all the way down to the pelvis. Your belly balloons out with the inhale and it sinks back in with the exhale. We've found that in three breaths, you shift out of the sympathetic nervous system, fight-or-flight, and you turn on the parasympathetic nervous system, which is the relaxation response. That brings healing to your body.

Just let your belly balloon out as you inhale, relax your shoulders, let your belly sink in as you exhale, and take three breaths. You can try this whether you're cooking dinner and you realize "I'm totally frustrated, why do I have to do everything?" Or you're in a conversation with your husband, or right now, just sharing with this information with you. If you're doing your work, being present in your body while you're doing other things, while you're driving your car, it's like a living meditation. You don't have to take time out to reboot if you live present in your body and are breathing this way.

The third piece is C. This is your choice coming from a space of consciousness: "What is it I really need right now?" Or if you're in a conversation, maybe there's tension, instead of just living in the head, ask yourself: "What would be a contribution here?"

You can think "I'm fighting, reacting, defending and creating more chaos. I can become conscious now. I've brought my awareness to my body. I've slowed my nervous system down. I've come into new brain state. Now I have more conscious choice." So you can ask the question

“What would be a contribution here?” Or “If I say this, how’s it going to land to that person?”
Then make a different choice.

There’s a lot of room to play when we have that awareness, when we’ve connected, and we can create literally anything.

So that’s the Instant Elevation Technique and that’s how we use it. We went through it slowly here, but the more you practice it, it becomes a way of being in every moment, so it’s an instantaneous shift that allows you more conscious choice.

DR. KEESHA EWERS: Wonderful. That’s such a great way. You said breathing, just three breaths. If you’re tense, you can’t breathe into your belly. It can’t be done. You can’t be tense and do a belly breath. So if you think about that, it just makes all the sense in the world. Breathe in and push your belly out like you’re pregnant and you’re automatically switching that off that tension.

DR. KIM D’ERAMO: Yes, and when you feel like there’s so much to do or you have to make sure this doesn’t happen, or whatever, do this first because 99% of the crap that you think you need to deal with will dissolve.

DR. KEESHA EWERS: That’s so true.

DR. KIM D’ERAMO: It’s a fabrication of your mind. Your mind is throwing stuff at you, and it’s all fabricated. It’s not even real.

DR. KEESHA EWERS: I always tell women “If I diagnose you with breast cancer right now, how much of that list would go away? What would your priorities be in one nanosecond from that diagnosis? How would they shift and live into that space? What would that look like?”

I've had that happen. I've had breast cancer, and got rid of it in a month, doing some of the things we're talking about right now. But my priorities shifted, they have to. That's what my body was trying to tell me. Time to wake up again! I've had two big wakeup calls. So that's a really fantastic way of doing it, Instant Elevation, wonderful. So what's another one that you can have people do?

DR. KIM D'ERAMO: Another great thing to use is asking questions. Now, you have to be in your body if you do the Instant Elevation, it gets you in your body. You get your power back and it accesses you to a higher awareness. But once you do that, you can start asking questions.

I started this a long time ago, where you sort of act as if "Why do I have so much energy and vitality? Why am I so excited and this is the best day in the world?" So you kind of just make the assumption, and your body does not know the difference. Your brain does not know the difference between the real and the imagined.

Another great way to use questions is to expand your awareness, like I said "What would be the best contribution here?" For example, if I'm going to eat lunch, I'll ask "What can I eat that's going to make me feel energized, alive, and have an enjoyable day?" Now, you don't consciously answer the questions, because again, you'd be operating from the judgment, the limitation, and the conclusions of the mind – "Oh, you should definitely eat lots of greens" – but to allow my body to receive the awareness. So then it lights up for me, the thing that looks delicious and I feel like I want to have that. So asking the question lets me receive guidance and it will light up for me. "Oh, this particular sandwich, I have to have that." I know that's going to be the thing because I've asked a question.

With my business, the question I ask is "What does my business require of me today?" I used to live in this idea of thinking I have a ton of things to do in my business or I have to work all day. I

let that go a long time ago, and I received so much more from my business than I ever received before.

I'm willing to let my business be a contribution, so I'll just be present in my body: "What does my business require from me today?" Even if I just do it while I'm having breakfast, I'll have the awareness of "Oh, I've got to call someone." Boom, I remembered. Or "I want to write this thing" or "Let me make a video about that." So stuff pops in that is a contribution because I'm asking.

If I have pain in my neck, the question is "What does my body need to release this pain?" Again, it's not a conclusion of "Let me think about that really, really hard and figure it out." No. The way your system works is that if you ask a question, you will receive the awareness of that answer. It's another great way to connect with your body and start to play with your awareness.

DR. KEESHA EWERS: Beautiful. I love that, asking your body questions. I think that's one of the most powerful things we can do.

If you have a headache "What is it that you need from me right now? What's happening for you?" In a partnership, when you're with your partner "What's happening for you right now?" Instead of projecting something that you think is going on, you're creating the story about what's going on for your partner, which leads to defensiveness and all the things that can make you go into a swirl with them.

Just asking "What's happening for you right now?" and being honestly curious. Creating an open space for your body to talk to you, for your children to talk to you. What a great parenting methodology that is too: "What's happening for you right now?"

DR. KIM D'ERAMO: Yes, and having the awareness, especially. We have a four year old, so the bedtime thing is a little funny, because she wants to sleep with us. We say “You’re going to go in

your bed.” In Colorado, we live in the mountains, and it’s light out now until 9:00pm. So she doesn’t get that it’s bedtime because it’s still light. “No, it can’t be bedtime, it’s still light.”

So I’ve been asking a lot of questions around “What is going to be the best, most supportive of her?” and create harmony for the family. You don’t want to let your kid cry, it breaks your heart. But I felt into it, and was like “Oh no, this is okay. This is what she needs.” So we’d put her down and we’d rub her back, and then we’d leave and she’s crying “No!” But I could feel into the awareness that it is almost like trying to manipulate us to get what she wants, rather than actually having a need that needs to be met by us. By letting her cry for a little while, and not run in immediately, that it would serve her in self-soothing, and it was actually a contribution.

That helped me immensely because I was like “I don’t want to let her cry! I want to give her everything she needs!” You can see how that can be a crutch. It can impair your kid. It’s parenting, and in my marriage big-time, certainly in my health and with my body, it’s been totally revolutionary in how I live now.

DR. KEESHA EWERS: Really important. I love what you’re saying. We’re coming to the end of our interview time. Do you have anything else you’d like to share with our listeners?

DR. KIM D'ERAMO: I would share that you really cannot underestimate how powerful it is when you connect with your body. Your body will guide you, it will happen when you connect, and it will feel like “Oh this can’t be right, because I feel worse.”

What’s happened is you’ve invited your body to release all the anger, disappointment, fear, rejection that it’s been holding. All it really needed was your loving attention and presence, so

that it could release. Your body knows how to release that, even if your body shakes a little, or has diarrhea, or whatever it's doing to release.

Don't go into that conclusion of "This is bad, I should stop it." Let your body's wisdom come up. It is right there for you, and it really is that simple. But having this guidance of validating it, or pointing you in that direction, might be all that's needed to have you go even deeper with allowing yourself to express whatever is ready to be expressed. That is what is going to bring you into the greatest state of vibrancy, and vitality, and health, and abundance that you're being invited into now.

DR. KEESHA EWERS: Beautiful. Thank you Dr Kim. Thank you so much for what you do in this world in helping people to get in tune with their minds and their bodies.

DR. KIM D'ERAMO: Thanks for having me.

DR. KEESHA EWERS: Remember everybody to live, love, laugh, learn, and be the most fantastic version of yourself, and until next time.