

## **Releasing the Heart Wall**

### **What is a Heart Wall?**

When you experience heartache, no matter how young you may be ... the mind seeks to create protection for the heart, to prevent future heartache. This is an automatic response to the perception of a threat to your well-being. The mind searches the body for energies it can use to place around the heart like a wall.

Trapped emotional toxins present in the body from past experiences, or those inherited from your parents, provide energy for the construction of this wall to protect the heart from others, and from the outside world.

The mind taps into these trapped emotions, using some portion of each to create layers of energy around the heart. Soon, there are several emotional energies encircling the heart, insulating it from everyone and everything outside.

This Heart Wall serves as a barrier. It is a composite of many negative, toxic emotions. Although this wall provides a buffer zone, its frequencies distort the messages of the heart sent out into the world to other people, and the messages coming in from others to your heart.

Dr. Bradley Nelson describes the way the Heart Wall's layers distort your experience in this way:

Imagine that you have a Heart Wall made of layers of anger, fear, abandonment, betrayal and sorrow. Each time you send a beautiful butterfly of love from your heart to another person, that butterfly has to fly through anger, fear, abandonment, betrayal and sorrow, just to emerge on the other side of the wall and move outward. After flying through all of those toxic layers, it looks more like a pterodactyl than a butterfly! And the person receiving the message from your heart perceives the pterodactyl, not the butterfly.

A Heart Wall separates you from others, and from your heart's desires. It also makes it very difficult for others to perceive you clearly and often leads to misunderstandings and relationship strife. It is a major factor in depression, and can actually lead to physical heart disease over time.

### **How To Release the Heart Wall:**

Using The Emotion Code© tool to find and release a Heart Wall, is a simple and deeply effective process of healing and awareness.

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 each 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.

### **What to Expect:**

During a Heart Wall Release 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 the presence of a Heart Wall and its 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 a Heart Wall, 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 a Heart Wall Release Session, please make a list of life circumstances that might be related to the presence of a Heart Wall. Common problems associated with Heart Walls are:

Relationship issues

Depression

Persistent feeling of sadness or heartache

Difficulty moving forward after a heartache

Persistent Grief

Feeling detached from emotions and people

Feelings of isolation

A history of failed relationships

Fear that you will never realize your heart's desires

Fear of relationships

Fear of intimacy

Feeling blocked from success or prosperity

Chest pain or discomfort in the chest area

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.



