

Client Information for Emotion Code© Session

How Does It Work?

The Emotion Code© is both a tool and a process developed by Dr. Bradley Nelson to assist us in identifying and releasing "trapped" emotional energies in the physical body. In order to understand this concept, we must first consider what an emotion is in relationship to our own anatomy and physiology.

When we are creating thoughts, we are creating certain frequencies of energy. Those thought frequencies are vibrating within our body's inner environment. Like a pebble dropped into the still surface of a pond, the thought energies send their signals outward, expanding into the body cells.

A thought carries some type of quality; it may be fear-based, or love-based, or anger-based or sorrow-based ... there are infinite possibilities. The quality of a thought vibration transmitted inside the body will communicate with certain organs and glands capable of translating that quality of thought into a bio-chemical expression. When the organ or gland secretes a chemical translation of that thought quality, the chemical sends messages to other parts of the body, and initiates activity that ultimately creates a sensation in the physical body.

You know when you are afraid, because you can feel fear in your body. You know when you are in love, because you feel love in your body. Emotions are bio-chemical translations being expressed in the physical.

If we allow ourselves to give attention to the emotion in the moment, it will inform us about the quality of thought that is being created. This gives us the opportunity to decide whether the thought is supporting our well being, or weakening our well being. In that moment of discovery, we have the freedom to change the focus of our thoughts to create a positive inner environment for our body cells.

The energies of the emotion and its chemistry are meant to be listened to and released in the moment. When we become conscious creators, we become practiced at being "present" with our awareness from moment-to-moment. For most people, our awareness is only present about 10% of the time. This means we are operating on "auto-pilot" programming 90% of the time. When we are not present, we are not listening to the information our emotions offer us.

Sometimes, we consciously say "no" to an emotional message. Whether we are unaware, or we choose to ignore an emotion, in both instances, the chemistry and energy frequency of that emotion are stored somewhere in the body, like a toxin that is trapped where it does not belong. The trapped emotion continues to transmit its frequency within the body, creating a disturbance in the body's natural balance, as well as emitting a continual field of magnetic attraction for matching energies from the environment to come into our experiences.

Emotional toxins trapped in the body are the energetic foundation for disease, chronic pain, decreased immune function, impaired healing, vulnerability to injury and more. They are also

strong attractor fields for negative life experiences, repetitive patterns and dysfunctional relationships.

The Emotion Code© process utilizes muscle testing to identify the presence of trapped emotions in the body. This process works with the body consciousness and the wealth of data stored in the subconscious aspect of the mind. By muscle testing, we can obtain information about the emotion, where it is stored, when it was created, and any other relevant information that supports healing and release.

When a trapped emotion is identified, its energy begins to move from where it is stored in the body, toward the surface of the body. We use our hands to direct the movement of this energy, so that it can be moved into the Governing Vessel Meridian (GVM) where it can be released and recycled. The GVM communicates with all the other meridians, and informs the body of the release.

Our hands have powerful magnetic energy and can easily direct the trapped emotion into the GVM. To empower this action even further, we use a magnet to amplify the intention of our hands as we move the trapped emotion being released.

Releasing trapped emotions helps us to create an inner environment that supports healing, regeneration, vitality and well being. Life patterns, relationships, health, and happiness improve with each trapped emotion released.

Types of Trapped Emotions

As stated earlier, we can create our own trapped emotions by choosing not to "listen" to the messages the emotion is offering ... or by not being present.

There are other ways we acquire trapped emotions. These are the most common:

Inherited:

If either or both parents have trapped emotional energies in their bodies at the time of your conception, those energies can be transmitted into your body from your parents.

Pre-Natal:

If your mother is experiencing a strong emotion while you are in the womb, you can absorb its frequency into your fetal body before birth.

Pre-Conception:

You can attract and bring in frequencies from the environment as you are entering your physical life.

Absorbed:

When you are with someone who is experiencing a very strong emotion and you are openly receiving from that person or the environment, you can literally absorb some of that emotion into our own body

Note about inherited trapped emotions:

When an inherited emotion is released, you will release it for yourself, for the ancestor who created it, and for all of their descendants who may have been affected by it. This is a nice offering of love for the entire bloodline.

What to Expect:

During an Emotion 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 an Emotion 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 trapped emotions. Using this process, I am able to identify these emotions before the session begins, in order to give us more time for the releases. This is the same process used for distance healing, when the client and the therapist are in two different locations.

We will look at each trapped emotion, explore any information associated with it, and I will guide you through the release process. You will do the actual release, using a magnet and your own hand, as we focus together on the emotion, the location where it has been trapped in the body, 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 determine if trapped emotions are connected to the issues, and do the appropriate releases. If we do not have time for this we will discuss future sessions to address whatever is needed.

After releasing trapped emotions, 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 Emotion Code© Session, please indicate what area of focus you want for the session. This can be as simple as any of the following:

Heart Wall Release

A specific negative pattern in some area of life

A specific physical imbalance (disease, injury, pain, difficulty healing)

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.

Governing Vessel Meridian

