

*The work has been incredibly powerful with my animal patients. I would say that I use emotion codes at least 90% of the time when treating a pet — sometimes to calm an animal who is upset during the exam or treatment, but more often to help release trapped emotions that are at the root of a pain or disease process.*

- Charlotte MacFarlane,  
veterinarian & Mastermind member

# EMOTION CODE

**The Emotion Code** is an extraordinary method of healing. It is elegantly simple, quick, painless and profound. Developed by Dr. Bradley Nelson, a renowned holistic chiropractic physician, it helps to open up the subconscious, both for healing the body and mind, and for insight into one's actions and choices in life.

Emotionally charged events from our past can literally become trapped in our bodies, silent and invisible, yet causing terrible damage. Dr. Nelson has discovered that trapped emotions can create pain, malfunction and eventually disease on a physical level. Unless they are released, these emotions of negative energy will actually distort tissues in various parts of our body. Often they will be attracted to a place in the body that is already weakened from stress or injury. Amazingly, they can lodge there, causing further distortion.

Trapped emotions can also affect the way you think, the decisions you make, how you live, how you treat others, whether you are a part of life, or "on the outside looking in," and often your success in life. Sometimes trapped emotions can even gather around the heart, and literally form a "Heart-Wall." Intended to be a protective device, it can block you from giving and receiving love freely.

The Emotion Code is a powerful and simple way to rid yourself of unseen baggage. Releasing trapped emotions often results in the sudden disappearance of physical problems, self-sabotage, and recurring relationship difficulties. Using the Emotion Code can also help rid us of inherited trapped emotions that have been unwittingly passed down to us from family members.

Being liberated from trapped emotions is a glorious feeling. You will literally feel lighter and less burdened. You will be a free person, and you can create the life of love, health and happiness that you truly deserve!

1. Muscle test & use the chart to discover the emotion and what organ system it is stuck in.

2. Determine if it is your emotion or ancestral.

3. If yours, run a magnet from forehead to tail bone 3 times, saying, "I release (emotion) from the (organ system). If ancestral, run magnet 10 times.

Note: If releasing on yourself, run magnet from forehead to base of neck.

The Emotion Code™ Chart		
	Column A	Column B
<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

*I have based this clearing technique on the original work of Dr. Bradly Nelson and extended it further to include the brain parts.*