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Robin and Zian (daughter)

Awakenings of the Heart – Second Edition

By Dr. Robin Tim So (Acupuncture)

Healing is a journey, and every step forward brings new awakenings.

In this transformative book, Dr. Robin Tim So shares a powerful **seven-step framework** for deep healing and self-discovery. Blending **personal experience, holistic wisdom, and practical insights**, this book offers **guidance for anyone seeking clarity, purpose, and resilience** in their healing journey.

Through each chapter, you will uncover how to:

- ✓ Face the truth and embrace radical acceptance
- ✓ Find strength in vulnerability and openness
- ✓ Awaken through presence and mindful awareness
- ✓ Reclaim your life's meaning and align with purpose
- ✓ Commit to healing with intention and self-care
- ✓ Integrate holistic practices for mind, body, and soul
- ✓ Heal through connection, community, and shared wisdom

Healing comes with open feeling.

As you move through this book, may you awaken to the **limitless potential of your heart, your mind, and your spirit.**

"This book is structured as a healing journey, but if you're looking for a specific topic, use the Quick Reference Guide at the back for easy navigation."

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Chapter 1: Facing the Truth – The Power of Radical Acceptance

The Moment of Truth



The room was cold. Not just physically, but emotionally—a sterile, artificial chill that crept into my bones. The air smelled of antiseptic, a constant reminder that I was in a place where life and death intertwined daily. The doctor's voice was calm, measured, and

professional, yet the weight of his words shattered my entire reality.

“Stage 4 non-small cell lung cancer.”

I blinked. The words cut through my consciousness like a blade, sharp and unforgiving. My mind immediately rejected them. **This can't be happening.** I searched the doctor's face for some kind of mistake, an error in the reports, a misread scan—anything but this.

But there was no mistake.

My heart pounded, my breath shallow. I felt as though I had stepped out of my body, watching from a distance as the moment unfolded. The walls around me seemed to close in. A hundred questions flooded my mind at once.

How long do I have? What do I do next? Is this the end?

A tightness gripped my chest, my muscles tense with resistance. Every fiber of my being wanted to escape this moment, to run from the truth. But deep inside, beneath the fear, there was a whisper—a knowing.

This was a **threshold moment**. The moment where I had a choice: to resist reality or to face it fully.

The Inner Struggle: Resistance vs. Acceptance

Most people believe that healing begins with action—seeking treatments, making lifestyle changes, pursuing alternative therapies. But true healing doesn't begin with what you do. It begins with **what you accept**.

Before I could take any step forward, I had to confront the part of me that was **fighting reality**. I wanted to argue with the diagnosis, to demand answers, to declare that this wasn't fair. But fairness had nothing to do with it.

Fighting reality only deepens suffering.

I took a breath. A deep, shaky inhale. Then another. The panic in my chest didn't disappear, but something inside me shifted. I allowed myself, for the first time, to **fully acknowledge what was happening**.

This is real. This is happening.

Acceptance isn't about giving up. It's about **seeing clearly**. It's about recognizing **where you are**, so you can begin to navigate where to go next.

That day, I stopped running from the truth. And in doing so, I opened the door to something unexpected: **freedom.**

What Radical Acceptance Really Means

There's a common misconception that acceptance means surrendering, admitting defeat, or passively allowing life to dictate your fate. But **radical acceptance is the opposite of weakness.**

Radical acceptance is **the foundation of strength.**

It means looking reality in the eye—not with fear, but with clarity. It means acknowledging the challenge, rather than resisting it. It means choosing to respond with wisdom, rather than reacting with fear.

This principle doesn't just apply to illness. It applies to **every area of life:**

- The end of a relationship.
- The loss of a loved one.
- A financial collapse.
- A life-altering diagnosis.

When we resist, we become trapped. When we accept, we become **free to act with wisdom.**

The Turning Point: Choosing to Accept

I could have spent months drowning in fear and anger. I could have replayed the **Why me?** question endlessly in my head. But something inside me refused to waste time.

I made a decision.

I will face this fully. I will not close my heart. I will not numb myself. I will feel every part of this, and I will heal.

Those words settled in my soul.

I didn't know what healing would look like yet. I didn't have a roadmap. But I knew one thing: **denial was not the path forward.**

This wasn't just about illness. It was about how I wanted to live.

And that meant embracing every moment—including the difficult ones—with **courage and openness.**

How You Can Apply Radical Acceptance in Your Life

Where in your life are you resisting reality?

Take a moment. Be honest with yourself.

- Are you holding onto a relationship that has already ended?
- Are you denying a truth about your health, career, or emotions?
- Are you waiting for the past to return instead of embracing the present?

Radical acceptance is a **practice**, and it starts with awareness.

A Simple Radical Acceptance Exercise

1. **Find a quiet space.** Sit comfortably. Close your eyes.
2. **Breathe deeply.** Let yourself become aware of your body, your emotions, your thoughts.
3. **Ask yourself:** *What truth am I avoiding?*
4. **Say it out loud:** *"This is happening."* Let the reality of it settle.
5. **Notice your resistance.** Where do you feel tension? Observe it without judgment.
6. **Shift your mindset.** Instead of resisting, say: *"Now that I see this clearly, how do I move forward?"*

When you stop **fighting what is**, you make room for **what can be**.

Closing Message: The Power of Facing the Truth

Healing doesn't begin when the problem disappears.

It begins the moment you meet reality **with open eyes and an open heart.**

That day in the hospital, I didn't get a cure. I didn't get a guarantee. But I got something even more powerful:

I got the truth.

And truth, when fully embraced, becomes the most powerful force for change.

Radical acceptance is not just about illness. It's about **life.**

Whatever you are facing—face it fully. **Feel it. Accept it.** And from there, you will find the path to healing.

Because the moment you stop running from the truth...

...is the moment you begin to awaken.

Chapter 2: Embracing Vulnerability – Finding Strength in Openness

The Breaking Point: A Moment of Vulnerability



I had spent a lifetime being the one others turned to for healing. Clients came to me in their most fragile states, trusting me to hold space for their pain, their fears, and their hopes. I had built a career around the idea of being **strong for others**

—a guiding presence, a source of wisdom, a pillar of support.

But what happens when the healer needs healing?

The weight of my **Stage 4 cancer diagnosis** wasn't just physical—it was emotional, spiritual, and deeply personal. I knew how to explain illness in clinical terms. I had guided countless people through their own health crises. But when it came to my own journey, I felt something unfamiliar:

I felt **exposed**.

It wasn't just the vulnerability of being sick. It was the vulnerability of admitting that I was afraid. Of acknowledging that, for the first time in my life, I didn't have all the answers.

There was a night early on, after leaving the hospital, when the reality of my situation truly sank in. The house was quiet, but inside me, everything felt loud—**too loud**. My thoughts raced, my body ached, my mind searched for control.

And then, the tears came.

Not just a few. A **flood**.

Everything I had been holding together **cracked open**. The fear,

the grief, the uncertainty—I couldn't contain it anymore. And in that moment, I had two choices:

1. **Shut it down, bury it, and pretend I had it all figured out.**
2. **Let myself feel everything, fully, without resistance.**

I chose the latter.

For the first time in my adult life, I let go of the idea that I had to be strong in the way I had always understood strength.

I surrendered to the truth: **I was human. And I needed to allow myself to be seen, just as I was.**

Why We Resist Vulnerability

Most of us are taught that vulnerability is dangerous.

- We learn that showing emotions means losing control.
- We fear that if we expose our struggles, we'll be seen as weak.
- We carry old wounds—moments when being open led to **pain, rejection, or shame.**

And so, we build walls.

I had built them, too. As a practitioner, as a teacher, even as a person navigating the world—I had conditioned myself to believe that my role was to be **the strong one.**

But here's what I learned in that breaking moment:

True strength is not about being invulnerable. True strength is about allowing yourself to be seen.

When we resist vulnerability, we resist **connection**. We resist **healing**.

Because healing doesn't happen in isolation. It happens in **openness**.

The Turning Point: Letting Myself Be Seen

A few days after my diagnosis, a close friend visited me. He asked how I was doing, and I gave the default answer:

"I'm okay. I'm handling it."

But I wasn't okay. And I wasn't handling it—not in the way that mattered.

I hesitated, and then, for the first time, I spoke the words out loud:

"I'm scared."

The moment they left my lips, something shifted. Instead of feeling weaker, I felt **lighter**. The fear hadn't disappeared, but now, I

wasn't carrying it alone.

My friend didn't try to fix it. He didn't offer clichés or empty reassurances. He just sat with me, in that space of truth.

And that was enough.

I realized that **vulnerability doesn't require solutions**. It only requires **presence**.

By allowing myself to be seen, I gave myself permission to breathe more fully, to process more openly, to heal more deeply.

The Power of Vulnerability in Healing

There's a direct connection between emotional openness and **physical healing**.

When we suppress our emotions, the body absorbs the burden:

- **Stress** manifests as tension, pain, and illness.
- **Unspoken grief** lingers in the lungs, the heart, the breath.
- **Unexpressed fear** turns into chronic anxiety, fatigue, or even disease.

But when we allow ourselves to feel—to **fully feel**—something shifts.

Healing is not just about **medicine**,

diet, or treatments. Healing is about opening.

Vulnerability is the **gateway** to transformation.

- When we cry, we release.
- When we speak our truth, we **free ourselves** from isolation.
- When we share our struggles, we invite connection, and **connection is where true healing happens.**

I wasn't just healing my body—I was healing my **relationship with trust, openness, and self-compassion.**

How You Can Embrace Vulnerability in Your Life

Vulnerability isn't just about sharing your pain. It's about **allowing yourself to be real.**

Where in your life are you still hiding behind strength?

- Are you pretending to have it all together when, deep down, you're struggling?
- Are you carrying burdens alone because you're afraid of being seen in your rawest form?
- Are you resisting connection because past wounds have made you believe that openness leads to pain?

A Practice for Embracing Vulnerability

1. **Find a quiet space.** Close your eyes, take a few deep breaths.
2. **Ask yourself:** *What truth am I avoiding?*
3. **Let the answer rise.** Don't force it. Just observe.
4. **Speak it out loud.** Even if only to yourself. Let the words exist.
5. **Choose one person you trust.** Share one vulnerable truth with them.
6. **Notice what happens.** Does your body feel lighter? Do you feel more connected?

Vulnerability is like a muscle—the more you practice it, the stronger your openness becomes.

Closing Message: Strength Through Openness

Most people believe that strength is about **holding everything together**.

But real strength is about **allowing yourself to break open**—because in that openness, healing happens.

Healing isn't about shutting down emotions, isolating yourself, or pretending you have it all figured out. **It's about embracing the full spectrum of what it means to be alive.**

The moment I allowed myself to be vulnerable was the moment I **truly started to heal.**

Because **vulnerability isn't weakness.**

Vulnerability is courage.

And courage, when embraced fully, becomes the **foundation of awakening the heart.**

Chapter 3: The Present Moment – Awakening Through Presence

The Moment That Changed Everything



I sat in the hospital room, staring at the white ceiling tiles. Machines hummed softly around me. The smell of antiseptic clung to the air. My body was physically present, but my mind was everywhere else.

I was thinking about the past—
about the **decades I had spent**

helping others heal, about the moments that led me to this diagnosis. A part of me longed to **turn back time**, to undo whatever choices or circumstances had brought me here.

Then my thoughts lurched forward, into the unknown. **What happens next? How long do I have? What treatments should I pursue?** A thousand questions fought for space in my mind, each one pulling me deeper into **uncertainty**.

I was **nowhere and everywhere** all at once.

And then, something happened.

I felt my **breath**.

Not the idea of breathing, but the actual **sensation**—the rise and fall of my chest, the coolness of air entering my nostrils, the warmth of it leaving.

For the first time in what felt like forever, I was **fully here**.

Not in the past.

Not in the future.

But **now**.

And in that moment, everything changed.

Why We Struggle to Be Present

The human mind is rarely still. It drifts backward into **memories** or lunges forward into **fears and projections**.

This is especially true when we are in pain.

- When we experience **loss**, we long for the way things were.
- When we face **uncertainty**, we anxiously try to control the future.
- When we don't like **what is**, we resist, distract, or numb ourselves.

But **healing doesn't happen in the past**.

And it doesn't happen in the future.

Healing happens in the now.

That day in the hospital, I realized that I had spent much of my life **carrying old wounds or planning my next step**. But true **freedom, clarity, and healing** are only available in **the present moment**.

The Turning Point: The Power of Presence

I had always known, intellectually, that **presence** was important.

As a healer, I had guided patients through **meditative breathing exercises**, taught them to **slow**

down, to be mindful. But knowing something and experiencing it are two different things.

That day in the hospital, when I returned to my **breath**, something profound shifted.

I felt **lighter**.

Not because my circumstances had changed.

Not because I had found a solution.

But because, for the first time in **days**, I wasn't **fighting reality**.

I was simply **being**.

And in that **being**, I found **peace**.

This was the moment I truly understood that **presence is medicine**.

How Presence Heals the Body, Mind, and Soul

Scientific research and ancient wisdom agree: **presence transforms us**.

1. Physically, presence reduces stress.

- When we're trapped in **worry**, our body produces **cortisol**—the stress hormone that **weakens the immune system**.
- When we focus on **the breath**,

the body, and the moment, stress levels drop.

- Studies show that **mindfulness lowers blood pressure, improves heart function, and supports immune response.**

2. Emotionally, presence brings clarity.

- Anxiety is always about the **future.**
- Regret is always about the **past.**
- When we anchor ourselves in the **now**, we free ourselves from **unnecessary suffering.**

3. Spiritually, presence is the gateway to awakening.

- Many spiritual traditions emphasize that the **only truth is now.**
- When we stop chasing and start **being**, we connect with something **greater than ourselves.**
- Presence is where we find **our deepest wisdom, our highest self, our greatest healing.**

I wasn't just **surviving** anymore.

I was **awakening.**

How You Can Cultivate Presence

Presence isn't something you achieve once and never have to work on again.

It's a practice.

And like any practice, the more you do it, the stronger it becomes.

1. The 5-Second Awareness Reset (for when you're caught in stress or worry)

- **Stop what you're doing.**
- **Take a slow, deep breath.**
- Bring all your attention to **one sensory experience**—the feeling of your feet on the ground, the air on your skin, or the sound of your breath.
- Hold your attention there for **five full seconds.**
- Exhale and return to what you were doing—with more awareness.

2. The 3-Minute Breathwork Practice (for grounding and clarity)

1. Inhale for **four counts**, feeling the air move in.
2. Hold for **four counts**, allowing stillness.
3. Exhale for **six counts**, releasing tension.
4. Repeat for **three minutes.**
5. Notice how much **calmer, clearer, and more centered** you feel.

3. The Evening Presence Reflection (for ending the day with awareness)

Each night, ask yourself:

- “What was one moment today where I felt fully present?”
- “What pulled me out of presence, and how can I return more easily tomorrow?”

Journaling these reflections for even a few minutes can **deepen your awareness** and help presence become a **daily habit**.

Closing Message: Living Fully in the Now

Healing isn't about **fixing the past** or **controlling the future**.

Healing is about being here, fully, in this moment.

That day in the hospital, I didn't find a **cure**. I didn't suddenly know the **future**.

But I found something more powerful:

- The ability to **stop running**.
- The ability to **stop resisting**.
- The ability to **embrace life exactly as it is, moment by moment**.

And that ability?

That is the foundation of **true healing**.

Right now, in this moment, you are alive.

Right now, in this moment, you have everything you need.

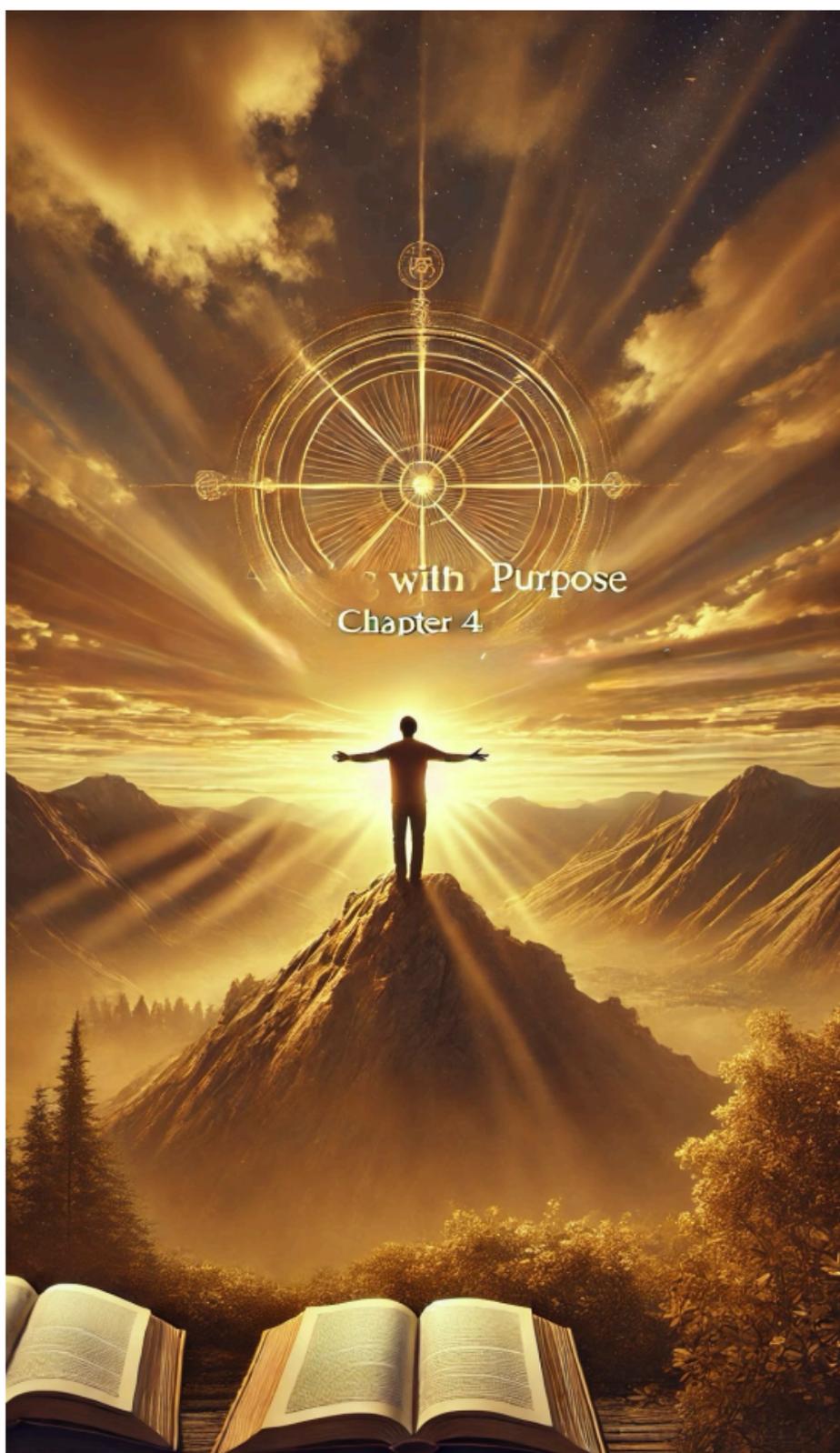
Right now, in this moment, you can choose to be fully here.

Because the present moment is not just a pause between the past and the future.

The present moment is where life truly begins.

Chapter 4: Aligning with Purpose – Reclaiming Your Life's Meaning

When Everything Changes,
Purpose Must Be Reclaimed



I used to believe that my **purpose** was fixed—something I had chosen early in life and would follow until the end. I had built my career around helping others heal, sharing my knowledge, and guiding people toward **wellness**.

But then came the **diagnosis**.

Suddenly, everything I thought I knew about my **life, my work, and my future** was called into question.

Sitting in the hospital, staring at the sterile walls, I asked myself a question I never thought I would:

“What if I don’t have a purpose anymore?”

For years, my identity had been deeply intertwined with **being a healer**. But now, I wasn’t sure what my role was. **Was my purpose still valid if I was the one in need of healing?** Was there meaning beyond the work I had devoted my life to?

It was in that moment that I realized something profound:

Purpose isn’t just about what we do—it’s about who we are.

And sometimes, when life changes, our **purpose must evolve too.**

Why We Lose Our Sense of Purpose

Many people believe that **purpose** is tied to achievement—to having a career, a title, a set of accomplishments.

But what happens when life shifts?

When illness strikes?

When careers end?

When relationships change?

At some point, we all feel

disconnected from meaning—not because we don't have a purpose, but because we're searching for it in the wrong place.

- **We think purpose is something we must find**, when in reality, it's something we create.
- **We assume purpose must be grand and extraordinary**, when often, it's found in the smallest, quietest moments.
- **We attach our identity to a single role**—as a professional, a parent, a healer, a leader—forgetting that purpose lives within us, not in what we do.

Before my diagnosis, my **purpose was clear**: I was a healer, a guide, a teacher.

But then, I had to pause, step back, and ask:

"What is my purpose now?"

The answer didn't come in a flash of insight.

It came slowly, as I let go of **old definitions** and opened myself to a new way of seeing.

The Turning Point: Rediscovering Meaning

One day, during a quiet moment of

reflection, I stopped **thinking about purpose as an external goal** and started **feeling for it in my heart.**

And I realized: My **purpose** had never been just about **healing others.**

It had always been about **being fully present in life.**

About **bringing love, wisdom, and connection into every moment.**

About **living with intention, no matter what I was doing.**

That purpose didn't disappear just because my circumstances changed.

In fact, my **diagnosis made it even clearer:**

- If I could bring **awareness** to each breath, that was purpose.
- If I could offer **kindness**, even in my own struggles, that was purpose.
- If I could share my **journey** to help others see their own strength, that was purpose.

Purpose is not something outside of us.

Purpose is the way we choose to show up in the world.

And in that realization, I felt something I hadn't felt in a long time:

Peace.

The Power of Purpose in Healing

Science confirms what ancient wisdom has always known:

Having a sense of purpose can literally change your health.

- Studies show that people with a strong sense of **purpose** have **lower levels of stress, reduced inflammation, and even longer lifespans.**
- Purpose creates **resilience**, helping people navigate challenges with greater strength.
- When we feel deeply connected to meaning, our **nervous system shifts from a state of survival to a state of healing.**

Purpose is not just about **finding something to do**—it's about being deeply engaged with life.

When we wake up each day with a sense of **meaning**, our bodies respond:

- Our **immune system strengthens.**
- Our **mind becomes more focused.**
- Our **emotions become more balanced.**

And most importantly, we **stop living in fear and start living in presence.**

How You Can Reclaim Your Purpose

If you've ever felt **lost**, **disconnected**, or **unsure of your place in the world**, you are not alone.

But purpose isn't something you need to wait for.

It's something you can create, right now.

1. Ask Yourself: What Brings Me Alive?

Purpose is often found in the moments where you feel most **connected**, **most present**, **most alive**.

Take a moment to reflect:

- **When do I feel most in flow? • What activities make me lose track of time?**
- **What conversations, actions, or experiences bring me deep fulfillment?**

Your **purpose** is often already within you—it just needs to be acknowledged.

2. Shift from "What Should I Do?" to "How Can I Be?"

Instead of searching for a **perfect role**, focus on how you want to **show up in the world**.

Ask yourself:

- How do I want to make others feel?
- What values do I want to embody daily?
- What energy do I want to bring into my life, my work, my relationships?

Purpose is not just about action. It's about presence.

3. Take One Small Step Toward Meaning

Purpose doesn't require **big, life-altering changes**.

Sometimes, it's as simple as:

- **Calling someone who needs support.**
- **Spending 10 minutes in gratitude for the life you have.**
- **Writing down one thing you want to give to the world today.**

Every moment you live with **intention**, you are **aligned with purpose**.

Closing Message: Living with Purpose Now

At one point in my life, I believed my purpose was about **helping others heal**.

Then, I realized:

My purpose is simply to live fully,

with love, awareness, and deep presence.

And that purpose is available to all of us, at any time.

Purpose is not a destination.

It's not something we must earn, achieve, or prove.

Purpose is a choice.

- A choice to be present.
- A choice to live with intention.
- A choice to bring love, wisdom, and connection into each moment.

No matter where you are in life, you have purpose.

Because as long as you are breathing, your life still has meaning.

So today, ask yourself:

How can I bring more purpose into this moment?

And then, **begin.**

Chapter 5: Committing to Healing – Setting Intentions for Wellness

The Moment I Chose to Commit to Healing



There is a moment in every healing journey when we must make a decision—not just to **try** to heal, but to **fully commit** to wellness.

For me, that moment didn't come with a grand revelation. It didn't happen in a single, defining instance. Instead, it unfolded in

small, quiet moments of **awareness**—moments when I had to remind myself that healing wasn't something I could **wish for**. It was something I had to **choose, again and again**.

I had been given a **Stage 4 diagnosis**—a reality that, for many, would feel like an ending. The doctors had their prognosis, the statistics loomed in the background, and my mind was flooded with uncertainty.

And yet, somewhere deep inside, I knew:

"I am still here."

That thought changed everything.

I wasn't going to simply hope that things would get better.

I was going to choose healing.

Not just as a vague wish, but as a daily, conscious **commitment**—one that would guide every thought, every action, every breath I took.

In that moment, I made a promise to myself:

"No matter what happens, I will show up for my healing. I will meet this journey with an open heart, with clarity, with strength. I will

commit to life, fully and completely."

And from that moment forward, everything shifted.

The Difference Between Hoping and Committing

Many people **hope** to heal.

They hope that a treatment will work, that the pain will ease, that somehow, someday, things will improve.

But hope alone is not enough.

Hope keeps us **waiting**.

Commitment moves us **forward**.

To commit to healing means:

- Showing up for your **wellness** even on the hardest days.
- Choosing **nourishment, movement, and self-care** even when it's inconvenient.
- Staying **present, engaged, and trusting the process** even when fear arises.

Healing is not something that **happens to us**—it is something we **actively participate in**.

The difference between those who heal and those who don't often isn't just in treatments or interventions—it's in the **level of commitment they**

bring to their own journey.

When I stopped **hoping** and started **committing**, my entire healing process deepened.

The Turning Point: Setting Clear Intentions for Healing

There is a difference between saying,

“I want to be healthy,”

and setting a **clear, powerful intention** that aligns your **mind, body, and soul** with healing.

I knew that if I wanted to give myself the best chance at recovery, I couldn't just **think** about healing—I had to **declare it, embody it, live it.**

So, I created my own **healing intention statement**—a simple, clear affirmation that became my daily guide:

“I am committed to healing with an open heart.

I trust my body's wisdom.

I meet each day with presence and strength.

Healing is not just something I seek—it is something I choose, moment by moment.”

Every morning, before doing anything else, I would repeat this **intention** to myself.

Some days, I **believed it fully**. Other days, I struggled.

But no matter what, I came back to my commitment.

And that, I realized, was the key:

Healing isn't about perfection.

It's about returning to intention, again and again.

The Science of Commitment and Healing

This isn't just **spiritual philosophy**—science supports the power of **commitment in healing**.

1. The Mind-Body Connection

- Studies show that **belief and intention** influence the body's ability to heal.
- Patients with a **strong commitment to healing** show **faster recovery, lower stress, and improved immune function**.

2. Stress and the Healing Process

- When we feel **out of control**, our body releases **stress hormones** that weaken our system.
- When we choose **commitment over fear**, we shift from **survival mode to healing mode**.

3. The Power of Routine and Repetition

- Healing is often about **consistency**—the daily choices that add up over time.
- Small, intentional actions—like repeating an affirmation, engaging in movement, or choosing nourishing foods—create **cumulative healing effects**.

Healing is not a one-time event. It's a **practice**, a way of **being**.

And that's why **commitment** matters.

How You Can Commit to Your Own Healing Journey

If you want to heal—whether **physically, emotionally, or spiritually**—commitment must come first.

Here's how you can actively commit to your own **wellness**:

1. Write Your Personal Healing Intention Statement

Take a moment to reflect:

- **What does healing mean to you?**
- **How do you want to show up for yourself every day?**
- **What energy, mindset, and actions do you want to embody?**

Then, write a **simple, present-tense statement** that declares your commitment to healing.

For example:

"I am committed to my wellness. I trust my body.

I take daily steps toward healing. I release fear and choose love."

Say it every morning. Let it guide your actions.

2. Choose One Daily Healing Practice

Commitment isn't about doing **everything at once**—it's about doing **one thing consistently**.

Ask yourself:

- **What is one action I can take every day that aligns with my healing?**

- It could be **breathing exercises, mindful eating, movement, journaling, acupuncture, or self-reflection.**

- The key is **consistency**. Make it **non-negotiable**.

3. Create an Environment That Supports Your Commitment

Your **environment** either reinforces or distracts from your healing

journey.

- Surround yourself with **uplifting people and messages**.
- Reduce **stress triggers**—whether through boundaries, lifestyle adjustments, or self-care.
- Make your **physical space a sanctuary for healing**—declutter, bring in light, add things that bring you peace.

Healing is not just an **internal process**—it's a **full-life commitment**.

Closing Message: The Power of Choice in Healing

Healing is not something we **wait for**.

It is something we choose.

Every day, we have the opportunity to:

- Show up with **intention**.
- Take **aligned action**.
- Trust in our own **capacity to heal**.

The moment you decide—**truly decide**—to commit to your healing, you **shift the entire energy of your journey**.

This commitment does not mean **perfection.**

It simply means:

- **No more waiting.**
- **No more excuses.**
- **No more looking for answers outside of yourself.**

It means waking up each morning and saying:

"Today, I choose healing.

Today, I choose life.

Today, I choose to show up fully for myself."

And with that choice, transformation begins.

Because the **power to heal?**

It has always been within you.

Chapter 6: The Journey Within – Integrating Holistic Practices

The Moment I Realized Healing Was More Than Just the Body



When I was first diagnosed with **Stage 4 non-small cell lung cancer**, my immediate focus was on **survival**.

Like most people faced with a life-altering diagnosis, my thoughts revolved around **medical treatments, procedures, and**

protocols. I was prepared to take every necessary step to heal **physically.**

But as the weeks passed, I noticed something unsettling.

Despite doing everything I could to **support my body,** there was still a deep restlessness within me.

- **Anxiety** would creep in late at night.
- **Unresolved emotions** surfaced unexpectedly.
- Even on days when my body felt **stable,** my mind and spirit felt **depleted.**

And then, I realized something that changed the way I approached healing:

Healing is not just about the body.

It is about the **whole being**—the mind, the emotions, the spirit.

And if I wanted to truly recover—not just physically, but deeply—I had to integrate **practices that would heal me on every level.**

Why Healing Must Be Holistic

Modern medicine, as powerful as it is, often focuses **only on the physical**—treating symptoms, targeting disease, and managing pain.

But **true healing** doesn't just happen at the level of the body.

It happens at the level of the **mind, the emotions, and the energy field.**

Think about it:

- If **stress weakens the immune system**, can relaxation strengthen it?
- If **grief can weigh on the chest**, can emotional release bring physical relief?
- If **fear constricts energy flow**, can trust and surrender restore balance?

The answer is **yes.**

In **Traditional Chinese Medicine (TCM)**, energy flow (Qi) and emotional balance are just as important as **physical treatments.** The **mind, body, and spirit** are interconnected—when **one is out of balance**, the whole system is affected.

This realization changed **everything** for me.

Instead of just asking, "What do I need to do to treat this illness?"

I started asking, "What do I need to do to truly

heal?"

The Turning Point: Fully Embracing Holistic Healing

At one point in my journey, I felt **overwhelmed**.

I had received **medical treatments, acupuncture, nutritional therapy**—but something still felt **missing**. I felt like I was constantly **doing things for my health** but not fully **being present in my healing**.

That was when I made a conscious decision:

I was going to surrender fully to holistic healing.

I committed to:

- **Daily meditation** to calm my mind and shift my nervous system into healing mode.
- **Acupuncture and energy work** to restore balance in my body's Qi.
- **Emotional processing and breathwork** to release stored trauma.
- **Deep presence and trust**—allowing my body's innate intelligence to do what it was designed to do.

And then, something **shifted**.

The restlessness faded.

My body felt **more alive, more in**

tune with itself.

I wasn't just following a healing plan —I was truly **integrating wellness into my entire being.**

For the first time, I wasn't just **surviving.**

I was healing.

The Science Behind Holistic Healing

This isn't just a spiritual concept—**science confirms the power of holistic practices in healing.**

1. The Nervous System and Healing

- **Chronic stress** puts the body in a constant **fight-or-flight** state, reducing immune function.
- **Meditation, breathwork, and acupuncture** activate the **parasympathetic nervous system**, shifting the body into **rest-and-repair mode**—where real healing happens.

2. Emotions and Physical Health

- Studies show that **unprocessed emotions** contribute to physical illness.
- **Grief** can impact lung health, **anger** can affect the liver, and **fear** weakens the kidneys (as understood in Traditional Chinese Medicine).

- Holistic healing allows for **emotional release**, helping the body find equilibrium.

3. Energy Flow and Cellular Healing

- The body is an **energetic system**.
- **Acupuncture, Reiki, and Qigong** restore the flow of energy (Qi), allowing the body's **natural healing processes** to work optimally.
- Science has found that **subtle energy therapies** reduce inflammation, boost immunity, and enhance recovery.

In short:

When we treat the whole being—not just the physical symptoms—we activate the body's deepest healing intelligence.

How You Can Integrate Holistic Healing Into Your Life

You don't need to overhaul your entire life overnight.

Holistic healing is about **small, intentional practices** that reconnect you to your **body, your energy, and your spirit**.

Here are **three simple ways** you can begin integrating holistic practices today:

1. Ground Yourself with a 5-Minute Daily Breathwork Practice

Breathing is the **bridge** between the body and the mind.

Try this simple **4-4-6 breath** to **calm the nervous system** and restore balance:

1. **Inhale deeply for 4 seconds.**
2. **Hold the breath for 4 seconds.**
3. **Exhale slowly for 6 seconds.**
4. **Repeat for 5 minutes.**

Notice how your body **relaxes**, your mind **clears**, and your energy becomes more **centered**.

2. Use Acupressure to Restore Energy Flow

Even if you don't have access to acupuncture, you can stimulate **healing points** in your body.

Try this point for **stress relief** and **immune support**:

- **LI-4 (Hegu Point):** Located between the thumb and index finger.
- **Gently massage this point for 60 seconds** on each hand.
- **Helps with stress, immunity, headaches, and overall energy**

flow.

3. Reflect on Your Emotional and Energy Balance

Each night, ask yourself:

- Did I feel emotionally and energetically balanced today?
- Where did I hold tension, stress, or resistance?
- What can I release before I sleep?

Journaling or simply bringing awareness to your body's energy can be a powerful way to stay connected to your healing process.

Closing Message: Healing as a Lifelong Journey

Healing is not about fixing the body.

It is about aligning the entire being—mind, body, and soul—into a state of wholeness.

When I embraced holistic healing, I wasn't just trying to get rid of illness.

I was learning how to truly live.

And that is what I hope for you.

- Listen to your body. It holds wisdom.
- Support your mind. It shapes

your reality.

- **Honor your spirit. It is your greatest source of healing.**

Healing is not something that happens to you.

Healing is something you step into.

And as you integrate **holistic practices** into your life, you will discover what I did:

Healing is not just about survival. It is about awakening into a fuller, more vibrant, more connected way of living.

Chapter 7: Sharing & Connecting – Awakening in Community

The Moment I Realized Healing Wasn't Meant to Be Done Alone



For most of my life, I saw healing as a deeply **personal journey**—an internal process between **myself and my body, myself and my spirit.**

I had spent years guiding others through their own healing, offering wisdom and tools to support their transformation. But when I faced

Stage 4 cancer, I learned a truth that changed me forever:

We are not meant to heal alone.

There was a moment in my journey when I felt **completely drained**—not just physically, but emotionally and spiritually. I had spent so much energy **focusing on what I needed to do to survive**, that I had forgotten something essential:

I needed connection.

One evening, after a particularly **difficult day**, a close friend reached out to me.

I didn't want to talk.

I didn't want to be around anyone.

But instead of letting me retreat into **silence**, they simply said:

"You don't have to go through this alone."

Those words—so **simple**, yet so **profound**—broke something open inside me.

Because up until that moment, I had been **carrying everything on my own**.

I had forgotten that **healing is not just about what we do**—it's also about **who we allow in**.

Why We Can't Heal in Isolation

It's easy to think of healing as a **solo mission**.

- When we are in **pain**, we often withdraw.
- When we feel **vulnerable**, we put up walls.
- When we are **afraid**, we convince ourselves that we must face it **alone**.

But here's the truth:

Healing is not just a physical process. It is an emotional, energetic, and relational experience.

When we cut ourselves off from **support**, we create more **stress**, **more tension**, **more resistance to healing**.

This isn't just a belief—it's **science**:

- Studies show that **people with strong social connections** have **better recovery rates**, **lower inflammation**, and **higher survival outcomes**.
- The **human nervous system** regulates through **connection**—when we feel **safe**, **seen**, and **supported**, our body shifts into **healing mode**.
- **Loneliness and isolation** increase **cortisol (stress hormone) levels**, which suppress the **immune**

system and slow healing.

In short:

Connection isn't just emotional support—it is biological medicine.

The Turning Point: Allowing Others In

After my friend reminded me that I **wasn't alone**, I made a choice:

I was going to allow myself to receive support.

Not just from **doctors**.

Not just from **books or research**.

But from **real human connection**—from the people who cared about me, from the **community** that surrounded me.

I started **opening up more**.

Instead of pretending I had **everything under control**, I allowed myself to say:

- **"I'm struggling today."**
- **"I need a moment to share what's on my heart."**
- **"Can we just sit together in silence?"**

And the most surprising thing happened.

Instead of feeling **weaker**, I felt **stronger**.

Instead of feeling **exposed**, I felt **held**.

Instead of feeling like a **burden**, I felt **deeply connected**.

It was in those moments of **shared presence**—whether through a heartfelt **conversation**, a **quiet moment of support**, or a **deep belly laugh**—that I felt something I hadn't felt in a long time:

Wholeness.

Because healing **isn't just about the absence of illness**.

It is about the **presence of love, connection, and shared experience**.

The Science Behind Connection and Healing

If you've ever felt **instantly calmer** in the presence of someone you trust, there's a reason.

Human connection directly impacts our nervous system, immune function, and healing capacity.

1. The Nervous System Regulates Through Connection

- When we are **alone in fear**, our **sympathetic nervous system** (fight or flight) is activated.
- When we **connect with others**,

we engage the **parasympathetic nervous system** (rest and repair)—which is necessary for healing.

2. Social Connection Lowers Inflammation

- Research shows that **people with strong social bonds** have **lower levels of inflammation and better overall health.**
- Feelings of **isolation trigger stress hormones**, which can contribute to **disease progression.**

3. Community Creates Hope and Resilience

- When we share our stories and hear the stories of others, we remember that **we are not alone.**
- **Hope isn't just an emotion—**it's a healing force that strengthens the **immune system and improves mental well-being.**

Healing doesn't just happen **in the body.**

It happens in **relationships, in conversations, in moments of shared presence.**

How You Can Cultivate Connection in Your Healing Journey

If you've been carrying your healing journey **alone**, I invite you to **open up—to step into the power of connection.**

Here's how:

1. Identify Your Circle of Support

- Who in your life uplifts you?
- Who do you feel safe with—emotionally, spiritually, energetically?
- Who can you turn to without needing to explain or justify your feelings?

Write down **3-5 people** in your life who you can lean on during this journey.

If you **don't have that support right now**, seek it out—through **community groups, online forums, or spiritual connections.**

2. Allow Yourself to Receive Help

- Many of us are comfortable **giving support** but struggle to **receive it.**
- Pay attention: Do you **brush off help**? Do you say **"I'm fine"** when you're not?
- Practice saying, **"Yes, I could use some support."**

Healing isn't about being **strong alone.**

It's about **allowing yourself to be held.**

3. Share Your Story

- When we **tell our stories**, we not only heal ourselves, but we **help**

others heal, too.

- **Speak your truth.** Share what you've been through.
- **Whether it's through conversation, writing, or creative expression—let your journey be witnessed.**

When we share, we create connection.

When we connect, we awaken to something greater than ourselves.

Closing Message: Healing Together, Awakening Together

Healing is personal.

But it is not meant to be lonely.

We heal more deeply when we:

- **Open our hearts to others.**
- **Let go of the idea that we must do everything alone.**
- **Trust that healing is not just about medicine, but about shared love, support, and energy.**

If you take one thing from this chapter, let it be this:

You are not alone.

There are people who want to hold space for you, support you, and walk beside you.

Let them in.

Because when we **heal together**,
we don't just **survive**.

We awaken.

Conclusion: The Power of Never Giving Up

The Moment I Chose Life—Again and Again



There comes a point in every healing journey when you face a defining question:

“Do I keep fighting, or do I surrender?”

For me, this moment came **not just once, but many times** throughout

my journey.

It came when I first heard the words **Stage 4 cancer**,
when my body felt **weak**,
when my mind was **exhausted**,
when fear whispered that **giving up**
would be easier.

But something inside me **refused to**
let go.

Because **healing is not just about**
surviving—it is about choosing
life, again and again.

Even in the **hardest moments**.
Even when the **path is unclear**.
Even when **doubt creeps in**.

And that is what I want to leave you
with:

No matter where you are in your
journey, no matter what you are
facing,
there is **power in never giving up**.

Because as long as you are
breathing, there is still **hope**,
possibility, and **transformation**
ahead.

Healing is Not Linear

One of the greatest lessons I
learned is that **healing does not**
follow a straight line.

It is not a simple **before and after** story.

It is a **winding path**—a journey filled with:

- **Breakthroughs and setbacks.**
- **Moments of clarity and moments of doubt.**
- **Progress that sometimes feels invisible until one day, everything shifts.**

At times, I questioned if I was making any real progress.

But what I learned is this:
Every moment of perseverance matters.

Even when you **don't see immediate results**, every **step forward**—every **choice to keep going**—builds **momentum** in ways you cannot yet see.

Healing is like planting seeds in a garden.

Some sprout quickly.

Others take time.

Some grow silently beneath the surface before one day, they burst through the soil.

But every single seed matters.

And so does every **effort, every**

choice, every moment of commitment to your healing.

The Power of Mindset and Resilience

There is a moment when healing shifts from being something you **hope for** to something you **own**.

This shift happens when you realize:

- **Healing is not something that just happens to you—it is something you actively participate in.**
- **Resilience is not just about enduring pain—it is about believing in the possibility of something greater.**
- **The mind plays as big a role in healing as the body does—what we believe, how we think, and where we place our focus can change everything.**

For me, the turning point came when I stopped thinking of myself as someone who was **sick** and started seeing myself as someone who was **healing**.

This was a **radical shift**.

It was the difference between feeling **powerless** and feeling

empowered.

Between waiting for healing to happen and stepping fully into the process with intention.

And I want to offer this to you:

No matter what challenge you are facing, you have more power than you realize.

And the more you **claim it**, the more healing can unfold.

How You Can Carry This Wisdom Forward

Your journey is your own.

But no matter where you are on the path, there are simple yet powerful ways to **cultivate resilience and keep moving forward**:

1. Write Your "Never Give Up" Statement

Take a moment to reflect:

- **Why do you choose to keep going?**
- **What is your deeper reason for healing, growing, and living fully?**
- **What is the vision of the life you are working toward?**

Then, write a simple **commitment statement** that affirms your resilience.

For example:

“No matter what challenges I face, I commit to my healing. I trust in my body’s wisdom, my mind’s strength, and my soul’s power to guide me forward. I will not give up because I know my life has meaning, and I am here to live fully.”

Repeat this to yourself **every day**. Let it be your **anchor**.

2. Trust the Process, Even When It’s Hard

- Healing is not about **feeling strong all the time**—it is about **choosing to show up anyway**.
- Some days, **progress will feel invisible**. Trust that even the **unseen shifts matter**.
- When doubt arises, remind yourself:

“I don’t have to see the whole path. I just have to take the next step.”

3. Surround Yourself with People Who Lift You Up

- **Healing is not meant to be done alone.**
- **Find people who remind you of your strength when you forget.**
- **Let yourself receive support, encouragement, and love.**

Because no one heals in isolation.

And when we support one another, we all rise.

Closing Message: Awakening to Life Fully

This journey—of healing, of awakening, of transformation—is not just about overcoming challenges.

It is about learning how to live more fully than ever before.

It is about stepping into each moment with:

- **Awareness of the gift of life.**
- **Gratitude for the body, the breath, the opportunity to heal.**
- **Commitment to living with intention, purpose, and deep connection.**

My Hope for You

That no matter where you are in your journey, you remember that **you are stronger than you think.**

That every **challenge** is an invitation to **awaken.**

That every **breath** is a chance to **choose life again.**

And that, above all else, you **never, ever give up.**

Because the world **needs you.**

Your story is **still being written.**

And there is so much more **waiting for you than you can even imagine.**

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 - Aligning with Purpose – *Chapter 4*
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Back Cover



Dr. Robin Tim So (Acupuncture)

Awaken Your Heart, Transform Your Life

What if your greatest challenge could become your greatest awakening?

In *Awakenings of the Heart – Second Edition*, Dr. Robin Tim So (Acupuncture) shares his profound journey through **Stage 4 cancer** and the powerful realizations that emerged from facing life's most difficult truths.

This book is more than a story—it is a **guide for healing**. Through a structured **seven-step process**, you will learn to navigate life's challenges with clarity, resilience, and purpose.

Inside, you will discover:

- ✓ The power of **radical acceptance** and truth-facing
- ✓ How **vulnerability** leads to deep strength
- ✓ The key to **healing in the present moment**
- ✓ Practical steps for **aligning with your life's true purpose**
- ✓ How to integrate **holistic healing** into daily life
- ✓ The role of **community and connection** in your journey

Whether you are facing a health crisis, emotional struggles, or simply seeking a **deeper connection to life**, this book will guide you toward healing, empowerment, and transformation.

Because healing isn't just about **surviving**.

It's about awakening.

Contact Details for Future Connections

For further guidance, support, or professional consultations, you can connect with **Dr. Robin Tim So (Acupuncture)** through the following:

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Stay connected and be part of a **global awakening movement**—because your journey to healing and self-discovery is just beginning.