



healingboobies

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get your HAPPY back!

## Introduction to Healing Boobies (HB)

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My name is Dr. Keri Chiappino. I'm a chiropractic neurologist. I'm Board Certified in Neurofeedback, and I'm also a yoga teacher. But the most important thing that happened to me that I wish to share with you is that I have survived breast cancer.

In 2012, I was diagnosed with breast cancer. I was a complete and utter shock for me. I had been to get a routine mammogram, and actually just did it a few months early because we were about to adopt a baby girl. I was just thinking, you know, who has time for all these things, let me just do a mammogram. I got that out of the way, but sure enough, I had invasive breast cancer.

That invasive breast cancer got a little bit more complex when I found out that I was also BRCA I positive. That definitely created some complexity around the diagnosis. I signed up for all my surgeries, did eight rounds of chemotherapy and at the end of it all; I got the clean bill of health. Thank goodness!

"You are in remission. You're cured. You have a 95 percent survival rate. This is behind you."

As I sat in my oncologist's office that day and heard the news, I expected to feel elated. I expected to feel the way I used to feel. But what happened was a lot different. I didn't necessarily feel as good as I thought I "should" feel. I wasn't as happy as I "used to be". And it really, really puzzled me. It was a big, big burden to try to figure out why. Why didn't I feel the way I thought I should feel?

I sought traditional help with things like psychotherapy. I was part of a breast cancer support group. Unfortunately, there were people in there that just didn't quite resonate with me. This really left me in a position where I was being given a clean bill of health and being told physically, you are fine, but emotionally, psychologically, and spiritually, I just felt like I had been through hell and no one was really talking about that piece of it.

That began my journey in creating healingboobies.com. I wanted to create a community for people, like myself, to get together and really process this information. It takes time to heal, but addressing the psychological, emotional, and spiritual piece of being a "cancer survivor" is something that I really feel is lacking in our system.

My course is a six--week course where we dive deeper each week, really looking at the scars that affect our psyche, and really how we can heal, and how we can get our "happy" back.



I hope you join me. I have two ways that you can begin this course: either a do-it-yourself version, where you can take this week-by-week and do all the work on your own. Or, if you would prefer to work one-on-one with me throughout the course, there is a VIP option, too.

Thank you very much. I hope that we get to meet. And I hope that I help you get your "happy" back.

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## Welcome

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We all come from different walks and ways of life. Cancer is our common thread. This course is designed to help you walk through (unfortunately not around) the emotions you may be experiencing (grief, shock, devastation, anxiety, depression) and begin to heal.

I created this course because when I was told, "Congratulations you are done with treatment and in remission." I was shocked I wasn't as happy as I thought I "should" be. Certainly, I was happy to be done with the grueling treatments and believe me I was thrilled at being clean but the emotional scars were remaining. I feel like addressing this piece is essential to true healing.

No matter where you are on this journey you are exactly where you "should" be. Rest assured you can start where you are and you can repeat this course over and over if you need to move deeper.

## Your "Boobies Story"

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Let's begin by examining your "boobies story". Our relationship with our "boobies" is where we begin. The assignment will walk you through examining this relationship.

There is a direct connection with how emotions and feelings can manifest in our bodies as illnesses. Today we explore the mind body connection and how certain thoughts can manifest in our bodies in an unhealthy way. As we begin try to keep your mind open and if something resonates with you great, but if it doesn't, don't try to make it fit. Just take in the information and don't judge it.

Louise Hay in "Heal your Body", states that Cancer's probable cause is due to: deep hurt, long-standing resentment, deep secret, grief eating at the self, carrying hatreds. "What's the use?" The new thought pattern that is recommended is " I lovingly forgive and release all the past. I choose to fill my world with joy. I love and approve of myself."

LH: Breast Problems

Probable cause: A refusal to nourish the self. Putting everyone else first, over-mothering, overprotection, overbearing attitudes.

New thought pattern: I am important. I count. I now care for and nourish myself with love and with joy. I allow others the freedom to be who they are. We are all safe and free.

LH: Left side of body

Probable Cause: Represents receptivity, taking in, feminine energy, women, the mother.

New Thought Pattern: My feminine energy is beautifully balanced.

LH: Right side of body

Probable Cause: Giving out, letting go, masculine energy, men, the father

New Thought Pattern: I balance my masculine energy easily and effortlessly.

The affirmation above can be written and said aloud multiple times per day. It is not unusual for you not to believe it at all but your brain still hears it.

## Your "Boobies Story"

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The assignment this week involves us physically placing our hands on our chests. This can bring up a multitude of emotions for some people and for others it may not. For myself I went from double DD boobies to "almost C" boobies. A complete downgrade as far as I was concerned, but my friend went from AA to "almost C" and when she placed her hands she was like, "Damn girl you got it going on!". Neither is right or wrong but walking through this process together will lead to transformation and peace. Ultimately the goal of the course is to mend the scars and the mind body challenges to really experience "true" healing.

Happy Trails....I will be with you all the way, just put one foot in front of the other and you will get to wherever you need to be. Much Love....

## Your "Boobies Story"

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1

Lay your hands on your chest and listen to the guided visualization

2

Now, answer the following questions. Write down the first words that come to your mind. Respond quickly to capture your gut feeling.

1. How do you feel when I ask you to put your hands on your chest? Being ok with the way your chest is today is important to help you get through this.

2. How did you feel about your breasts when you were younger?

3. What is your breast story in puberty?

Now let's explore your feelings about motherhood.

4. Did you want to be a mother?



5. How did you feel about being a mother?

6. How *do* you feel about your mother?

3

Now write a story using these words. Note how you feel in this moment. You will do this again at the end of the course.

## Silver Linings

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Cancer affects every aspect of your life. We take this week to examine different areas of our life and what we learned during this time. This week we want to focus on the “silver linings” that we experienced. I get it....I cannot think of it as “gifts” yet, maybe you can, but for now we can call it a silver lining. We will take six different areas and try to find one thing that was a positive.

## 1. Time

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What did having cancer do for you in terms of time? Did you have more time to do some of the things you like to do? My own personal experience allowed me to have more time with my newborn daughter. It was a guilt free maternity leave for me. I would have never been able to take that much time away from my practice (my first baby) without physically not being able to do it. And I certainly learned.

## 2. Responsibilites

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How did your responsibilities change? Were your (or others) expectations different around your responsibilities? Did the focus shift at all around this? For me (a Virgo lol) I had a constant "to do" list I was working off of. If I didn't get my laundry, shopping, scanning, email etc done than what would happen? I found out.....nothing happens! I didn't self-combust!

### 3. Physical Self

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This one may be a challenge. But....how awesome are eyebrows and eyelashes now that you have them back? Are there any positives that you can find about your “new” breasts if you did reconstruction? Do they defy gravity? How about not needing to wear a bra? (I love that part!) What about a free boob job that other people pay thousands for? When your hair came back did the texture come back thicker? Find one thing that was an upgrade.

#### **4. Relationships with Friends, Family & Your Partner**

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Not everyone steps up to the plate and is there for you, in fact some people may disappear as if you are contagious. But let's focus on the good we found out. Did anyone in your family, friends and/or partner surprise you? Did someone new help you in an unexpected way? Did someone show you any random act of kindness while you were going through treatment? Did your partner become more helpful? Did any relationships deepen in your life?

## 5. Money

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What about your relationship to money? Are you the breadwinner? Are you the sole earner? Were you able to learn something about getting by with less? Did you allow yourself to splurge on things you normally wouldn't? I am someone who knows my credit score and never pays bills late. But, guess what? I didn't have the money to pay my bills on time! I was actually a few weeks late with bills and you know what happened? NOTHING! Nothing at all.....I called and told my creditors what was going on and things worked out completely.



## 6. Your Fortitude

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Did you think you are a strong person? Are you ever scared that you can't handle people, situations and more? (This saying: on particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good.)

## Gratitude Practice

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In our “boobies book” we will begin the process of writing down what we feel grateful for. Going through an intense illness that leaves us with physical, emotional and spiritual scars we may find ourselves focusing on all the ways we have changed in negative ways. But there is a purpose to everything and self exploration is the way to find ourselves through this. We look at each of these six areas and begin to focus on the places we can find some “silver linings”. Silver linings are where we need to put our energy because it brings more silver linings in our life. What we focus on grows....so let’s grow some

## Silver Linings

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1 Name one positive thing that came from your diagnosis. For me it was that I was able to take time off of work and spend more time with my daughter.

2 Now think about the following:

1. In relationship to time, what did having cancer do for you?

2. In relationship to responsibilities...

3. In relationship to your physical self...
  
4. Your relationships with others (who are your friends/family)...
  
5. Your partner in crisis...

6. What about you (fortitude)...

7. Relationship to money (lose your ability to earn)...

## Silver Linings

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Do you have anxiety, depression, negative thoughts and/or all of the above? That's OK, completely normal. Many women turn to pharmaceuticals for help. There is no judgment in this. But one of the things that I have found is that even if you are utilizing the help of medications, not addressing the root of the emotion keeps that emotion from bubbling up. We don't want to suppress it, but certainly giving it some space to process is essential. Turning away, numbing it or just plain ignoring it will not make it go away. Think about the big C in the physical sense...would you act like you didn't have it? Ignore it? Of course not! But that's what many of us do with the emotional component of this illness.

As a fellow survivor some of the things I was afraid of is that if I let myself "feel" it I would just cry, melt, or just fade away. Other people may think, "weird," but many of us worry about that. The descent into the "rabbit hole" feels as if it is just a misstep away. So, I want to give you some lifelines that you can use if you choose to "let" yourself process this all. If you are in the rabbit hole, no worries I am heading there to throw you a rope. I will teach you some skills.

The skills I will teach you are things you can do right away to help yourself. Give them all a try. I actually have used all of them at different times, please give them a chance to work. Try them all this week according to your assignments and see what "feels" good to you.

I speak about "grounding" in your assignment this week. Grounding is simply connecting with the earth. The sheer act of putting your feet on the ground can allow you to receive the energy and support your brain needs to slow down. The neurological feedback of your feet (or sitting) on the floor allows your brain a sense of calming.

## Emotional Freedom Technique (EFT)

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The Emotional Freedom Technique is a simple but highly-effective process that works by tapping on acupressure points on the body to eliminate blockages in the energy system. These blockages, which can be caused by various kinds of trauma, are the underlying cause of all illness. When you eliminate these blockages the body naturally heals. This includes mental, emotional, physical, and even spiritual healing.

### Why EFT?

EFT is easy to use, highly effective, and painless. It works anywhere, anytime for anyone and has no negative side effects. You can use it to help others or to help yourself. It works for almost everything and is among the most effective and versatile healing techniques on the planet.

### Benefits of EFT

Use EFT to:

- Improve your health through inner balance and harmony
- Effectively eliminate subliminal roadblocks to success in all areas of your life, including relationships, career and abundance
- Help others both personally and professionally

### EFT Research

Perhaps the greatest weakness of the energy medicine movement is the lack of research. Because EFT stands to heal people and therefore take them outside of the paradigm of mainstream medicine, and because it is not a money-maker for big pharma, it is not likely to be funded for research.

Beyond that EFT is often perceived as a subjective experience. It is difficult to objectively measure whether or not someone is in emotional pain. It is a personal observation, and therefore the response is subjective. So the challenge in conducting credible research into EFT is to find a way to demonstrate accurate measurements.

However, some notable research has been conducted including research by David Feinstein and Dawson Church.

## History of EFT

In 1991, Stanford-trained engineer and personal performance coach Gary Craig took a class that changed the world. The class, "Thought Field Therapy" was taught by Dr. Roger Callahan and was an offshoot of a training he had taken in "Touch for Health" which was devised by John Thie and George Goodheart. Each man learned from the other and built one upon the other. As Gary himself said, "I'm standing on the shoulders of giants." Together they created the backbone of what would later be considered "Energy Healing" or "Energy Psychology."

The story goes like this: Dr. Roger Callahan, a clinical psychologist having practiced for over 40 years, devoted his life in finding ways to heal people from unreal fears, phobias, trauma, stress disorders, etc. Probably he had a strong motive to do this as he had been suffering himself from problems like these since his childhood. Legend goes that Dr. Callahan had a patient named Mary, who suffered from a severe water phobia, a water phobia so severe she couldn't even bathe or go out under rainy conditions without experiencing distress. Like many practitioners before him, Callahan was having very little success though he had used every trick in the proverbial book. After all of that, she continued having nightmares and being afraid that the water might kill her.

Upon returning from a training in Touch for Health, Dr Callahan decided to try something new. Because Mary indicated that her distress was in her stomach, he guided her to tap on a meridian point under her eye, which was related to the stomach meridian. Almost instantly, Mary experienced relief. Within minutes she was able to get into his swimming pool without any symptoms whatsoever. And thus "Thought Field Therapy" was born.

Over the course of the next decade, Callahan developed a set of "algorithms" for tapping on specific acupuncture points, with each specific algorithm being appropriate for specific ailments and dysfunctions. Even the same points could be used in a different order, thus creating many different algorithms, which became the heart of TFT.

After completing the training himself in 1991, Gary did as so many others have done before and since, he began to examine, deconstruct, and reconstruct the process until he came up with a streamlined version, which was soon to be called The Emotional Freedom Technique (EFT). Through his research he found that the essence of Callahan's work, the algorithms, was simply more complicated than it needed to be. Instead Gary streamlined the process into a single algorithm that was used on every ailment. Ultimately, results turned out to be essentially equal.

So in 1995, Gary assembled and released his first training video set, titled The EFT Course The EFT Manual. Followed in 1998, by his next set of videos, Steps Towards



Becoming the Ultimate Therapist. This is where you can see additional techniques and wonderful refinements of EFT principles and techniques in action (mostly taken from Gary's own live seminars). Gary's work spread quickly. Thanks to his "help the world" perspective, Gary made much of his work available to the world at large, free of charge, including the EFT Manual and his legendary website, [www.emofree.com](http://www.emofree.com) which was defunct for many years. Over the course of the next 20 years, EFT spread across the planet like wildfire, largely due to its amazing efficacy. The obvious results in areas generally considered to be "incurable" was noted by many, especially considering the low cost, the lack of negative side effects, and the sheer speed and simplicity of the technique.

In March of 2010, Gary shocked the world by announcing his retirement. The stress of managing this fast-growing technique had taken its toll and his doctor announced that he had, quite surprisingly even to him, experienced a "small heart attack." That in combination with his growing frustrations over events going on in the community that he could no longer manage or contain, and his desire to experiment with new ideas, led to his retirement. In an act as classy as the man himself, he "gifted EFT to the world." It was a courageous act that trusted that somehow his precious EFT would be in the hands of a community who cared for it and nurtured it as much as he did. While his day-to-day presence is clearly missed, he will always be the heart and soul of EFT. And we are infinitely grateful.

### Dates Back to Acupuncture

Examining the history of EFT can only be done with any authenticity by acknowledging the role of acupuncture at its foundation. Many seem to forget that the Chinese have been practicing and testing acupuncture for thousands of years. Its efficacy cannot be denied as the sheer reams of proof would fill the library of congress.

In this online EFT Certification Training, we make it a point to look past modern knowledge of tapping to examine the underlying energy system that is at the core of the technique.

### How does EFT Work?

For many people it is hard to comprehend that EFT can be used on "just about everything." To them it is suspect and one can see why. We have been trained that all illnesses have a different biology or underlying condition and so we have grown to believe that you have to change the treatment for each condition.

### **EFT Works Differently**

While EFT AFFECTS biochemistry, biochemistry is the AFTER EFFECT of the healing not the trigger. Instead we focus on the underlying CAUSE of the misalignment that has caused or contributed to the misalignment in the biology and thus the body can heal.

### **The Body Runs on Energy**

In this course we learn how the energy body works as understood by ancient acupuncturists for thousands of years. These very basic understandings have been lost in modern allopathic medicine and therefore the focus is exclusively physical. But did you know that modern allopathic medicine as we know it has only been around since 1910, while principles of acupuncture have been around for literally thousands of years? Well, its true.

In the Eastern traditions they understand that your body is an intricate web of electrical impulses that rule the way your body works. We call this the energy system. It is as real and as complex as the nervous system or the cardiovascular system. But it is less easily understood because it is electrical, not physical. So you can't SEE it, you can only see the affect of it. I guess it;s like a TV remote. We can't actually SEE the signal go from the remote to the TV, but we know if we push the button, the electrical signal turns on. And so we learn to trust that the signal is there, even if we can't see it.

### **Energy Has Authority in the Body**

This energy, which is ruled by "the higher self", has ultimate authority in the body. If it shuts off, well, you die. If it is blocked, the regular biological functions stop working and you will experience symptoms. It's really that simple. If there is a break in the electrical or energy system of the body, you will get sick or worse.

### **EFT Corrects the Disruptions**

The Emotional Freedom Technique is used to correct these disruptions. It is, in essence, a very elegant and painless type of acupressure.

So we start by choosing an issue, and in essence "pulling it up" in much the same way that you would pull up a specific file on your computer. Once you bring it up, you can make changes to it by tapping on the associated acupressure points. This fixes the disruptions and the problem just sort of goes away.

Cool stuff, huh? So in this way, it is possible to correct everything! Because all symptoms are based on a disruption in the energy system, all symptoms can be corrected by correcting the imbalance.

### Partial List of Symptoms EFT Can Help

It's almost impossible to make a comprehensive list of everything EFT can help because it would be a list of all things. However, this is a list of the more common uses.

- Anxiety
- Addictions
- Cravings
- Fear
- Worry
- Money Issues
- Stress
- PTSD
- Hoarding
- Phobias
- Weight
- Getting over the death of a loved one
- Guilt
- Removing blocks to success
- Removing blocks to abundance
- Physical pain
- Headaches
- Autoimmune disease
- Divorce or love trauma
- Abandonment issues
- Adoption issues
- Grief
- All emotional disorders
- Lack of forgiveness
- Anger including chronic or hair trigger anger
- Sexual abuse
- Rape or other sexual trauma
- Self-esteem issues
- Dyslexia
- Poor grades in school
- Erroneous Beliefs

## Meditation

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Meditation is exercise for the mind. It allows us to observe what we are thinking and not reacting or distracting ourselves from our thoughts. It involves producing brain wave patterns that have been shown to calm the mind. Most of us have trained our mind into the act of distraction. We think something that is upsetting and we “numb” it, we eat, we drink, we take a pill, we shop, etc... Meditation allows our mind to hit the “reset” button. That being said; sometimes starting out guided meditations give you some direction and that is what I have prepared for you.

## Breathing

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One of the lessons the big "C" teaches us is that we don't have much control. But, hey....you always have your breath you can control! A time out you can take at anytime is to focus on your breath. Take an inhalation for a count of three and exhale for a count of five to immediately change your entire chemistry. It's first aid for you.

## Silver Linings

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1 Name one positive thing that came from your diagnosis. For me it was that I was able to take time off of work and spend more time with my daughter.

2 Now think about the following:

1. In relationship to time, what did having cancer do for you in terms of time?

2. In relationship to responsibilities...

3. In relationship to your physical self...

4. Your relationships with others (who are your friends/family)...

5. Your partner in crisis...

6. What about you (fortitude)...

7. Relationship to money (lose your ability to earn)...



## Introduction to Emotional Freedom Technique (EFT)

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I'm going to review some of the EFT points. Whenever we start EFT, we always start at the karate chop point. We're looking at the karate chop point, and we're taking our two fingers and we're just tapping on the karate chop points.

The pressure that you want to use is a little firm, but not enough to give yourself a bruise or for it to be tender at all. You don't need to just touch it lightly either. You can put a little bit of muscle behind it – Firm but not hard.

The points that you move from – you go from the karate chop point, to the eye brow, to the side of the eye, under the eye, under the nose, on the chin, right at your collar bone, then under your arm, and we go up to the top of the head. That is the rhythm of EFT.

You want to tap about six or seven times in each point. And if there's any point that you lose your train of thought for a second, or you go, "Wow this really feels good," or you feel like you're releasing something, you can stay in that point longer. You don't have to do it six to seven times in one spot. If you want to stay in a point a little longer, it's okay.

The other thing about EFT is, when we're working on a specific issue, we want to start off with what's called the set up statement, which I will go over with you. When you're doing the karate chop point, if we're working with anxiety for example, we want that anxiety to get as big as possible.

Before we start actually tapping through the points, we want to allow our emotions to get as strong as possible. We're going to rate them from one to ten. It would be great if your anxiety levels were close to a ten before you started to do your tapping though, because we're going to use that number scale as a reference of how long we're going to need to tap for.

It doesn't matter which side of the body that you use. I'm a "righty" so I tap with my right hand. If you're a "lefty" and you want to tap left, that's fine. It's also okay to switch sides of the body. If you go from one point and it's hard to reach under this arm and you want to reach under the other arm, that's okay. It all works.

## Forgiveness

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This is our EFT script for forgiveness. Before we get started, I'd like you to take a few deep breaths and really start by grounding yourself – putting your feet on the floor, feeling the weight of your feet on that floor, feeling really stable and centered. You can start by taking a few deep breaths in and out through your nose.

Close your eyes and start to think of a person or a situation that you feel like you need to, or you would like to, show some forgiveness around. And when you have that situation, person, or event in your mind, we're going to begin the tapping.

## Emotional Freedom Technique (EFT)

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### Karate Chop Point

Even though there is no way that I can forgive them, I deeply and completely love and accept myself.

Even though there is no way that I can completely forgive them, I deeply and completely love and accept myself.

Even though there is no way that I can forgive them, and I can forgive the situation, and I can forgive this event, I deeply and completely love and accept myself.

### Self Reflection

See how much energy you can put behind this event, situation, or person. How big is it on a scale from one to ten? If it's only about a four or five, and you think you can get it even higher, let's go ahead and tap again.

### Karate Chop Point

Even though there is no way that I can forgive this person, this situation, or this event, I deeply and completely love and accept myself.

- **eyebrow** – I just refuse to forgive them.
- **side of eye** – It's totally unforgivable.
- **under the eye** – I am so upset about this.
- **under the nose** – How could they do that?
- **under the mouth** – I'm so angry about this
- **under the collarbone** – No one can make me forgive this.

- **Under my arm** – They crossed me.
- **Top of the head** – I can't believe that this happened.
- **Eyebrow** – It's just not fair.
- **Side of the eye** – I just can't get past this.
- **Under the eye** – I shouldn't have to. What they did was totally wrong.
- **Under the nose** – All these negative emotions are locked in my body.
- **Under the mouth** – These negative emotions can make me sick.
- **Collarbone** – I refuse to let this go.
- **Top of your head** – All these negative emotions

### Self Reflection

Take a deep breath in, and out. If you feel like you still have a lot- in other words, that's still a very high number, or if you feel still very angry, or there's any emotions charged through this point, let's do another round.

### Karate Chop Point

Even though there's no way I can forgive them, I deeply and completely love and accept myself.

Even though what they did to me was unforgivable, I deeply and completely love and accept myself.

Even though I don't want to forgive them at all, I deeply and completely love and accept myself.

- **Eyebrow** – I just refuse to forgive them.
- **Side of eye** – It's totally unforgivable.
- **Under eye** – I'm so upset about this.
- **Under the nose** – How could they do that?
- **Under the mouth** – I'm so angry about this.
- **Collarbone** – No one can make me forgive this.
- **Under your arm** – They crossed me.
- **Top of your head** – I just can't believe this happened.
- **Eyebrow** – It's just not fair.
- **Side of eye** – I just can't get past this.
- **Under eye** – I shouldn't have to. What they did was totally wrong.
- **Under the nose** – All these negative emotions locked in my body
- **Under the mouth** – These negative emotions make me sick.
- **Collarbone** – I refuse to let them go.

- **Under arm** – All of these negative emotions.
- **Top of head** – All of these negative emotions

### Self Reflection

Take a deep breath in, and out. Now, let's move on to the positive.

### Karate Chop Point

- **Eyebrow** – Maybe it's time to let it go.
- **Side of eye** – Maybe it's time for me to let this go.
- **Under the eye** – I wonder if I can let it go.
- **Under the nose** – Letting go of the anger
- **Under the mouth** – Moving past the anger
- **Collarbone** – Holding onto this does not serve me.
- **Under the arm** – Holding onto this is like drinking poison and hoping somebody else dies.
- **Top of the head** – I am releasing this from me.
- **Eyebrow** – I am letting go of this for my health.
- **Side of the eye** – I choose to be healthy in all my cells.
- **Under the eye** – I choose to create a loving environment for my body and my soul.
- **Under the nose** – I choose to move on.
- **Under the mouth** – I am perfect exactly how I am.
- **Collarbone** – I am choosing to love myself.
- **Under the arm** – I am free.
- **Top of head** – I am free

### Final Reflection

Take a deep breath in. Let your breath out. Hold your breath in again, and out. Rate where you are from one to ten at this point. If you're still high, if it's still raw, just do a few more rounds of this, and keep repeating the positive rounds until you actually start to believe them – until you really feel like this number is coming down.

## Dealing with Fear of Reoccurrence

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Today's script is an Emotional Freedom Technique (EFT) on fear of reoccurrence.

### Emotional Freedom Technique (EFT)

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#### Karate Chop Point

Even though I'm so scared that I'm going to get cancer back, I deeply and completely love and accept myself.

Even though I'm so scared that I am going to have cancer come back, I deeply and completely love and accept myself.

Even though I'm so scared that I'm going to get cancer back, I deeply and completely love and accept myself.

- **Eyebrow** – I'm so scared that I'm going to be getting cancer back.
- **Side of eye** – And this time it's going to be much worse
- **Under eye** – I'm so scared that I'm going to be getting cancer back.
- **Under your nose** – It's just totally overwhelming. It worries me so much.
- **Under your lip** – Getting cancer back
- **Collarbone** – I'm so worried.
- **Under arm** – What if I get cancer back?
- **Top of head** – Will it kill me this time?
- **Eyebrow** – I'm so scared I would die.
- **Side of eye** – I'm so scared of getting cancer back.
- **Under eye** – Having cancer come back, and have to do those treatments all again
- **Under nose** – I don't want to lose my hair again. I just got it back.
- **Under lip** – I don't want to do chemo, or radiation, or any other surgeries ever again.
- **Collarbone** – But I can't help to worry.
- **Under your arm** – Worried about a reoccurrence
- **Top of your head** – Getting a reoccurrence of cancer
- **Eyebrow** – So worried.
- **Side of eye** – About getting cancer back
- **Under eye** – So worried.
- **Under nose** – Sometimes I feel paralyzed. I can't do anything because I'm so worried -
- **Under lip** – -that cancer will come back
- **Collarbone** – The cancer will comeback.

- **Under arm** – I'm so worried that cancer will come back.
- **Top of head** – I'm so worried that cancer will come back.

### Self Reflection

Take a deep breath in, and out. If the thought of getting cancer back still creates a lot of worrying, feeling worried, then continue to repeat that, okay? Otherwise, let's move on to the positive.

### Karate Chop Point

- **Top of your eye/eyebrow** – I am not getting cancer back.
- **Side of eye** – There is just no way that I am going to get cancer back.
- **Under your eye** – I do so many things now that make me healthier than ever.
- **Under your nose** – I'm not going to worry about it.
- **Under lip** – I'm just going to focus on joy and thankfulness in my life.
- **Collarbone** – Worrying about it doesn't do anything anyway.
- **Under your arm** – I choose to be healthy.
- **Top of head** – I'm not getting cancer back.
- **Top of your eyebrow** – I'm healed from that.
- **Side of eye** – It's behind me now.
- **Under eye** – I am not going to worry about that.
- **Under your nose** – I'm just looking forward now.
- **Under your lip** – Cancer's behind me.
- **Collarbone** – I'm so healthy now.
- **Under your arm** – I work on my body. I work on my mind. I work on my spirit – totally different than before. I am not a good environment for cancer.
- **Top of head** – I choose a loving, healthful environment for my body and for my soul.
- **Top of eyebrow** – I choose a loving and healthy environment for my body and my soul.
- **Side of eye** – I choose a loving and healthy environment for my body and my soul.
- **Under eye** – I choose a loving and healthy environment for my body and my soul.
- **Under nose** – I choose a loving and healthy environment for my body and my soul.
- **Under lip** – I am cancer free.
- **Collarbone** – I am cancer-free forever.
- **Under your arm** – I am cancer-free forever and ever.
- **Top** – I am healthy in every cell of my body, mind and soul

### Final Reflection

Take a deep breath in. And let your breath out.

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## Dealing with Depression

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Today's script is an Emotional Freedom Technique (EFT) script specifically on depression

### Emotional Freedom Technique (EFT)

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#### Karate Chop Point

Even though I'm so sad and depressed, I deeply and completely love and accept myself.

Even though I'm so sad and depressed, I deeply and completely love and accept myself.

Even though I'm so sad and depressed, I deeply and completely love and accept myself.

- **Eye** – The sadness
- **Side of eye** – The sadness is so overwhelming.
- **Under eye** – The sadness
- **Under your nose** – I'm afraid if I go down into the rabbit hole, I'll never come out.
- **Under lip** – The sadness
- **Collarbone** – The sadness just feels like an overwhelming grief.
- **Under your arm** – The sadness feels like if I start crying, I just may never stop.
- **Top of head** – The sadness is just going to overwhelm me.
- **Top of the eye/eyebrow** – I just can't get over this. I'm just so sad
- **Side of eye** – Things will never be the same.
- **Under your eye** – I should be happy. I don't have cancer.
- **Under your nose** – I'm so sad. I just can't get over this.
- **Under your lip** – This is just not fair.
- **Collarbone** – Why did I get cancer? Look at how many other people out there who do so many unhealthy things! Why did I have to get cancer? This is so not fair.
- **Under your arm** – I'm so sad, and upset, and depressed.
- **Top of your head** – I just can't seem to move on.
- **Eye** – The sadness
- **Side of eye** – The sadness
- **Under eye** – This depression
- **Under nose** – This depression
- **Under lip** – This depression
- **Collarbone** – The sadness
- **Side of body** – The sadness
- **Top of head** – Sadness



## Self Reflection

Take a deep breath in. Let it out. So, it's time to move on to the positive, as long as you feel like it's a little bit less than where you started.

## Karate Chop Point

- **Eye** – I am okay.
- **Side of eye** – I can be happy.
- **Under eye** – I am going to be just fine.
- **Under nose** – It's normal to feel sad sometimes.
- **Under lip** – Everything that I went through – of course I have days that I feel sad. That's normal.
- **Collarbone** – But I'm going to move past that now.
- **Under arm** – This is behind me.
- **Top of head** – I am so strong, and I can be happy again.
- **Eye** – I can learn again to feel joy in every cell of my body.
- **Side of eye** – I will be happy.
- **Under eye** – I can be happy.
- **Under nose** – Everything is going to be okay.
- **Under lip** – I choose to find happiness.
- **Collarbone** – I choose to find happiness and joy in the little things in life.
- **Under arm** – I focus on my happiness.
- **Top of head** – I focus on how happy I am becoming.
- **Top of eye** – Happiness comes naturally to me.
- **Side of eye** – Happiness comes naturally to me.
- **Under eye** – Happiness is natural for me.
- **Under nose** – I choose to be happy.
- **Under lip** – I choose happiness.
- **Collarbone** – I choose to be happy.
- **Under arm** – I choose to be happy.
- **Top of head** – I choose to be happy.

## Final Reflection

Take a deep breath in. And let your breath out.

## Dealing with Anxiety

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Today's script is an Emotional Freedom Technique (EFT) script for anxiety. It's something that we all definitely have experienced. This is just going to give us a little bit of help.

## Emotional Freedom Technique (EFT)

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### Karate Chop Point

Even though I have this intense anxiety, I deeply and completely love and accept myself.

Even though I have this feeling of overwhelming anxiety and angst, I deeply and completely love and accept myself.

Even though I have this stressful, overwhelming anxiety that I just can't seem to rid myself of, I deeply and completely love and accept myself.

- **Eyebrow** – I just can't help feeling this way.
- **Side of eye** – I'm so stressed out.
- **Under your eye** – I just can't put my finger on why.
- **Under nose** – My brain, it just won't shut off.
- **Under your mouth** – I'm just so worried.
- **My collarbone** – Nothing seems to help.
- **Under your arm** – Why can't I just be happy?
- **Top of head** – I should be happy.
- **Eyebrow** – It's just not fair that I had to go through this.
- **Side of eye** – I just can't stop obsessing.
- **Under your eye** – My body is just not the same.
- **Under your nose** – My brain is just not the same.
- **On your chin** – All the stress can just make me sick.
- **Collarbone** – I just want things to be like they were.
- **Under your arm** – I'm just so stressed
- **Top of head** – I can't get rid of all this anxiety.

### Self Reflection

Take a deep breath. Let it out. So get a sense of what number you are right now. If you're still pretty high, go ahead and repeat this. If not, let's move on to the positive statements.

## Finding Healers

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We must love ourselves....right now. Sometimes this may seem like impossibility when we are not where we want to be, physically, emotionally and/or spiritually. One of the ways we can support ourselves is to reach out to healers to help us. Your assignment this week is to make an appointment with one of the following specialties to begin to help yourself.

### Massage Therapy

Massage therapy can be extremely helpful to reduce stress, improve lymphatic drainage, reduce scar tissue and plain old just feel good! I would recommend skipping deep tissue right now and see if you can find someone who has experience helping survivors. Aromatherapy during a massage can be glorious too!

### Acupuncture

Acupuncture is a way to restore proper energy flow throughout your body. Treatment and surgeries can disrupt our "chi" (energy) and acupuncture can help restore the balance.

### Craniosacral Therapy

Craniosacral therapy helps to restore normal movement of the craniosacral rhythm. This is extremely relaxing and works on the nervous system to support homeostasis

### Chiropractic Care

This is an excellent way to get your joints moving in a proper way. Scar tissue, inactivity and surgery can affect how your joints move. If you have a misalignment (subluxation) a chiropractor can correct this for you. An adjustment affects the receptors in the joints that respond to gravity which activate the brain. Therefore better movement in the joints leads to better brain function!

### Reiki

Reiki is an ancient healing modality that focuses on restoring energetic balance to your body. It can be done hands on and/or hands hovering above the body. A practitioner can also help restore balance to the "chakras". The "chakras" are energy centers in our body that can be out of balance based on physically and emotional traumas, past and present.

## Assignment 4

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For this assignment, you get to reach out to other people for help. I know that can be a little bit of a challenge, but I promise the modalities that I'm recommending can be really, really helpful in our journey to get better, feel better and get your "happy" back.

Consider massage therapists, acupuncturists, chiropractors, craniosacral therapists and/or Reiki masters. These are all really important people to consider getting treatment from so that you can really start feeling better.

### In Addition

Because this is a light week, I also would love it if you would continue doing your EFT scripts and/or your meditations every other day to keep those going.

Please post your experiences on the Facebook group so that others can share in what you've done, what's been helpful, and so we can explore new modalities.

Until next week, enjoy.

## How Do You Want to be Treated?

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This lesson is all about getting clear on how you feel, how you want others to treat you, and how to negotiate “awkward survivor moments”.

There is a spectrum of survivorship. There is no right or wrong; in fact as time goes on you may find that you slide up and down the spectrum. Your assignment this week will help you decide where on this spectrum you are. From someone who doesn't want the big C ever mentioned around them all the way to wearing pink from head to toe. With all this variability it can be very difficult for people to know “how to act” and “what to say” to you. So, it is up to US to tell people how we feel and how we want to be treated. If not, there is a bitter pill to swallow, the big black resentment one.

Resentment is not healthy and we need to be vigilant in not allowing that on our radar. Someone once said resentment is like drinking poison and hoping the other person dies....good luck with that! But seriously, resentment is a form of hatred and hatred only hurts us. Remember cancer in mind body medicine is “deep hurt, long standing resentment, carrying hatreds...”. Chances are if you are like me, you know resentment well. I was a pro at holding on to all sorts of resentments, “life isn't fair” is a huge one of mine, but the truth is, that doesn't heal us, in fact it makes us sicker, so we need to make it a priority and a practice to not harbor them.

I told everyone I could that, although I used to really like the color of pink, I do not like what it stands for now. Someone wearing pink does not help me, does not heal me and I would prefer if you didn't wear pink in my “honor”. And that goes for Hallmark Christmas ornaments, too. I don't want a breast cancer one. On the other hand, I have a friend who is an amazing survivor who does the breast cancer walks and even wears a pink Superwoman cape!! Either way is fine, BUT you must tell the people closest to you who you are on the “spectrum”. If you do not tell them, believe me, they will just go with what they think and it may create some resentments in you. People LOVE it when you tell them, because then they aren't tiptoeing around you wondering how they should act.

## Awkward Questions

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OK, now for the awkward question moments. There will be people who were not in your life at the time of your illness but knew you before and now you run into them after. Be prepared to answer some questions in a way that FEELS GOOD to you. Think about how you will answer them so that you don't get caught off guard and feel flustered. Some examples are below with possible answers, but again, if you don't like some of the answers, change them to your own words about what feels good to you.

1. If you have new boobies...people may notice the boob job, you know that downward look and then looking surprised up to your eyes....? You can ignore, or say something witty like, "the last ones tried to kill me so I got new ones!" or "you can't imagine the lengths I went to to get a free boob job."
2. If you had chemo....."OMG when did you decide to cut off all your beautiful hair?" (you may be thinking "NEVER JACKASS!") but maybe you could say, "You know me....it's all the trend in Hollywood so I had to give it a try!", or, "it is so much easier now that I have the kids....who has time for all that!"
3. I also love the "How are you (with a sad face)?" So lately I have been saying..."I am really well ,better than ever, in fact you really don't need to ask me that...but thanks, I'm healthy." This way I get my point across.

Post any other situations on the Healing Boobies FB group.

All of these kinds of situations will occur, trust me. If you feel yourself building resentment over what someone says or asks you, consider doing some forgiveness work with EFT. I have an EFT script for you. Again...shake off the resentments ASAP!

## How Do You Want to be Treated?

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- 1 Define how you want to be treated as a survivor. Some people wear it as a badge of honor. Others don't want it to define them. There is no right or wrong. There's just you.

Where do you fall on the spectrum?

2

The assumption is that everyone wants to wear the ribbon and run the race. You need to communicate what your expectation is.

Get the courage to have graceful discussions. Understand that people have good intentions. You need to be prepared to let them know your expectations.

Take a minute to write a short paragraph that you can share to describe how you'd like to be treated.



### Quiz: Who Are You in Relationship to Your Survivorship—‘He Who Must Not Be Named’ to ‘Pretty in Pink’

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Question #1: It’s October and NFL players are running on the field with pink socks. Your reaction –

- a) That’s amazing – getting the awareness out about breast cancer!
- b) Who cares? Pink socks do nothing for me.
- c) That is ridiculous. Beat your partners then wear pink socks. That’s disgusting.

Question #2: Aunt Betty comes to you and says, “There’s a breast cancer walk.” And she wants to know if you’d like to participate. Your response –

- a) I would love to. Can I get shirts made up for our team? And I can get my name and picture on them?
- b) Sure, I’ll walk. Thank you so much for thinking of me. That’s really sweet of you.
- c) No friggin’ way. I’m not walking. I already participated enough with breast cancer.

Question #3: When people ask me how I am doing, even though it’s been quite some time since my treatment is over. My reaction is –

- a) It is so sweet that you were concerned. I am fine and I am flattered by your concern.
- b) I am healthy, thank you. But you really don’t need to ask me. It’s behind me.
- c) Keep your sad face and don’t ask me again. You’ll know if I get sick again. And believe me, I don’t plan on it.

Question #4: One of your friends gives you a pink ribbon charm for your Pandora bracelet. Your reaction is –

- a) Love it
- b) Like it
- c) Hate it

Question #5: Which writing on a t-shirt would you most likely wear?

- a) “Breast Cancer Survivor and Thriver” all in pink sequins
- b) “Yes They’re Fake. The Real Ones Tried to Kill Me.”
- c) None of the above

Tally up your answers: For all the “a” answers, you’re going to award yourself three (3) points; “b” answers are two (2) points; and “c” answers are one (1) point.

If you scored between 13 and 15 points, you're "pretty in pink". Tell your friend and family that surviving breast cancer is a passion for you. Let them know you're open to talking about it with others. And you're proud to be a survivor and through it.

If you scored between 9 and 12 points, you're more reserved about having "The Big C" as part of your history. Let your friends and family know that if you want to do a walk or do anything like that, if you want to be involved with sharing your story, that you're a little bit more private about it and it'll be on your terms. But you'll let them know if you want to share your experience with others.

If you scored between 5 and 8 points, you are "He who must not be named". It's very important for you to express to your friends and family that breast cancer is not what you choose to be defined by. If you want to share this piece of your life, you will do it on your own terms, at your own pace. Let them know that involving you in walks, or wearing pink, or buying you pink things is not something that you choose to experience. And let them know that ahead of time, because really, people are just trying to do the right thing and you don't want to build up your resentments.

You can take this test several times through your survivorship, and your answers might change. That's okay. Just be true to who you are, so this way you don't build resentments.

## Establish a Positive Daily Practice

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The law of attraction states that what you focus on gets bigger, what you think about you bring about! When we obsess about feeling bad, we feel worse and when we want to feel good, we should focus on just that. There is an awesome experiment done by Dr. Masaru Emoto that shows the molecular structure of water and how when you say words to the water, it appears differently. When the water was told positive things like love and happy the crystals in the water were beautiful! But when the water was told hate, resentment, etc. the crystals were jagged and spiky and, quite frankly, dangerous looking. The human body consists of as much as 60% water. Can you imagine what thinking negative thoughts may do to our bodies? Are you willing to take a gamble on that? I'm not!

Energy is a funny thing and it may be a concept you are not accustomed to think about. But we all have experienced good juju and bad juju. This is just another word for energy. Have you ever met someone and you couldn't put your finger on it, but there was something about them you didn't like? What about someone who you've just met and it's like you've known each other for much longer than you actually have? Energy might not be visible but it's there. For the doubters out there...you can't see wifi either but you don't question it do you? Just trust me on this one. So think good thoughts as much as possible! Feeling grateful for things is a way to manifest the positive juju. A gratitude journal is just one way to spend the day "looking" for things you can be grateful for. It doesn't need to be earth shattering; a smile, a hug from your child or partner, a sunny day, an extra "like" on FB, a wag of a four legged friend, etc.

Daily practices that raise our positive vibes include gratitude practices and paying good deeds forward. Every day I try to do one random act of kindness. It can be leaving a note for your partner, letting someone behind you in line ahead of you, waving someone ahead of you in traffic, giving someone a compliment, sending someone a thank you text, making a special dinner or just not losing your patience with your mom. Just aim for one and, of course, more is even better.

Your healing process will be constantly evolving so I suggest at the "completion" of this course, consider to "lather, rinse and repeat"! There are many layers to healing and I find that you can get deeper and deeper. I also recommend that you pass some of the concepts you've learned with others. There is a great deal of healing when you help others heal. I consider it a privilege to help woman evolve into the "new" you. Remember, to "get your happy back" you need to be willing to let go of who you were to become who you were meant to be!!!

Sending you love!

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## How Do You Want to be Treated?

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Now we are going to go back to the first activity. It's time to see how far you've come and what you might need to revisit.

Lay your hands on your chest and listen to the guided visualization.

1. How do you feel when I ask you to put your hands on your chest?

2. Is your response different now?

3. What do you think you might still need to work on?

2

One of the best ways to get your happy back is to help someone else get their happy back. This doesn't have to be cancer related. It's just about helping others.

List three things you can do to help someone else today to bring positive energy into your life. Fake it till you make it.

## Karate Chop Point

Even though I'm still stressed, I deeply and completely love and accept myself.

Even though I still have some of this anxiety left, I deeply and completely love and accept myself.

Even though I still have some of this anxiety left, I deeply and completely love and accept myself.

- **Eyebrow** – I can choose to be less stressed.
- **Side of eye** – What does worrying do for me anyway?
- **Under eye** – I can choose to be okay.
- **Under nose** – Letting go of all the anxiety.
- **Under mouth** – Moving past these feelings.
- **Collarbone** – Feeling calmer.
- **Under arm** – Feeling more peaceful.
- **Top of head** – I'm letting go of this for my health.
- **Eyebrow** – I am releasing this anxiety for me.
- **Side of eye** – I choose to be more at peace.
- **Under eye** – I choose to create a loving environment for my body and soul.
- **Under nose** – I choose to move past this.
- **On your chin**– I choose to release this anxiety.
- **Collarbone** – I choose to release this worrying.
- **Under your arm** – I feel calmer.
- **Top of head**– I feel more peaceful. I feel better.

## Final Reflection

Take a deep breath in. And let your breath out. Feel free to run through the rounds again and again, until you're getting that number really low, of anxiety. A one, or a two, or a zero, is where I'd like you. So just keep repeating until you get to that point. This is your first aid kit. This works.