

## **Client Information for Body Code Session**

### **How Does It Work?**

The Body Code© is a system of natural healing created by Dr. Bradley Nelson to assist us in identifying and releasing the underlying imbalances at the foundation of disease, pain, limitation and negativity in our lives.

The system is founded on the premise that there are six major categories of imbalance that lead to disease and distress of all kinds. These six categories are:

#### **Energies**

#### **Circuit and Systems Imbalances**

#### **Toxins**

#### **Pathogens**

#### **Misalignments**

#### **Nutrition and Lifestyle Imbalances**

Each of these six have many subcategories that are defined within the Body Code's Mind Map© system. You may have already experienced an Emotion Code© session, which is a small but significant portion of the Body Code system, under the category of Energies.

The Body Code© system uses muscle testing as a primary means of obtaining information from the body consciousness and the subconscious aspect of mind, where all the information about any given imbalance is stored.

The longer we live, the more layers of trapped energies leading to imbalance we seem to acquire. Sorting this out can be a long and arduous process. The Body Code© system makes it easy to follow the body's lead in finding the layers affecting health and well being.

To use this system effectively, we must first understand that everything is made of energy; including our bodies. The internal environment of the cells is the blood and body fluids that carry and transmit frequencies of energy to the cells.

Any sort of imbalance can affect the internal environment, whether it is caused by a pathogen, like a virus, bacteria, mold or fungus ... or a toxic mental or emotional energy that is stuck in the body and affecting its function and balance. At times, an organ, muscle, gland, or portion of the skeletal or muscular system can become misaligned causing a sort of chain reaction in the body resulting in several areas of malfunction.

Meridian systems, Chakras, our Immune System and others can become imbalanced and have a major impact on health and the quality of life. Environmental toxins, food additives, medical toxins and EMFs can create imbalance and disease.

All of these and more can contribute to auto immune diseases, chronic and acute pain and misalignments, disturbances in any body system, and negative patterns in life. At the foundation of each of these imbalances, is usually some sort of toxic energy that began the process of decline.

With The Body Code© we ask the body through muscle testing, to identify the primary underlying cause of any symptom. After that is identified and released or corrected, we continue the search, asking for any other contributing factors that support the primary imbalance, or prevent healing in any way.

We peel back the layers of life experiences to restore health and well being. This is done by releasing or correcting every factor identified as a part of the problem or limitation affecting the quality of life.

Each energetic imbalance is released using the Governing Vessel Meridian (GVM) and a magnet in the same way that trapped emotions are released in Emotion Code© work.

We can identify a particular energy and direct its path from where it has been lodged in the body, to the GVM using our hands to send it where it can be released and recycled. Using a magnet amplifies the intention of our hands and makes the process happen even faster and more efficiently.

If the body identifies a pathogen or toxin, we can muscle test for supplements that support release and removal of those particular toxins.

If the body identifies nutritional imbalances, we can muscle test to determine if the body needs a specific food, herb, or nutrient, or if the body wants to eliminate something that is in the current diet or lifestyle.

Even physical trauma carries its own energetic signature, and after a traumatic injury, often the frequency of that event, or the frequency of inflammation will remain in the body and prevent or slow down healing. Traumatic injuries are often associated with trapped emotions as well, and those can inhibit the healing process.

Negative core beliefs from early life can block health and well being in many ways

We can muscle test to see if your organs and glands are happy, and if not, we can find the underlying causes. Often, trapped emotions are lodged in an organ or gland, affecting its normal functioning.

If you are experiencing lowered immunity, we can identify the factors affecting immune function.

## **What Does it Help?**

Here is a list of some of the applications for the Body Code; there are many more

Imbalances leading to disease

Auto-Immune Imbalances

Chronic and Acute Pain

Trauma Recovery (Physical and Emotional)

Weight Issues

Depression

Emotional and Mental Imbalances

Stress Related Diseases

Hypertension

Fertility Issues

Allergies

Headaches

Morning Sickness

Joint Pain

Asthma

Heartburn

Night Terrors

Insomnia

Blocks to Success

Blocks in Relationships

Prosperity Blocks

## **What to Expect:**

During a Body Code© session, I will let you know what I have discovered through proxy muscle testing prior to the session. Proxy muscle testing is what happens when I am given permission by you to have a Body Code© session at some point in the future. Once I have your permission, I am able to ask my body to act as a proxy for your body, for the purposes of muscle testing for imbalances in the Mind Map system.

Using this process, I am able to identify the primary underlying cause of your issue, as well as other contributing factors, so that we can use the session time for release/correction and deeper exploration as time allows. This is the same process used in distance healing, when the client and the therapist are in two different locations.

We will discuss each identified imbalance, explore any further information associated with it, and I will guide you through the release process. You will do the actual release/correction, using a magnet and your own hand, as we focus on the imbalance, its location and any other related information. If you have a physical limitation that requires assistance with the magnet releases, please let me know in advance, so I can be sure your needs are met.

If time permits, we will explore any new issues that come up during the session, to identify imbalances related to those issues and do the appropriate releases. If we do not have time for this, we will discuss a plan for future sessions to address whatever is needed.

After releasing imbalances, the body takes a little time to integrate the removal of these toxins. Although this is an individual experience, unique to each person, the average time it takes for integration is 1-3 days.

During this integration period, about 20% of the people experience some level of fatigue (so take naps if you feel the need), some moodiness, and vivid dreaming during sleep. It is important to treat your body as if it is recovering from a surgical procedure. Rest, drink more water, and pay attention to the messages from your body as it integrates this release of toxins, some of which have been present for your entire life.

If you have any questions during this integration time of 1-3 days, that relate directly to the session or your experiences of integration, please feel free to contact me and I will do my best to answer any questions or concerns.

Your journey is uniquely your own, and the ways in which this healing work manifests in your life will also be your own. Sometimes the effects are rapid and profound; sometimes they are more subtle and gradual in their unfolding. Trust in your own process and in the power of your inner healer.

## **How To Prepare:**

When you schedule an appointment with me for an Body Code© Session, please indicate what area of focus you want for the session. This can be as simple as any of the following:

A Physical Illness or Troubling Symptom

Physical or Emotional Trauma

Chronic or Acute Pain

A specific negative pattern in some area of life

An Auto-Immune Imbalance

Difficulty Healing

Immune Depletion

Adrenal Depletion

Thyroid Imbalance

Hormonal Imbalance

Fertility Issues

Weight Issues

Depression

Sleep Disturbances

A Specific Mental/Emotional Imbalance

An area of life where you feel blocked or unable to move forward

I will use your area of focus as a beginning point to prepare for the session with proxy testing. Please understand that although I am an intuitive, if you are scheduling an Emotion Code or Body Code session with me, we will be using those tools in an effort to identify and release any limitations that affect your well-being, so please keep that in mind when you are choosing your focus for the session.

### Session Fee:

My fee is 120 for a 60 minute session. If you wish to extend the session beyond the 60 minutes, and time is available for that, the fee will be adjusted to reflect the extra time @ 2.00 per minute. I do not schedule appointments for less than 60 minutes because it does not allow for a quality experience.

Personal checks or cash are appreciated. I do accept credit card payments via PayPal, so if that is your preferred payment method, I will need to know ahead of time and will make arrangements to email you a PayPal invoice in advance of your appointment. In order to use PayPal, you must have a current email address and once the payment is received, we can schedule your appointment.



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