

**How to Release Your Trapped
Emotions for Abundant Health,
Love and Happiness**

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THE EMOTION CODE

UPDATED & EXPANDED

Dr. Bradley Nelson

Foreword by TONY ROBBINS

Praise for *The Emotion Code*

“I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. *The Emotion Code* has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.” —TONY ROBBINS

“In this wonderful book, Dr. Brad Nelson gives us a truly evolved model of how we get sick and how we can indeed heal. He brilliantly teaches us by what means a broad spectrum of trapped emotions can be stored in our bodies—limiting the expression of health—and then he provides us the practical tools to free ourselves from the chains of those self-limiting emotions. Read it and become your own healer!” —DR. JOE DISPENZA, *New York Times* bestselling author of *You Are the Placebo: Making Your Mind Matter*

“Dr. Bradley Nelson’s book, *The Emotion Code*, has the potential to change the entire paradigm of self-help and self-health. If you are open to a future that is radically different from the one we are currently experiencing, you must read this book, and have your mind forever opened to perhaps the simplest yet most powerful healing method the world has ever known.” —GEORGE NOORY, host of the nationally syndicated radio show *Coast to Coast AM*

“I’ve read hundreds of self-help books, but *The Emotion Code* literally gives you the tools to create your own reality. We all have trapped emotions and baggage, so why not learn the tools to let go of the past to start creating your future.” —FRAZIER BAILEY, documentary film director of *E-Motion* and *Root Cause*

“*The Emotion Code* allows us to rise out of pain, not only to help ourselves but to help those who have been victimized and abused.” —TIM BALLARD, founder of Operation Underground Railroad

“If you are looking for a simple and inexpensive way to get healthier, make more money, and have more love in your life, look no further. Simple, effective, and powerful, [*The Emotion Code*] is a method that anyone can learn and use.” —ALEX LOYD PH.D., ND and author of the bestselling *The Healing Code*

“*The Emotion Code* catapults us light-years beyond conventional explanations of seemingly random symptoms and disease. . . . This book is about you, your life, and every relationship that you’ll ever experience. I have no doubt that *The Emotion Code* is destined to become a cornerstone for the healing of the new millennium.” —GREGG BRADEN, *New York Times* bestselling author of *Human by Design* and *The Divine Matrix*

“Bradley Nelson’s passion to create *The Emotion Code* and to clear and heal others of inner darkness makes him a true champion of life, joy, happiness, and fulfillment. In my heart of hearts I know Bradley Nelson is a fabulous gift to the people of this world.” —DON TOLMAN, *The Whole Food Medicine Man*

“Dr. Nelson has filled this book with workable solutions to solve common problems for most people on the planet. He has done amazing healing work for thousands and shares this information with us. Read it and learn to help your family.” —RAYMON GRACE, author and founder of Raymon Grace Foundation

“It’s often been said that energy medicine is the future, and Dr Brad’s *Emotion Code* will play a big part because of its simplicity and power.” —JUSTIN LYONS, documentary film producer of *E-Motion* and *Root Cause*

“Learning to process your emotions is by far the most powerful thing you could ever learn. *The Emotion Code* is a gift that keeps giving.”
—DR. DARREN R. WEISSMAN, author of *The Power of Infinite Love and Gratitude* and the developer of The LifeLine Technique®

“Dr. Nelson has discovered that the vast majority of people on this planet have a ‘wall’ of energy around their hearts that has been created by the subconscious mind to protect the heart from breaking. Be patient, learn this process of emotional healing, use it to heal yourself, your children, and your loved ones.”
—RAZI BERRY, founder and publisher of *Naturopathic Doctor News and Review*

“Dr. Bradley Nelson is a modern-day healer! *The Emotion Code* is in the ‘must-read’ category! —STEVE SHALLENBERGER, founder and president of Becoming Your Best Global Leader and author of the national bestseller *Becoming Your Best*

“*The Emotion Code* is a tremendously powerful healing gift for all who learn and practice it.” —JOHN HEWLETT, author, formulator, and founder of Cardio Miracle

“Dr. Bradley Nelson will help you locate the source of your emotional illness in order to make it go away. Get this book . . . read it . . . and open up your mind to emotional health.” —TOM DANHEISER, senior producer of the nationally syndicated radio show *Coast to Coast AM*

“The healing journey with the Emotion Code changed my life and has changed the lives of so many others! It can change yours as well. The results by far outweigh the tiny effort you need to put in! It is absolutely worth it.”
—DR. SUSANNE HUFNAGEL, M.D. (Germany), certified Emotion Code and Body Code practitioner

THE EMOTION CODE

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DR. BRADLEY NELSON

***How to Release Your Trapped
Emotions for Abundant Health,
Love, and Happiness***



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ESSENTIALS
NEW YORK



The information in this book is not intended to replace the advice of the reader's own physician or other medical professional. You should consult a medical professional in matters relating to health, especially if you have existing medical conditions, and before starting, stopping, or changing the dose of any medication you are taking. Individual readers are solely responsible for their own health-care decisions. The author and the publisher do not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in this book.

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To the memory of Bruce A. Nelson Sr. and Ruth Nelson, my wonderful parents, who always loved and believed in me. My only regret is not finishing this book while they were yet alive, but I feel sure they have seen it anyway.

To the memory of Dr. Ida Glynn Harmon and Dr. Alan Bain (Doc and Ida), who helped me to heal when I was a very sick boy and introduced me to the world of natural medicine.

To Dr. Stanley Flagg, my teacher and mentor.

To my wonderful colleagues at Discover Healing, for all their help in bringing this healing work to the world.

To my wife, Jean, whose ideas, insights, contributions, dreams, and support made this work possible.

Finally, to you, the reader. I hope that this book helps you find better health, greater freedom, deeper love, and more happiness—like it has for so many thousands of others around the world.

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Foreword

by Tony Robbins

There are powerful invisible forces constantly at work in our lives, things we often take for granted, such as radiation, gravity, electromagnetism: too little and life on earth would not be possible, too much and we'd all be dead! But we also have to include human emotion on the list of forces that shape us. Love, hate, fear, anger, and gratitude are just a few emotions that uniquely and powerfully impact life as much as anything else on the planet. That's why neuroscientists, psychologists, and physiologists have spent the last few decades intensely researching and demonstrating the profound effects that emotion has on how we think and behave, and also on our personal health, wellness, energy levels, and overall vitality.

These days, after a traumatic event or national tragedy, it's not uncommon to see several energy medicine practitioners with proven track records helping individuals in-the-moment find ways to process and effectively heal. With this context in mind, my wife Sage and I had heard of Dr. Bradley Nelson's book *The Emotion Code*, but had not read it. People dear to us like my personal trainer Billy, and my dearest friend and right arm, Mary B., had each independently brought up *The Emotion Code* in conversation. By the third time this happened, Sage felt the nudge of intuition. Intrigued, she told me, "I think we are supposed to meet these people."

I asked a staff member to reach out to Dr. Brad and see if we could

meet. We hoped Brad and his wife Jean could make arrangements to come to Florida and visit with us at our home. We were delighted to hear that they were available; in fact, they jumped on a plane and arrived the next morning. We were curious to hear about the breakthrough work that Dr. Brad has been doing over the past thirty years in this field of energy medicine. Over the next hour or two, Brad and Jean graciously shared their story with us. They told us how they got into the healing arts in the first place, and how they trusted in grace from the very beginning, feeling called to serve mankind. They shared the arc of their mission together and their drive to make a loving, healing difference in the world. (And they are certainly doing just that.)

Brad and Jean also shared with us that some thirty years ago, they had purchased my cassette-tape program, *Personal Power*, from my old days of infomercials. They were in a tough spot at the time, so they listened to the thirty-day program and did the exercises and it helped to kick-start their healing outreach by way of their first chiropractic practice, as well as their own home within sixty days. I enjoyed hearing that I had already unknowingly played a part in their lives and that we had been connected from a distance all along.

In the clinical setting, Brad grew through dedicated study, modeling mentors, and his own spiritual practice of praying and asking for guidance before each patient's visit. Brad became committed to focusing not just on the presenting symptoms, but also listening to that deep inner wisdom as a source of guidance to make a difference for people. I have spoken to many great doctors—those who create massive breakthroughs for people facing a variety of health conditions—and this is a common practice amongst them. (A valuable lesson to go beyond the limits of what the mind can tell you.) Sometimes patients who had very difficult and painful challenges came to see Dr. Brad, and he wasn't sure what to do. It was at those times that he relied upon his higher power to guide him to the root causes of any disease.

What we really love about Dr. Brad is his drive to empower people to learn how to do more to heal themselves. I can relate to this because I am always on the hunt for what I call profound knowledge. What's profound knowledge? To me it's when you can learn something that's so simple, you can apply it immediately to change your own life or

someone else's. These types of insights and tools become invaluable in creating a greater quality of life and are absolutely essential in the area of health and wellness where it is so important to personally take responsibility for your emotional and physical vitality.

With this deep purpose alive in his heart and guiding him along the way, Brad and Jean Nelson have quietly been traveling the earth teaching people how to clear the weight of their emotional past in order to heal themselves. Over the last thirty years he has trained thousands of certified Emotion Code practitioners worldwide who are available to work with those in need. I always say, complexity is the enemy of execution. It's a beautiful thing when something is not only effective but it's also simple to do, and easy to learn. It's compelling to know that we can take what Dr. Brad has figured out and apply the principles to our lives today, from our own homes, and help not only ourselves, but our loved ones, too. According to Dr. Nelson, anyone can use the principles presented in this book, the only prerequisite is the willingness to learn.

Later that evening Dr. Brad and Jean invited us to experience their healing work firsthand. We weren't really sure what to expect, but we were intrigued. After all, what did we have to lose but our emotional baggage? The couple like to work in tandem in discovering any imbalances in the body. It was amazing to see how quickly they could find energy disruptions from childhood events and conditioned family patterns. We were not surprised to see how everything in the body is affected by how we feel and think. What was a surprise, however, was to see how easily someone skilled at using the Emotion Code is able to accurately identify the stored energy of an old emotional trauma and release it in seconds. Recently, scientists have proven that traumatic memories are archived in the body and even shared with offspring. Since the Emotion Code relies on the subconscious mind for its information, even emotions that have been passed down through families can be detected and released.

The beauty of the Emotion Code process is that when a trapped emotion was uncovered, we didn't have to relive anything—we didn't even have to talk about it. Dr. Brad and Jean simply removed the emotional "charge" and cleared any energetic blockage. Sage and

I feel such gratitude to have this healing method brought to light. We loved meeting Brad and Jean and are deeply appreciative of the time they shared with us. We recognized their light immediately and are grateful to call them dear friends.

The last four decades of my own life have been dedicated to helping people overcome their past impressions and limiting beliefs, and to increase emotional fitness. I am excited by the understandings the Emotion Code brings so that the pathway to personal growth, expanded identity, and an extraordinary quality of life is truly possible for anyone that desires to be free of the past and become more.

I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. *The Emotion Code* has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones. Sage and I are grateful for this dear couple for their work and loving kindness. We are very thankful for the Emotion Code. Thanks for bringing it to all of us!

—Tony Robbins

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My express thanks go out to those who have helped in the creation of this work.

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To my publisher, Joel Fotinos at St. Martin's Press, for believing in the message and seeing the vision for the world.

To my friends Tony and Sage Robbins, for their openness and generosity, and for being so willing to help heal the world and serve the light.

To my wife, Jean, for sticking with me through thick and thin, for being my inspiration, my helper, and my best friend.

Finally, to God for answering my prayers, for blessing me with the gifts I would need to accomplish this work, for making me an instrument of healing, and for guiding my life all along the way.

A Note to Readers

The Emotion Code is a self-help method that quite often produces marvelous results and wonderful benefits, both physical and emotional in nature. Nevertheless, it is a relatively new discovery and has not been thoroughly studied.

The stories in this book are all true, but the names have been changed in some circumstances to protect privacy. This book is based on the personal observations and experiences of Dr. Bradley Nelson and others who have experienced this healing method. You, the reader, must take 100 percent responsibility for your own health, both physical and emotional. The Emotion Code should not be misconstrued or used to diagnose the presence or absence of any particular mental, physical, or emotional ailment. Neither muscle testing nor the Sway Test should be used to diagnose the presence or absence of disease.

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Introduction

It has been immensely gratifying to witness the amazing growth and acceptance that energy healing has experienced since *The Emotion Code* was first published in 2007. I've often said that all the experiences of my life have prepared me to bring this simple and beautiful tool into the world. I very sincerely believe that this healing method comes from above, from the divine source of all truth. And it is coming into the world at a time when it is desperately needed.

I was directed to go into the healing arts by a very powerful and clear answer to prayer, at a time when I was asking for help from above to determine the direction my life should take.

The Emotion Code is a healing method that I developed in my small holistic clinic in Southern California in the early 1990s. It came together as I worked on patients daily, finding out what worked, discarding what didn't, and learning everything I could about any sort of healing method my colleagues were using, and from ancient texts on healing as well. My gifted wife, Jean, worked with me, and as one of the most intuitive people I have ever met, proved to be a great help to me. I also developed a private, personal habit of quickly and silently asking for God's help with each patient whom I was about to treat, and so gathered gradual and sometimes sudden inspiration from above.

Since 2009, I have spoken on hundreds of radio shows and made many television appearances. I've taught the Emotion Code technique

to people from all walks of life, and I have been privileged to see it take root and grow in far-flung areas around the world. I have witnessed thousands of people discover their own healing abilities who otherwise never would have. Many marriages have been saved; many cases of depression, anxiety, and panic attacks have been resolved. People have been able to get out of pain and find the peace they have been longing for. My team at Discover Healing has trained and certified thousands of people from all over the world. Many of these certified Emotion Code and Body Code practitioners are making a living by helping others. They work with clients whose lives will often be forever changed—even though many times, healer and client may never meet in person.

I consider myself to be the messenger for this method, that is all. I am the spokesman, the teacher. I believe that this is my purpose in this world. To tell the world that healing is possible. To tell the world that we have a divine Creator above us, who is real, who lives, who loves us, who wants us to be healed, who wants us to grow, to unlock our healing gifts, to ask for help, and to eventually return home, having learned to love unconditionally. When we are attempting to help another, when we ask for divine help in doing so, we access a source of unlimited power, a source that has nothing but love for us, perfect understanding of who we really are, and the glorious potential we each have within us.

Our “emotional baggage” stands in the way of each of us developing into the best and purest version of ourselves. As you will learn in this book, some of your baggage is from your own life experiences, and some of it you have inherited from the lives and hardships of your ancestors. Either way, the Emotion Code will enable you to find and release that emotional baggage, not only from yourself but from your family members and other loved ones as well. You can use the Emotion Code to make dramatic differences in the lives of anyone you care for, including your pets!

Open your heart and mind, and I will take you on a journey and share with you the most powerful, most efficient, and yet easiest healing method ever devised: the Emotion Code.

PART I

Trapped Emotions

1

TRAPPED EMOTIONS: The Invisible Epidemic

Truth is stranger than fiction, but it is because Fiction is obliged to stick to possibilities; Truth is not.

—Mark Twain

Where would you be without your emotions? If the sum total of all your experiences makes up the tapestry of your life, it is the emotions you have experienced that give that tapestry its color.

Try to imagine for a moment a world where no emotions could occur. No joy would be possible. No feelings of happiness, bliss, charity, or kindness. No love would be felt, no positive emotions of any kind.

On this imaginary emotionless planet, there would be no negative emotions either. No sorrow, no anger, no feelings of depression, and no grief. To live on such a planet would be to merely exist. With no ability to feel emotions, life would be reduced to a gray, mechanical ritual from cradle to grave. Be grateful that you can feel emotions!

But are there emotions you have experienced that you would rather not have felt? If you are like most people, your life has had its darker times. You have probably experienced moments of anxiety, as well as times of grief, anger, frustration, and fear. You may have experienced periods of sorrow, as well as depression, low self-esteem, hopelessness, or any of a wide variety of negative emotions.

What you may not realize is that some of the negative emotions

you've experienced, even though you may have felt them long ago, may be creating problems for you now. Yes, some of your old experiences are still affecting you in subtle yet very damaging ways. The Emotion Code is about finding those old emotions and releasing them forever.

Much of our suffering is due to negative emotional energies that have become "trapped" within us. The Emotion Code is a simple and powerful method of finding and releasing these trapped energies.

Many people have found that when they free themselves of their trapped emotions, they are able to live healthier and happier lives. A single trapped emotion can create both physical and emotional problems.

The following real-life examples illustrate how releasing trapped emotional energy using the Emotion Code can result in astonishing and sudden improvements in physical and emotional wellness:

Allison's debilitating hip pain left her instantly, and she was able to dance in her performance that night.

Linda's constant feelings of suicidal depression went away.

Jennifer's chronic anxiety was gone, and she felt the total confidence she'd been longing for.

Laurie could feel God's love for her for the first time in her life.

Sheryl was finally able to shed her anger toward her ex-husband, and create a wonderful, loving relationship with a new man.

Julia aced her test, after having failed it several times.

Larry's foot pain disappeared, along with his limp.

Connie's allergies disappeared.

Neil's two-year-long feeling of resentment toward his boss vanished.

Yolaunda finally lost the weight she'd been struggling to lose for years.

Joan's bulimia was gone within a week.

Tom's vision improved.

Jim's shoulder pain disappeared.

Mindy's carpal tunnel syndrome went away.

Sandy's knee pain, which she had seen three other doctors for, was gone in moments.

Carol's night terrors, which had plagued her for over thirty years, were gone within a week, and did not return.

I was present at each of these events and many others like them. In many years of practice and teaching, I have seen countless seemingly miraculous healings such as these, all as a result of simply releasing trapped emotions using the Emotion Code.

My purpose in writing this book is to teach you how to find and remove trapped emotions from yourself and from others.

Whether you are a doctor or a fisherman, a housewife or a teenager, you can learn the Emotion Code. It's simple.

Anyone can learn how to be free from the very real and damaging effects of trapped emotions.

What Are Emotions?

As you live through the days and years of your life, you are continually experiencing emotions of one sort or another. These feelings you have all serve a purpose—they provide motivation, direction, and communication from your body, your higher self, and the divine. Negative emotions also can be useful, even if they are at times uncomfortable or painful. All of us experience negative emotional extremes at times, it seems to be part of what it means to be human.

Our emotions don't come out of nowhere—they are generated by our bodies based on two criteria: what we are experiencing in the moment, and information stored in our bodies and minds from past experiences. So whether we are feeling happiness or shame, that emotion comes from deep within, and for a reason.

What are emotions made of? We will discuss this in more depth later in the book, but simply put, emotions are vibrations of pure energy. Every emotion has its own unique vibrational frequency. Everything in the universe is made of energy, and emotions are no exception. Quantum physics has proven that energies affect other energies. So it follows that we are affected by the energy of our emotions simply because our bodies are also made of energy. This simple fact is

the reason our emotions can affect us so profoundly on a mental, emotional, and physical level.

The Emotional Experience in a Nutshell

Three things happen when we experience an emotion. First, our body generates the emotional vibration. Second, we begin to feel the emotion and any thoughts or physical sensations that come along with it. Third, we choose to let the emotion go and we move on, after a few seconds to several minutes. This last step is called *processing*, and once it is completed, we have successfully moved on from the emotional experience and it shouldn't cause us any problems.

However, if either the second or third step is interrupted, the emotional experience is incomplete, and the energy of the emotion is likely to become trapped in the body.

We do not yet completely understand all the reasons emotions are not processed completely. It appears that the more overwhelming or extreme an emotion is, the more likely it will become trapped. There could be other reasons, such as weakness in the body or many old trapped emotions of a similar vibration, but we will discuss those in more depth later on.

What Is a Trapped Emotion?

As much as we would like to forget some of the emotionally difficult times we've been through, the influence of these events may stay with us in the form of trapped emotions. Sometimes we can consciously recall these challenging events, and sometimes we cannot. Whether you remember a painful event or not doesn't actually matter, because your subconscious mind *does* remember, and we can access that information by using the Emotion Code. Many people who have been through extreme trauma have blocked out years of their lives and remember almost nothing, but the Emotion Code allows us to bypass the conscious mind completely. Instead, we access vital information about trapped emotions from the subconscious mind.

Each time you trap an emotion, you get stuck in the middle of whatever traumatic event you were experiencing. So instead of moving

beyond your angry moment, or a temporary bout with grief or depression, you retain this negative emotional energy within your body, potentially causing significant physical and emotional stress. Most people are amazed to find that their emotional baggage is more literal than they had imagined. Trapped emotions actually consist of well-defined energies that have a shape and form. Although they are not visible, they are very real.

NEIL'S RESENTMENT

In this story, a Canadian teacher shares how a difficult situation resulted in a trapped emotion that stayed with him, impacting his life in a negative way.

A number of years ago when I was teaching school, the principal and I just did not get along well at all. We fought almost from day one over one topic or another. She was extremely vicious, vindictive, and emasculating in every way, shape, and form. Finally, about January of the school year, I bailed out. I saw my doctor, and went on stress leave. He said, "Take some time off and regroup and recuperate." So I did that for about three months, and at the end of three months, I went back to the school board with a clean bill of health but with a proviso from the doctor that I was not to be put back into the same situation with this rather nasty principal.

Anyway, the feelings surrounding her and that whole situation would never leave. They would well up often, and I would ruminate on the situation, thinking about it, and I would feel my blood pressure rising, and I would feel the anger and resentment building up within me about the way I had been treated, and the fact that she never had any disciplinary measures even though she had a history of being rather sinister, if you will, to teachers who disagreed with her approach to principalship.

Anyway, this went on for two years. I couldn't sleep at night because I'd be so bent out of shape from all the negative feelings I was carrying. We were visiting Southern California and went and saw Dr. Brad Nelson and went to his clinic, and . . . he released this feeling of resentment, and when he did so, I felt, I actually felt, something leave me. And from that point forward, even though I still don't like the woman, I don't have the negative feelings and the rising blood

pressure, the anger, the resentment, which had possessed me for several years. So, that's the story of an emotional blockage gone, with these principles and the Emotion Code that Dr. Brad teaches. —Neil B.

Your Future Held Hostage

Do you ever feel that you are struggling under the weight of something that you can't quite put your finger on? Perhaps your life is not turning out how you had hoped. Perhaps your attempts to form lasting relationships never seem to work out. You may wish that certain events in your past had never occurred but feel powerless to move beyond them. You may even have an uneasy feeling that your present is being held hostage by your past in some vague and indefinable way.

JENNIFER'S SELF-SABOTAGE

Jennifer's experience is a good example of how trapped emotions can get in your way. She was my daughter's close friend, a fun-loving college student with a bright future. On her way home for the summer, she stopped by to visit our family. Her college life was going well, but she expressed concern that events from her past still troubled her, and she wondered if she was suffering from trapped emotions.

She told me that she'd been involved in a tumultuous relationship with a young man the year before and that since the failure of that stormy relationship, she'd felt the sting of insecurity every time she met someone new. She had an unfounded fear of commitment that she couldn't overcome, and she seemed to unintentionally sabotage every potential relationship she began. I tested her and discovered that there was, indeed, at least one trapped emotion that was contributing to her problem.

I decided to help her learn to treat herself so she could continue to release her own trapped emotions and not need to rely on me. She quickly and easily learned the Emotion Code and proceeded to find several trapped emotions in her body, most notably the emotion of *creative insecurity*. This particular emotion arises from a lack of confidence about creating things: painting a picture, starting a new job, or entering into a new relationship, for example. Jennifer had experienced this emotion in her prior relationship, and it had become trapped

within her. She was able to release the creative insecurity—along with a few other trapped emotions—from her body within a few minutes, and then continue her drive home.

A few days later, she called to tell me that she felt an amazing difference, a noticeable improvement in her ability to articulate her thoughts and express herself in the company of a particular young man whom she was dating. Previously, she had felt intimidated and shy around him; but after releasing her trapped emotions, she felt confident and very much at ease. Months later, she continued to watch the relationship grow. She felt certain that she would have sabotaged it if she had not released her trapped emotions.

Getting rid of your trapped emotions can help you in this same way. You, too, can overcome the obstacles of your past and bring new life to your marriage and other familial and personal relationships.

When you are free of your trapped emotions, you will likely find yourself feeling more secure and motivated, and liberated to create the relationships, career, and life you always wanted.

People frequently sense that they are somehow burdened by their past emotions, but they don't seem to know how to get over them. The traditional approach in Western society is generally to talk about the past and discuss coping mechanisms with a therapist. While this is often helpful and can save lives, it does not address the trapped emotions directly, which means that the true root of the problem remains.

Trapped emotions often drive people to self-medicate in various ways. You may find yourself working long hours, using drugs or drinking, thrill seeking, or trying to solve everyone else's problems.

Many people fail to perform up to their ability and have difficulty making their life work as they should. Oftentimes, the underlying cause of their frustration is a trapped emotion from a past event that they may not realize is sabotaging their efforts. The next story is a perfect example of how this can happen.

JULIA THE COURT REPORTER

Julia was going to school to become a court reporter, and she was excited about her job prospects. Court reporters learn to type on a specialized phonetic machine, and they have to type very rapidly and

accurately to record everything said in the courtroom. Julia did fine in class, but whenever she had to take an examination, she would fail. She was very worried, as she had failed the test three times and was afraid that her next examination would be her last chance to pass.

I tested her to see if there was a trapped emotion that might be influencing her behavior in the testing situation, and the answer her body gave was yes. In her case, the trapped emotion was *discouragement*. When she was fifteen years old, she had gone through a difficult time when her parents were divorcing. She had experienced overwhelming discouragement, which had become trapped in her body. In the testing situation, with the pressure on, the trapped emotion of discouragement would sabotage her performance. We released the trapped discouragement, and she sailed through her next test feeling relaxed and confident—and received a nearly perfect score.

Julia had had no idea that her parents' divorce and her old feelings about it could be affecting her negatively in the present.

In the same way that the effects of the wind are felt rather than seen, trapped emotions are invisible yet can exert a powerful influence upon you.

It is my experience that a significant percentage of self-sabotage, physical illness, and emotional difficulties are actually caused by these unseen energies. The next story is a powerful illustration of this.

MARC THE SINGER

Marc was a professional singer, and he was having difficulties recording in the last months. He kept saying his voice was not the same. He was obsessed with having a lump in his throat, for which he constantly received antibiotics from his medical doctor. I told him that we could try a different approach, and he agreed. The first emotion that came out was disgust from six months ago related to his fiancée, and it was lodged in the larynx. When I asked him what happened six months ago, he burst into tears, saying that was the time when he discovered she was cheating on him. At that time, he remembered that in the same period, he started having voice problems. After we released about four emotions related to that event, he was feeling way better, and the same day, he went into his studio and recorded flawlessly. —Lustin L.

The Damage Trapped Emotions Cause

Trapped emotions can cause you to make the wrong assumptions, overreact to innocent remarks, misinterpret behavior, and short-circuit your relationships. Even worse, trapped emotions can create depression, anxiety, and other unwanted feelings that you can't seem to shake. They can interfere with the proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain, fatigue, and illness. Yet no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though it may be a major causative factor in your physical and emotional difficulties.

To eliminate any kind of problem that has to do with your health or well-being, the underlying causes of the problem must be addressed. There are many powerful drugs that can relieve the symptoms of pain or disease. But when the drugs wear off, the symptoms often return because the underlying causes of the disease have not been dealt with.

It is important for you to recognize and remove your own trapped emotions before they cause more damage. You can live a much better life by getting rid of them.

This book exposes the truth: that trapped emotions are a significant yet hidden cause of much illness and suffering, both emotional and physical in nature.

Time Heals All Wounds? Perhaps Not . . .

You've probably heard it said that time heals all wounds, but this is not necessarily true. You may think you have let go of all your emotional pain from prior relationships, and maybe you've had therapy to deal with it. It may seem like it's all behind you now, but your body may literally be inhabited by the invisible energies of old emotions. These are wounds that time alone cannot and will not heal. They can influence the way you act and feel in your current relationships and may even cause you to sabotage them. In fact, the longer a trapped emotion remains in your body, the more likely it is to create emotional and physical pain for you.

When a trapped emotion is released, a burden is literally lifted. In fact, people often experience a feeling of lightness upon the release of a trapped emotion. Finding and releasing those trapped negative energies can lead to big changes in how you feel and behave, in the choices you make, and in the results you get. And most of the time, that newfound freedom and confidence start to flow in automatically!

J'S BREAKTHROUGH PERFORMANCE

My seventeen-year-old son, J, suffers from autism. He is very shy, quiet, and previously wouldn't even answer the phone. Since having Emotion Code sessions, he has come out of his shell more and more.

We went to his spring concert, where his teacher chose him to perform the solo for the finale. He got up onstage and sang alone in front of hundreds of people. My daughter and I sat and watched amazed—we were holding on to each other, and we both had tears running down our faces as we watched. Yes, he was nervous, but he did it. One year ago, this would have been unthinkable. He has opened up so much in the last few weeks. I have tried to explain the therapy to him, and he doesn't understand it, but it has had an amazing impact on him.

I am so grateful for the opportunity to experience the Emotion Code!
—Richelle T.

SEEING THE IMPOSSIBLE HAPPEN

I wanted to share the story of one of my clients. He is a six-year-old boy who was adopted internationally. He only weighs about thirty pounds, looks like he's two or three years old, and his cognitive development tests (via mainstream testing) at around sixteen months. (He received nothing but water during his first month of life.) He barely interacted with those around him or with his environment, and he had no verbal skills.

I had been working with him to help restore balance using naturopathic methods. His mother contacted me to say he had suddenly begun crying for two to three hours every morning. I asked permission to do an Emotion Code session on him, and she readily agreed.

After a single session, he stopped having the crying jags immediately and never had one after that. His parents shared that he smiled more and seemed much more at ease at all times of day. We have continued

the Emotion Code sessions and have seen amazing results, for which we praise God. The little boy began interacting with his family in ways he never had before, now responds with appropriate actions when asked questions or given directions and has actually begun trying to verbalize different things. Those are the “big” changes, but he has had multiple other beneficial results from the Emotion Code. His parents had been told none of his advancements were possible, but we know they obviously are. Being used as a tool that allows miracles to occur is a huge blessing in my life. I’m so thankful for the gift of the Emotion Code! —Dr. Pamela R.

The Emotion Code is about clearing away the baggage so that you can be who you really are inside. You are not your emotional baggage, but sometimes your trapped emotions can derail you, or cause you to travel on paths you’d rather not take. Trapped emotions can keep you from living the vibrant, healthy life you are meant to live.

Trapped Emotions and Physical Pain

In addition to obvious emotional pain, millions of people are suffering from physical aches and pains. Many times, there are unseen trapped emotional energies that contribute to or create physical pain.

The next example illustrates how trapped emotions can exert an astonishingly powerful influence over the physical body.

DEBBIE’S BROKEN HEART

Debbie had been a patient of mine for a year or so when she came into my office one day complaining of what she thought might be the symptoms of a heart attack. She had chest pain and difficulty breathing; her left arm was completely numb, as was the left side of her face. She said her condition had been gradually getting worse for about twenty-four hours. I immediately had her lie down and put my staff on alert that we might need medical assistance. After checking her vital signs and finding them to be normal, I tested her body to see if these symptoms were being caused by a trapped emotion. The answer her body gave was yes.

I continued to test Debbie, and quickly determined that the trapped

emotion was heartache. A little more testing revealed that this emotion had become trapped in her body three years earlier. At this point, she burst into tears and exclaimed, “I thought I’d dealt with all that in therapy! I can’t believe that is showing up now!” She explained to me that three years before, her husband had had an affair. The news had been devastating to her. It had destroyed her marriage and wrecked her life for a while, but she’d gradually come to terms with it. She had cried a lot of tears, spent a year in therapy, gotten remarried, and moved on—or so she thought.

Debbie expressed surprise that her past heartache was still affecting her, and in such a dramatic way. How could this event be the source of her physical pain when she’d gone to such lengths to deal with it already? She had done all the things we’re told to do. She’d cried and expressed her feelings, sought the comfort of friends and the advice of therapists, opened up a dialogue with her now ex-husband, and reconciled herself to the fact of her divorce. It had not been easy, and she’d made a lot of important progress. In her mind, she’d dealt with it and put it behind her.

What she didn’t see is what none of us can see. There was a physical effect from her experience that was silent and invisible until she began to manifest symptoms from it. She had dealt with her troubles in every way but one. She was suffering from a trapped emotion.

I released the trapped heartache from her body, and within seconds, the feeling came back into her arm and into her face. Suddenly she could breathe freely, and the chest pain and heaviness were gone. She left the office shortly after, feeling completely fine.

The overwhelming heartache that she had felt during the early days of her breakup had literally become trapped in her physical body. The instantaneous relief of her physical symptoms was astounding to me because the concept of trapped emotions was still new to me at the time. I was left to ponder the mechanism that was at work here. How could a single trapped emotion cause such extreme physical symptoms?

Debbie’s experience is a dramatic example of how trapped emotions can affect us physically, and how traditional therapy cannot and does not attempt to remove them, although traditional therapy certainly

has its benefits. Typically, trapped emotions will not cause symptoms as intense as the ones Debbie experienced. Most are more subtle, yet they exert an imbalancing influence on both mind and body.

SHARON'S MOTHER WAS A PAIN

A patient named Sharon came to my office one day complaining of pain in her abdomen. She told me that the pain felt like it was coming from her right ovary. I tested her to see if the cause of her pain was a trapped emotion, and I found that it was.

Further testing revealed that the exact emotion was frustration, that it had to do with her mother, and that it had become trapped in her body three days earlier. The moment I arrived at this determination, she became quite upset and angrily hissed, "Oh, my mother! She called me three days ago and dumped all this stuff on me! I wish she would just get out of my life and leave me alone!"

I released the trapped frustration from her body, and the pain instantly vanished. Sharon was amazed; she could hardly believe that the pain was entirely and suddenly gone. Even more amazing to Sharon was the fact that her intense frustration with her mother had been the apparent cause of the physical pain she had been suffering for the last three days.

Not only do trapped emotions create physical pain like Sharon's, they also can create muscular imbalances that lead to joint malfunction and eventual joint degeneration and arthritis. I have seen hundreds of cases where acute physical pain instantly left the body upon the release of a trapped emotion.

JIM'S BAD KNEES

Removing trapped emotions can often relieve pain and suffering, even in cases that would be considered hopeless by conventional medicine. This is a letter I received from a former patient whose case certainly fits this description.

JIM'S BAD KNEES

I was your patient for a few years, and I had many physical problems with my legs, knees, and back when I came to you. I was able to

withstand the side effects of the various supplements you prescribed to cleanse my system, and then through your abilities to release the resentments, anger, and fear that I was hanging on to, we were able to achieve a physical position where my knees stopped hurting (I had been told by my doctor that replaced my hips that my knees needed replacing because they were worn out also) and I was able to walk, climb stairs, etc., pain-free for the first time in years. To this day, I am basically active and pain-free. This is not to say that arthritis doesn't come into play as I continue to grow older, but the worn-out knees are still working fine, and for that I am grateful. I wish you the best with your book and pray that it can open the door for others to a healthy life. —Jim H.

People often put up with their pain, and end up simply “living with it,” especially when they cannot find a solution or a reason for it. Pain is the body's way of telling you that there is a problem, and you need to pay attention.

I've observed through many years of clinical practice that people who are suffering from physical pain nearly always find relief, often instantly, when the trapped emotions underlying their pain are released. In fact, about 90 percent of the time physical pain can be thought of as a message from the subconscious mind that trapped emotions are present and need to be dealt with.

Pinned to the Past

I was teaching a workshop in Las Vegas when I had an interesting experience. I asked for a volunteer, and a young woman in her early twenties came up out of the audience. I asked her if she had any major physical complaints that day, and she said no, she was feeling okay.

I performed a muscle test on her to see if she had a trapped emotion, and she did. The emotion was *unsupported*, which is similar to feeling all alone and without help when you really need it.

Through muscle testing, I asked her subconscious mind when this emotion had become trapped. We traced it back to the first year of her life. I asked her if she had any idea what this might be about, and she shook her head.

It just so happened that this young woman had come to the work-

shop with her mother, and they had been sitting together in the audience. At this point, I looked out at the audience and noticed that her mother looked very uncomfortable.

Her hand was covering her mouth, and she looked either frightened or very embarrassed, I couldn't tell which. I asked her if she knew what might have happened, since her daughter didn't remember.

In a very pained and embarrassed voice, she explained, "Well, when Jessica was a baby, I used cloth diapers, which I would fasten with safety pins. There was one occasion when, I'm ashamed to say, I accidentally pinned her to her diaper. She cried and cried, but I didn't realize that she was pinned to her diaper until I changed her again. I can't believe that this is showing up now. I felt so horrible about this back then, and I still feel horrible about it."

I turned to Jessica and asked, "Is that what this trapped emotion is about?" I pressed down on her arm, and it was very strong, indicating that this was indeed the case. I released the trapped emotion, and Jessica sat down again. About two weeks later, I received the following email:

Hi, Dr. Brad.

When you were in Las Vegas, you cleared a trapped emotion for my daughter, Jessica, stemming from infancy. Jessica has suffered from hip and knee pain since about the age of twelve. . . . It has gotten worse as she got older. Since you worked on clearing her trapped emotion of feeling unsupported (about one and a half weeks ago), she has had no pain or constriction in her hips and knees. She has never gone more than a day or two without pain, and because it was worsening, it was beginning to affect her gait. She is ecstatic, and now is experiencing a "new" sense of inner joy. She sends her heartfelt thanks.

Jessica said feel free to share her story. . . . She is certainly telling everyone in Las Vegas about it! Thank you! —Maureen C.

This is another example of a trapped emotion creating physical pain. The event that caused the trapped emotion happened when Jessica was a baby, and she had no conscious memory of it. We don't completely understand why her hip and knee pain did not develop

until she was twelve years old, but the important thing is that now she can move forward without that debilitating pain. Not only are her chances of living a full, healthy life much higher without that pain, but her joints will be healthier and have proper motion, helping to prevent disability down the road.

SONYA'S "WEIRD" PAINS

My mom passed away five years ago from black mold poisoning, and it was a very difficult time for me. Only a few months later, my only son moved out on his own. I was happy for him but also devastated, as he was my life. Then I married a wonderful man. Soon after, I accidentally ran over my beloved little dog, Jack. After surgery and being in critical care for three weeks, he pulled through but required around-the-clock care, which I provided. Though he survived, the guilt I felt was tremendous. During these years, I also had a complete hysterectomy and was working a VERY stressful, nonfulfilling job. I felt so overwhelmed and on the verge of tears many days.

I started having random pains in my right thigh many nights after I'd gone to bed. This pain worsened month by month, then moved to my left thigh. It was so bad that I couldn't sleep, and if I was asleep, it would wake me up. Sometimes it would be only one leg, and sometimes it would be both. The pain eventually moved to my left arm and then my right arm. Then it randomly attacked my whole body. Soon it wasn't only at night; it was much more frequent. I saw several doctors who said it was "weird." All medical tests looked "fine and within normal ranges."

I was also having terrible neck, shoulder, and back pain. I thought it was all due to work-related stress. I ended up with a pinched nerve in my back. I saw a massage therapist, a chiropractor, an acupuncturist, a physical therapist, and eventually I had to take muscle relaxers and pills for the back spasms. No relief. Everyone kept saying it was "weird" or "strange." The pain was exhausting, debilitating, and I was beginning to get depressed. I thought I was going to end up in a wheelchair. It felt like I was standing still while people were shooting at me with paintballs or something. My husband was heartbroken because he didn't know what to do or how to fix it.

The following year, I received my Reiki Levels 1 & 2 certifications and tried working on myself to relieve the pain. It didn't work for me. I felt like I was "unworthy" to do Reiki. Little did I know, "unworthy" was

actually one of the emotions that can get trapped in the body. Then somehow—by the grace of God, I believe—I came across the Emotion Code book. Normally, I have a short attention span when it comes to reading, but I could not put this book down. I finished it and immediately thought that this book should be required reading in schools. It was that good! I started to learn a bit more about it, and within a week of reading the book, I purchased the entire Body Code system due to the vast amount of information it contained regarding the body.

I started working on myself with the Emotion Code, releasing trapped emotions and writing down everything I released in a notebook . . . page after page after page. Many pages later, I no longer have the “weird” random pains attacking my body, and this is just a few months since I discovered the Emotion Code. I also no longer have the deep, dark sadness that I was feeling about so much death and loss in my life.

I prayed about all of this and asked God if this was good and true, and the answer I received back was yes, that it was truth and good. I decided that I could do so much good helping others and all of God’s creatures with this information. We ALL suffer at some point in our lifetime, whether we are human or animal, and we ALL deserve to be free of the suffering, in whatever form it is. That is why I decided to become an Emotion Code practitioner myself . . . to bring relief to all that I can. So I began my certification process. I have also started working on my son, Christopher; my husband; and my animals. My passion has always been helping the animals as they are often left out and neglected and they so generously give of themselves to us, asking for nothing in return.

Looking back over my life, beginning with childhood, being in a car accident that took my father’s life (I was thirteen, he was thirty-five), high school, a nasty divorce, having unfulfilling careers, then practically “losing” my whole family (either through death, distance, or circumstance), it is no wonder I have manifested all of these “diseases,” surgery-requiring symptoms, pains, and such. Who knows what else was lurking behind and “growing” inside with each and every ugly trapped emotion, building and building on top of each other. I feel so blessed to have found this. I tell my husband that I got the most painful part of my life over with so that I can live the remaining part with love and purpose. So grateful!!! —Sonya M.

Of course, not all physical pain is caused by trapped emotions. But isn't it interesting to contemplate that they can cause or contribute to physical pain?

I have come to understand that trapped emotions seem to be involved, to one degree or another, in nearly every illness I have encountered. How is this possible?

Trapped Emotions and Disease

The most ancient idea in the art of healing is that disease is caused by imbalances in the body. Trapped emotions are the most common type of imbalance human beings suffer from. I believe that trapped emotions can be implicated in nearly all diseases, either directly or indirectly.

Trapped emotions seem to be universal. Because they create distortion in the body's energy field, and because they are completely invisible, they can cause an incredibly wide variety of physical problems without being discovered. Here are a few examples that have been reported by Emotion Code user Laurie W.:

Claudia was scheduled for an eye operation. After Emotion Code work, her doctor called off the operation as she had healed on her own.

Catherine had tremendous anxiety in cars after a traffic accident she was in, in which her sister had died. The Emotion Code made a huge difference. She's finally able to travel by car.

Baby Sam consistently woke up several times during each night. We discovered and released some trapped emotions from his traumatic birth using the Emotion Code. He had been delivered by the use of forceps. His nights and his parents' nights have been much better since releasing the trauma energy, since he now sleeps through the night.

Camille suddenly felt completely hopeless about her career, and depressed in general. A month earlier, she had lost her pet in a traumatic accident. After using the Emotion Code to release all the trapped emotions around this loss, she felt that a dark cloud had lifted that very evening.

Trapped emotions are truly epidemic, and they are the insidious, invisible cause of much suffering and illness, both physical and emotional in nature.

Trapped emotions lower immune function and make the body more vulnerable to disease. They can distort body tissues, block the flow of energy, and prevent the normal function of organs and glands.

Below is a list of conditions and diseases that my patients have come to me with where trapped emotions appeared as a contributing factor, and many times as the entire cause.

ADD/ADHD	Eating disorders	Multiple sclerosis
Addiction	Eye Pain	Neck pain
Allergies	Fibromyalgia	Nerve pain
Anxiety	Headaches	Night terrors
Asthma	Heartburn	Nightmares
Autism	Hiatal Hernia	Panic attacks
Autoimmune issues	Hip Pain	Paranoia
Back pain	Hypoglycemia	Parkinson's disease
Bell's palsy	Immunity issues	Phobias
Bipolar disorder	Impotency	PTSD
Cancer	Infertility	Self-sabotage
Carpal tunnel synd.	Insomnia	Sexual dysfunction
Chest pain	Irritable bowel synd. (IBS)	Shoulder pain
Chronic fatigue synd.	Joint pain	Sinus problems
Colitis	Knee pain	Social anxiety
Constipation	Learning disabilities	Suicidal thoughts
Crohn's disease	Low back pain	Tennis elbow
Depression	Low Self-esteem	Thyroid problems
Diabetes	Lupus	Vertigo
Dyslexia	Migraines	Weight issues

I am not saying that releasing trapped emotions is a cure-all. The Emotion Code should not be used by itself in attempting to address any major disease or medical condition, but rather, it should be looked upon as an adjunct therapy. When trapped emotions are contributing to physical illness, removing them can only help.

The Emotion Code is easy to use, and it is precise. Sometimes the release of a trapped emotion will bring about an instantaneous and dramatic effect; but most of the time, the effects are more subtle. Either way, their release often seems to bring a greater sense of contentment and peace.

A LIFE CHANGED

I wanted to share my experience after receiving several Emotion Code sessions.

Gone are my fear of heights and my need to exercise to calm my mind.

I feel significantly more connected to self and others, with an increased sense of belonging, feeling more confident and secure. I have increased peace of mind, an increased sense of joy and happiness, and an increased ability to deal with family issues and put things in perspective.

My sleep and digestion have improved. I feel an increased ability to communicate with others, along with an increased appreciation for my mom and dad.

I feel an overwhelming increase in openness of my heart and sense of freedom.

All of my negative self-talk, my need for therapy, my tendencies to take things personally, my constant anxiety and worry, and my hip pain are all gone.

It feels as though the past traumas in my life have disappeared, and I feel much lighter!

I am so, so GRATEFUL! —Laura J.

If you are anything like the thousands of people who have discovered the power of this healing modality, you'll also find that the Emotion Code can bring a new joy and freedom to your life.

It will give you a greater feeling of serenity because you will be freeing yourself from your old emotional baggage. The results can bring balance, a new inner calm, and profound healing, even if nothing else has helped before.

2

THE SECRET WORLD OF TRAPPED EMOTIONS

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

—Thomas A. Edison

By now you are probably wondering whether you have any trapped emotions yourself, and what they might be. Everyone has trapped emotions, because everyone has had difficult experiences in life. Even a temporary struggle or a particularly bad day can produce a trapped emotion. Below is a list of circumstances that will likely result in trapped emotions:

- Divorce or relationship problems
- Feelings of inferiority
- Financial hardship
- Home or work stress
- Internalization of feelings
- Long-term stress
- Loss of a loved one
- Miscarriage or abortion

- Negative feelings about yourself or others
- Negative self-talk
- Neglect or abandonment
- Physical illness of yourself or a loved one
- Physical or emotional combat
- Physical trauma
- Physical, mental, verbal, or sexual abuse
- Rejection

This list is by no means all-inclusive. The only way to know whether you have trapped emotions is to ask the subconscious mind. This can be done quite easily, but first a little explanation is in order.

Conscious vs. Subconscious

First, let's discuss the difference between the conscious and the subconscious mind.

Here is a simple way to look at it. It has been said many times that we humans use only a fraction of our brains. Recent studies have found, in fact, that the conscious mind needs almost none of the brain's total resources. In other words, thinking, moving about, making choices, planning, seeing, hearing, tasting, touching, and smelling are all conscious activities that take up a minimal portion of the processing power of the brain.

If this is true, what is the vast remainder of the brain doing? If the conscious mind takes up such a tiny fraction of your brainpower, we can refer to the rest of it as the subconscious mind. This silent and unconscious intelligence within you is constantly busy storing information and keeping your body's systems running efficiently. It is also important to understand that the subconscious mind exerts an unseen yet profound influence over the things we do, and over how we behave and feel.

Most people give little consideration to the existence of their subconscious minds. But imagine for a moment having to take over the functions that your subconscious mind performs. Imagine the difficulty

of instructing your digestive system on how to digest your lunch, or telling your cells how to create enzymes and proteins. Imagine if you had to worry about keeping your heart beating or keeping air moving in and out of your lungs every moment of every day. And you think you have a full schedule now!

Like a computer, your subconscious mind is capable of storing vast amounts of information.

And interestingly, brain surgery is often done while the patient is conscious, since the brain has no pain-sensing nerves. Surgeons take advantage of this fact to get feedback from their patients while their brains are being delicately probed during surgery.

Dr. Wilder Penfield discovered that under certain circumstances, people who are undergoing brain surgery will have memories return to them when particular areas of the brain are stimulated. For example, the surgeon might touch an area of the brain with his electrode and the alert patient suddenly will remember a scene, a smell, or a sound from a particular moment in their life.¹

Often these flashes of memory are about events or scenes that would not be remembered under normal circumstances. If the same area of the brain is touched again with an electrode in the same precise spot, the same memory will be reexperienced.

If you are like me, sometimes it seems difficult to remember what happened yesterday. I believe, however, that your subconscious mind is an amazing recording device.

I believe that everything you've ever done in your entire life has been logged in your subconscious mind.

Every face you've ever seen in a crowd, every smell, every voice, every song, every taste, every touch, and every sensation you have ever experienced has been recorded by your subconscious.

Every virus, bacteria, or fungus that has ever invaded your body, all your injuries, all your thoughts and feelings, and the entire history of every cell in your body have all been archived. Your subconscious is also aware of any trapped emotions your body may be harboring, and it also knows exactly what effects these trapped emotions are having on your physical, emotional, and mental well-being. All of this information and more is tucked away in the subconscious mind.

The Computer-Mind

Your subconscious is also aware of exactly what your body needs in order to get well. But how can you access this information?

I began asking myself that question when I was in chiropractic school. I learned that the brain is essentially a computer, the most powerful computer in the known universe. This made me wonder if healers would ever be able to tap into the immense power of the brain, to find critical information about what was wrong with their patients.

During my years of practice, I learned that it is actually possible to retrieve information from the subconscious mind, using a form of kinesiology, or muscle testing. First developed by Dr. George Goodheart in the 1960s as a way to correct structural imbalance in the skeleton, muscle testing is now widely accepted. While many physicians worldwide use muscle testing procedures to correct spinal misalignments and other imbalances, the fact that muscle testing can be used to get information directly from the subconscious mind is less recognized.²

Talking to the Body

The ability to open a line of communication with a patient's subconscious mind through muscle testing became a powerful tool for me. It enabled me to discover what a patient needed in order to get well, as quickly as possible. I came to implicitly trust the wisdom of the subconscious and to have great faith in the body's innate ability to communicate that wisdom to me through muscle testing. Many years of teaching seminars to both laypeople and doctors has taught me that anyone can do it. Anyone can learn to get answers from the body, and anyone can take the necessary steps to help the body heal. You don't have to be a doctor or have any other training; you just have to be willing to learn.

Sharing this marvelous knowledge with the world has become my life's mission. It took much prayer and effort to refine the Emotion Code, and now it is simple enough that anyone can learn it. You will soon have all the knowledge you need to begin using this method on yourself to remove trapped emotional energies from your body.

Negative vs. Positive Stimuli

Before I can teach you how to get information from your subconscious mind, you must understand one basic principle: all organisms, no matter how primitive, will respond to positive or negative stimuli. For example, plants grow toward sunlight and away from darkness. An amoeba in an aquarium will move toward light and away from darkness. If a drop of poison is placed in that same aquarium, the amoeba will move away from that poison and head toward cleaner water.

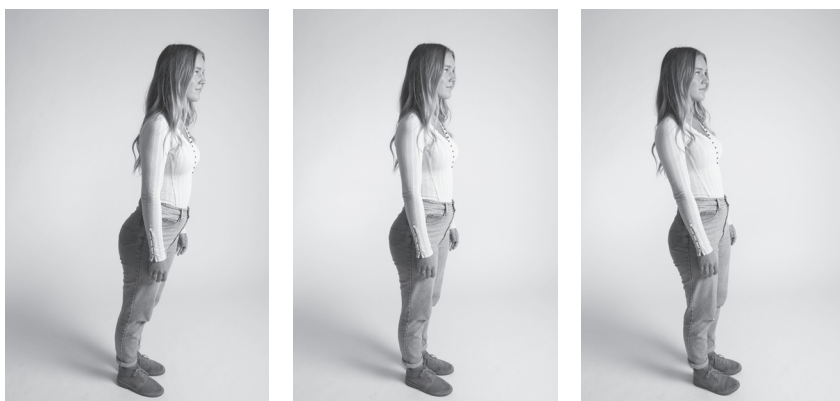
On a subconscious level, the human body is no different.

Your body will normally be drawn toward positive things or thoughts and repelled by negative things or ideas.

In fact, this has been going on all your life, without your even being aware of it. If you will allow yourself to quiet your conscious mind and tune in to your body, you will learn that your subconscious is quite able to communicate with you.

Are you ready to let your subconscious mind speak to you?

The Sway Test



The simplest method I know of to get answers from your subconscious mind is called the Sway Test. You will learn other methods of muscle testing later on in this book, but the Sway Test is extremely simple to learn and does not require the assistance of anyone else, so it can be used when you are alone.

To try the Sway Test, assume a standing position and make sure

you are comfortable. The room should be quiet and free of distractions, including music and television. It will be easiest for you to learn if you are alone or with someone who is learning along with you.

Here's what to do:

- Stand with your feet shoulder-width apart so that you are comfortably balanced.
- Stand still, with your hands by your sides.
- Let go of all your worries and relax your body completely. Close your eyes if you are comfortable doing so.

Within a few seconds, you will notice that it is actually impossible to stand perfectly still. Your body will continually shift its position very slightly in different directions as your muscles work to maintain your standing posture. You will notice that these movements are very slight, and are not under your conscious control.

When you make a positive, true, or congruent statement, your body should begin to sway noticeably forward, usually within less than ten seconds. When you make a negative, untrue, or incongruent statement, your body should sway backward within the same time frame.

I believe that this phenomenon occurs because of how you are used to perceiving the world around you. In spite of the fact that your environment surrounds you completely at all times, on all sides, you are used to dealing only with what is directly in front of you at any given time. When you drive a car, when you walk, when you eat, when you work at your desk, you are constantly dealing with the world in front of you, not the world behind you or to the sides of you. When you make any kind of a statement, your body perceives that thought as if it were like anything else it has to deal with, like a file on your desk or food on your plate. Essentially, you can think of the statement you make as being right in front of you, ready to be dealt with and processed.

When you are ready, simply state the words “unconditional love.” Keep this phrase in your mind and try to feel the emotions that are connected with this idea. In a few moments, you should feel your

body begin to sway forward. Like a plant growing toward the light, your body will gently sway toward the positive energy of that thought. The movement of your body toward this thought may be more sudden than gradual in some cases, and it may surprise you!

Now clear your mind and say the word “war.” Try to feel the emotions that are connected with this thought. Just as any organism will automatically move away from a poisonous or harmful substance, your body should move away from the thought of war. You should notice that your body, within ten seconds or so, will begin to sway backward.

It is very important that you don’t try to force your body to sway either forward or backward. Simply allow your body to sway on its own. You are giving your subconscious mind its first opportunity to speak to you in this very direct way, and it must be done gently for the best result. It will become easier with practice.

Now try making a statement that you know to be true. State your name out loud, saying, “My name is ____.” If your name is Alex, for example, you would say, “My name is Alex.” Your subconscious mind knows what is congruent or true. When you make a true statement, you’ll feel your body begin to gently sway forward, because your body is drawn toward positivity, congruence, and truth.

Now you can try making an untrue or incongruent statement. If your name is Alex, for example, you might say, “My name is Chris,” or “My name is Kim.” As long as you choose a name that is not your own, your subconscious mind will know that this statement is incongruent or untrue. Once you have made this statement, if you keep your mind clear of other thoughts, you should feel your body begin to sway backward within a few seconds. This is because your body is not only repelled by negative thoughts such as “war” but also repulsed by incongruence and falsity.

Keep Your Mind Clear

Make sure to keep your mind clear of other thoughts after making your statement. If your thoughts are wandering, it will be difficult for your subconscious mind to determine exactly what it is you are after. What if, for example, you make a positive or true statement but then immediately begin thinking about the argument you had with your

spouse last night? You will probably sway backward, because the memory of that event is negative, and your body will naturally want to move away from it.

It is important to have patience with yourself. When you are first learning this method, it may take a little longer than expected for your body to sway. Don't get discouraged if this happens.

Your body's response time will shorten significantly the more you practice. The most challenging aspect of this form of testing for some people is that it requires them to give up control for a few moments and allow their body to do what it wants to do. For some, giving up control is not easy. Nevertheless, this is a simple skill to learn, and it shouldn't take you very long to become proficient.

The main thing is to stay focused on whatever statement or thought you have chosen. Just keep your mind calm, and allow your subconscious to communicate with you through the mechanism of your physical body.

If for any reason you are not physically able to perform this test, don't worry. There are several other options, which I will outline for you in chapter 5.

Do You Have a Trapped Emotion?

As soon as you think you have the hang of it, you are ready to put the Sway Test to good use. Make this statement: "I have a trapped emotion." Alternatively, you can phrase it as a question: "Do I have a trapped emotion?" Your body will most likely sway forward, giving you an affirmative answer that you have at least one trapped emotion. If your body sways backward, don't assume that you are free of trapped emotions just yet. This may mean that your trapped emotions are buried a bit deeper and might take a little more effort to uncover, but it's not a problem. I will discuss how to find and release this type of trapped emotion later on.

What Trapped Emotions Are Made Of

Everything in the universe is made of energy, whether that energy manifests in physical form or remains invisible to us. It is the particular arrangement of these energies, and their specific rates of vibration, that

determine how they will appear to us. At the most basic level, everything that exists is made of the same stuff—energy. Not only are you made of energy, but other forms of energy are passing through your body at this very moment. Energy that we cannot see is all around us in the form of radio waves, X-rays, infrared, thought waves, and emotions.

We are like fish swimming in a sea of energy. Energy is the stuff from which all things are made; it is in all things and through all things, and it fills the interspaces of the universe.

We can feel energy when it is in the form of emotions, and if negative emotional energies become trapped within us, they may adversely affect us. Trapped emotions are made of energy, just as energy makes up our bodies and everything else in existence.

Where Our Emotions Come From

Thousands of years ago, ancient physicians were astute observers of the human body. They found that people whose lives were dominated by a certain emotion would have corresponding physical ailments. For example, people whose lives were ruled by anger seemed to suffer from liver and gallbladder trouble. People who dealt with excess grief would often suffer from lung or colon trouble. Fearful people seemed to have kidney and bladder problems.

Eventually, a correlation was made between the emotions we experience and the various organs of the body. It was believed that the organs themselves actually produced the emotions that people felt.

In other words, if you are feeling fear, your kidneys or bladder are creating that particular energy or vibration. If you are feeling grief, it is being produced by your lungs or your colon, and so on.

Of course, we now know that certain areas of the brain are activated when we feel certain emotions. We also know that there is a biochemical component to the emotions that we feel. In her book *Molecules of Emotion*, Dr. Candace Pert clearly explains this biochemical side of our nature.³

There is an energetic side to our nature as well, and there is an energetic component to our emotions that is only now beginning to be explored by modern science.

After much experience gained from clinical practice, I am con-

vinced that the organs in the body really do produce the emotions we experience. The ancient physicians were right. If you are feeling an emotion of anger, it's not coming entirely from your brain; the energy of the emotional vibration you are feeling is actually emanating from your liver or gallbladder. If you are feeling the emotion of betrayal, the emotion is emanating from your heart or your small intestine.

Take a look at the Emotion Code Chart on the facing page. Notice that each row contains specific emotions produced by one of two organs. For example, Row 1 lists the emotions produced by the heart or small intestine. Yes, strange as it may seem, these two organs produce the same emotional vibrations in the body. All the other organs listed on the chart produce the emotions in their respective rows. For our purposes, it doesn't matter which organ a trapped emotion originally emanated from, as long as we can identify the emotion and release it.

Remember that we used to think the body and the mind were separate and distinct, but the dividing line has now blurred to the point where we don't know where the influence of one begins and the other ends.

Your *entire body* is intelligent, not just your brain. Your organs are separate intelligences within your body that perform certain functions and produce specific emotions or feelings.

People are usually surprised to learn that the various organs in our bodies produce the emotions that we feel. Yet there are correlations to this principle in life that are quite distinct, although they escape the attention of most physicians.

Identifying Exact Vibrations

There are many different words to describe the various ways we feel, and this varies from language to language. For example, in English, we describe the various shades of anger in words such as "rage," "fury," "irritation," "aggravation," "vexation," "riled," "annoyed," and "irate." What is important to recognize is that we are looking for vibrations when we use the Emotion Code, and that the words we use to describe our nuanced feelings become less important.

If the exact emotion you experienced and are now looking for is not listed on this chart, your subconscious mind will direct you to the



DISCOVER HEALING

The Emotion Code™ Chart

© 2018 Discover Healing	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

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emotion that is closest to it. As a result, this chart of sixty emotions covers the entire range of emotions we experience, and will be all you will ever need to use the Emotion Code.

For a list of definitions of each emotional vibration, see page 305.

DID TRAPPED EMOTIONS KILL DANA REEVE?

In 1995, the famous American actor Christopher Reeve became paralyzed from the neck down following a horse-riding accident. Many people were touched by the unfailing devotion of his wife, Dana, and were shocked and saddened when she died at the age of forty-four, less than eighteen months after her husband's death.

Dana Reeve was a nonsmoker who died of lung cancer, and although conventional wisdom holds that her death was due to secondhand smoke, I believe otherwise. The lungs produce the emotion we call grief, and an overabundance of grief will certainly lead to the creation of trapped emotions, often affecting the parent organ. Dana Reeve certainly had reason to grieve, and I believe that trapped emotions—grief among them—were at least partly responsible for her death, and perhaps entirely responsible.

Another example can be found in the way that alcohol affects people. We all know that people who become alcoholics often die of liver disease. But we also know that many people who drink can become quite angry and violent when under the influence. Alcohol is broken down and processed by the liver, and too much alcohol overstimulates the liver. When you overstimulate or overload an organ, it will produce more of the emotions that it is designed to produce. The liver produces feelings of anger, among others. This is the mechanism that is often at work when drinking results in violence.

If you have an organ that is diseased, overloaded, or imbalanced in some way, the emotions created by that organ will often be more frequent and more intense.

Trapped emotions are always found to have emanated from a particular organ, no matter where that trapped emotion lodges in the body. For example, a trapped emotion of anger may have originally emanated from your liver, but it may come to rest anywhere in your body. It's

important to realize that any emotion that becomes a trapped emotion may lodge literally anywhere in the body.

Correlations between the organs and our emotions are both fascinating and important to our understanding of how our bodies really work. It all goes back to the ancient art of energy healing.

Energy Medicine

Energy healing is one of the oldest practices known in the world today. Since 4000 BCE, healers have understood that our health greatly depends on the quality of energy that flows through and makes up our bodies. In Chinese medicine, that energy is called *qi* or *chi*. In Ancient Indian or Ayurvedic medicine, this energy is called *prana*. Imbalances in this energy may deeply affect our physical and mental health.

We can compare this energy to electricity. We can't see electricity, but we can feel it. Electricity is colorless and odorless. It is invisible, yet it certainly is real. If you've ever stuck your finger in a light socket or been shocked getting the toast out of a toaster, then you know what I mean.

As human beings, we are used to perceiving things in a way that conforms to our belief systems. We form our beliefs about the physical world at an early age. We learn that if we fall off the monkey bars at school, we will meet the ground with a painful thud, yet we could never imagine that both the ground and the monkey bars, as solid as they seem to us, are actually made of vibrating energies. We may like to think that the world around us is exactly as we are used to seeing it, but Einstein, Tesla, and others have shown us that the universe is really much more complex and wonderful than we ever could have imagined.

The Quantum World

You've probably heard that old saying "I know it like the back of my hand." But how well do you really know the back of your hand?

Take a look at it. Your eyes see the surface of your skin, with its wrinkles, fingernails, and little hairs. You know exactly how the back

of your hand looks from that perspective. But if you magnify your hand under a microscope, you won't see the same skin and creases you've become so familiar with. Instead, you might think you are looking at the surface of a strange planet, covered with hills and valleys.

Turn up the power on your microscope, magnifying your skin twenty thousand times, and you'll see a field of swarming cells. Magnify it a lot more and you'll see molecules. Magnify those molecules and you'll see the atoms that make up those molecules. Magnify those atoms and you'll see the subatomic energy clouds that make up those atoms—the electrons, the protons, the neutrons, and other subatomic particles. It's still the back of your hand, but it looks nothing like the hand you know.

If you glance at it now, your hand looks solid. Slap it down on the table and it makes a nice, substantial thud. Your hand may seem solid, but there's actually a lot of empty space there. At the subatomic level, there are vast distances between each spinning electron. Atoms are 99.99999999 percent empty space. Your hand is 99.99999999 percent empty space! If you could remove all the empty space from these atoms, your hand would become so small you would need a microscope to see it. It would virtually disappear, although it would still weigh the same and contain the same number of atoms.

It might take a moment to comprehend this idea. Your hand seems solid, but it is made of dynamic energy in constant vibration. In fact, physicists now understand that the so-called subatomic particles that make up the atom are not really particles at all. They measure the contents of the atom in “energy units” instead, because it's so much more accurate.⁴

Thoughts Are Energy

Like everything else in the universe, the thoughts that you create are made of energy.

Thought-energy has no boundary. Your thoughts are not confined to a certain volume and location like your physical body.

While we like to think that all of our unspoken thoughts are private and that they are confined to our own heads, it's not true.

Each of us is like a radio station, constantly broadcasting the en-

ergy of our thoughts, which emanate from us and fill the immensity of space, touching all those around us for good or ill.

This doesn't mean that we can read other people's minds, but the energy of other people's thoughts *is* detected to some degree on a subconscious level. Try staring intently at the back of someone's head in a crowd, and inevitably they will turn and look right at you before long. Lots of us have had this experience; if you haven't, try it. It works every time!

We Are All Connected

The reality is, the entire human family is connected by energy. When people are suffering and dying on the other side of the planet, we feel their distant cries and anguish on a subconscious level, and we are darkened by it. When something tragic happens in the world, the whole world feels it subconsciously and is affected by it. On the other hand, when wonderful things happen in the world, we all are brightened together.

The connectedness that we all have will often manifest as subtle thoughts that float up from the subconscious level to our conscious minds.

This energy connection seems strongest between a mother and her children. Mothers often seem to be able to sense when one of their children is in trouble. We call this mother's intuition, and my own mother had it in spades. Our connection to our own mothers is perhaps strongest because of the spiritual umbilical cord that binds us to them.

A powerful example of this energetic connection is what happened to one of my patients a number of years ago. She was sitting at home one night, watching television with her husband. Suddenly she began experiencing severe, hammering pains throughout her body, which inexplicably moved from one area to another. The violence of the attack was terrifying, and when it was over, she was greatly relieved but exhausted and frightened. She had never experienced anything like this before and had no idea what had gone wrong in her body. Her attempts to explain this bizarre and excruciating attack baffled everyone, including her doctor.

Three days later, she got a phone call from her son, who was working in the Philippines. He was calling her from his hospital bed and told her that he had been severely beaten by the local police a few days before. When they compared the time of his beating to the time of her experience, they were one and the same. Somehow, she was connected enough to her son to literally “feel his pain.” Talk about mother’s intuition!

Thoughts Are Powerful

Your thoughts are immensely powerful. Whenever you say what you’re thinking or write something down, you’re using the energy of your thoughts to affect the world around you. It is through thought, belief, and intention that all things happen.

Scientific experiments have repeatedly shown that thoughts can directly influence the rate of growth in plants, fungi, and bacteria. William Tiller, a physicist at Stanford University, has shown that thoughts can affect electronic instruments.⁵

Studies have proven that when the energy of one person’s thought is directed intentionally, it can impact someone else, regardless of whether they are nearby or all the way around the world.

Depending on whether the person focusing the thought uses calming or activating imagery, for instance, they can create a greater sense of relaxation or anxiety in the targeted person. The effect is so distinctive that it can be measured in a laboratory by galvanic skin response, a highly sensitive method of measuring electrical changes in the skin.⁶

Imagine how your own thoughts affect you. Everyone has some kind of internal conversation at times. What do you say to yourself? Many people criticize themselves far more often than they praise themselves. Negative self-talk may be hurting you more than you realize.

What about other people around you? Do you ever wonder if others can sense how you feel about them? Other people’s subconscious minds are continually detecting the vibrations of your thoughts. Have you ever had a moment with a friend when they blurted out just what you were thinking? Have you ever instinctively known who was calling

you before you answered the phone? These are not coincidences; they are evidences of the power of thought energy.

Finding trapped emotions using the Emotion Code is along the same lines as detecting the vibration of another person's thoughts or feelings. The difference is that you can ask the subconscious mind and actually get definitive answers from the body through muscle testing, which is much more precise than guessing. Then you can release the trapped emotions and know with certainty that they are permanently gone.

Serendipity vs. Precision

Any alternative-health-care practitioner can tell you that almost everyone carries around old emotional energies from their past. Our physical bodies hold on to trapped emotions, and doctors and body workers are aware of this because often a simple touch can bring out a flood of emotions and memories in a patient. Nearly every practitioner I know—from chiropractors to energy workers to massage therapists—has had the experience of provoking an unexpected emotional release in a patient as the body let go of the energy it had been holding on to. Releasing those trapped emotions can result in profound and immediate healing. While any emotional release that occurs in this serendipitous way is welcome, this is usually not the intention of the therapist, and any emotional release that occurs is only accidental.

The Emotion Code approach, however, is much more deliberate. I sometimes think of it as “emotional surgery” because we are searching out the trapped emotions with a clear intention of removing them. Nothing is left to chance. Trapped emotions are potentially so destructive that you need to find them and get them out of your body, and then confirm that they have been released. The Emotion Code helps you do exactly that in a precise and simple way.

Trapped Emotions and Children

One of my early experiences with trapped emotions happened with my son Rhett when he was a toddler. Rhett and Drew are fraternal twins, and they were about as different as two boys can be. Drew

was always very affectionate with both my wife and me. Rhett was very affectionate with my wife, Jean, but developed some sort of hang-up about me around age three. When I would try to hug him or snuggle with him, he would push me away and say, “Bad doctor! Away!” At first we thought he was just passing through some kind of stage. We assumed that he would grow out of it, but his negative feelings toward me persisted for over a year. It was a source of heart-ache and frustration for me. I didn’t understand why my little boy felt this way about me.

One evening, Jean and I were sitting and talking together. Rhett was sitting on Jean’s lap. I opened my arms to him to give him a hug. Again, he pushed me away and said, “Bad doctor! Away!” This time it felt like my heart might break. I could feel the heartache welling up within my chest, and I felt like I was going to cry. My wife said, “You know, maybe he has a trapped emotion.”

Up until that point, we had only treated adults for trapped emotions. We decided to check Rhett and see. Using the Emotion Code, we found that he did have a trapped emotion. The emotion was *grief*. But he hadn’t created this emotion; it had actually originated with me! In fact, it didn’t even have anything to do with Rhett. My daughter and I were having an argument one day; I experienced an emotion of grief, and Rhett witnessed the argument and absorbed that negative energy into his body. (We’ll discuss absorbed trapped emotions like this later on.)

We released the trapped grief, and to my amazement, Rhett walked right over to me and put his arms around me. As I cried and held my little boy, I was astonished and excited at the same time. If my son could be changed so instantaneously by simply removing a trapped emotion, then how many other children could be helped?

THE PILOT’S DAUGHTER

The next day in my clinic, I was talking with a patient about what had happened with Rhett. She said, “You know, I think my little girl might have a trapped emotion. My husband is an airline pilot. Every week he’s gone for several days in a row, and when he comes back, our six-year-old daughter will run and hide from him. She just won’t

have anything to do with him when he comes home from his trips, and it breaks his heart.”

She brought her daughter to the office the following day, and I found that the little girl did have a trapped emotion about her father. In this case, the trapped emotion was *sorrow*. It was her own sorrow about her father leaving and being gone for days at a time. At some point, she had felt this emotion strongly enough that it overwhelmed her body, and the emotion became trapped. This emotional energy was exerting a very strong subconscious influence and was affecting her behavior toward her father. We released the emotion, and mother and daughter went home.

The following week, the mother returned to the office and said, “Doctor Nelson, your emotional treatment really works. My husband was away when I came in and had my daughter treated. A few days ago, my husband came home from overseas, and when he opened the door, our little girl ran and jumped into his arms. She has never done that, ever! He is thrilled! Thank you so much.”

DREW AND HIS TRAUMATIC BIRTH

By the time our twin boys were four years old, Rhett was very articulate and talkative. Drew was just the opposite, so much so that my wife and I began to grow concerned. At four years old, Drew still wasn’t speaking in sentences; in fact, he rarely said a word. When he started to speak, he’d often put his hand over his mouth, as though he was afraid to say anything.

He seemed fearful in general. When we went to the neighborhood pool, Rhett jumped right in, but Drew only ever stood at the edge of the water, looking anxious. He was overly cautious about trying anything new. He was claustrophobic and also feared being locked out of the house or left behind anywhere. If he went outside to play and the door closed behind him, he would panic and scream.

Psychological testing showed that Drew had a high IQ but was not developing at the same pace as other kids his age. Hearing tests showed that his hearing was normal. There seemed to be no explanation for what was going on with Drew.

After our experience with Rhett, we wondered if Drew might

have trapped emotions, too. Little did we realize that they were the actual cause of his troubles.

As we tested him, we quickly found a number of trapped emotions that were the result of traumatic things that had happened on the day he was born and shortly thereafter.

Jean's labor and delivery had been very long, lasting twenty-two hours total. Rhett was born first. He looked beautiful and content and immediately went to sleep. Drew was born fourteen minutes later and emerged blue and limp, looking really rough. A team of doctors circled around him, unsure if he would make it. His condition was critical.

He pulled through, but the next ten days or so continued to be very traumatic. We had taken both of the babies home when they were a couple of days old, but Drew had to be readmitted to the hospital for testing because he was unable to keep any breast milk down and was rapidly losing weight. We were told that he had picked up a life-threatening infection during his first few days. The doctors had to do a spinal tap on his tiny body and administer antibiotics intravenously to save his life.

Against our wishes, Jean and I were ordered out of the room for this procedure. We were unable to comfort Drew in any way and could only listen helplessly as he screamed in terror while the doctors repeatedly tried to insert the needles into his tiny veins and into his spine.

We didn't dwell on Drew's traumatic experiences ourselves, and we never discussed these events with him when he was a child. It was very upsetting for us to even think about them. Four years later, as far as we knew, he had no memory of these events, but he did have a lot of fear about a lot of things.

One by one, we found and released the trapped emotions that related to these traumatic events. We were amazed by what Drew had perceived as an infant and how deeply it had scarred him emotionally. He probably expected that coming into the world would be wonderful. Instead he came into an incredibly painful situation that he could scarcely cope with. It was like being born into hell. As you might imagine, he had trapped emotions of fear, terror, and abandonment. Undoubtedly, these were the exact feelings he'd had during the emergency-room procedures that we all found so difficult to endure.

Drew had also developed a trapped emotion of panic while he was in the womb waiting in line behind his reluctant brother, who was in no hurry to emerge from his dark and comfortable home. This trapped emotion of panic proved to be the reason behind his claustrophobia.

In addition, he had a trapped emotion of anger that he had inherited from his grandfather. It was actually this inherited anger that was making him reluctant to talk. He was afraid that he would hurt someone with his words, which explained why he would always cover his mouth when he spoke. We released all of these trapped emotions and retired for the night.

The next morning at breakfast, we couldn't believe the difference! Drew was a little chatterbox. Suddenly, and for the first time in his life, he was speaking in complete sentences. Without the trapped emotions keeping him attached to the traumas of the past, he was able to let go of his fears. His claustrophobia vanished, along with his fearful attitude. He was free to become bright, happy, and inquisitive.

As time went on, I realized more and more how problematic and even devastating trapped emotions can be for children and adults. Here are a couple more stories submitted by Emotion Code users that illustrate how the Emotion Code can relieve suffering for children.

SINGING IN THE SHOWER

I did the Emotion Code on Easton, a ten-year-old boy. He was very sad and upset about his mom and stepfather separating. That day he was very disinterested in his speech therapy session. I released several trapped emotions, like crying, longing, panic, insecurity, and grief. I texted his mom, and she said he was currently singing loudly in the shower. We talked about the timing and found that he had started singing just after I finished his session!

His mom asked him, "Wow, you are in a good mood; what is making you so happy?" He said, "I don't know, I'm just ecstatic, but I don't want you thinking that taking showers makes me happy!" —Renee L.

TUMMY TROUBLE

We were planning a long trip to see my husband's dad last summer, and the day before departure, my six-year-old son was beset with severe stomach problems. He was keeled over and crying by early afternoon, and out of nowhere, I was prompted to see if there were

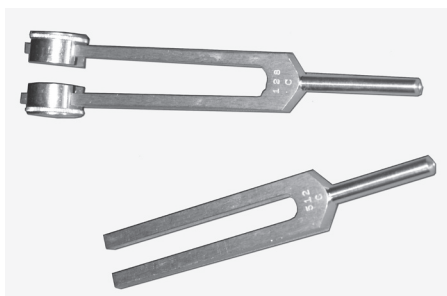
any trapped emotions contributing to his pain. I had him lay on my bed tummy down and I Sway Tested to find out. I cleared three trapped emotions: lack of control, sadness, and inherited low self-esteem. The low self-esteem was trapped by his great-grandpa, the father of the grandpa we were setting off to visit. As soon as I was finished, he jumped off the bed and skipped away as if he hadn't been vexed for five hours prior. —Safire T.

Trapped Emotions Are Common

Often, when someone has been through a traumatic or intensely emotional event, such as a car accident, an argument, or a divorce, they will have trapped emotional energy about it. However, not every emotional event will create a trapped emotion. The body is designed to deal with emotional energy in the normal course of events. So when an emotion becomes trapped, it's partly because of extenuating circumstances. This can happen during times when we are vulnerable in some way, such as by a weakened immune system or by being overly tired or otherwise off-balance. When our bodies are not at their best, we are more susceptible to developing trapped emotions.

The Resonance of Trapped Emotions

Each trapped emotion resides in a specific location in the body, vibrating at its own particular frequency. That emotional vibration will cause surrounding tissues to vibrate at that same frequency. We call this phenomenon *resonance*.



In my seminars, I use tuning forks to demonstrate how powerfully our universe responds to resonance. One of my tuning forks vibrates at 512 Hz. The sound it makes is very high-pitched. The tines of the other tuning fork are a different size. That fork vi-

brates at 128 Hz and makes a much lower-pitched sound.

If you were to place any number of different-sized tuning forks in a room and strike one of them, all the other tuning forks of that par-

ticular frequency would start humming very faintly. If you stopped the sound coming from the tuning fork you struck, all the others would keep vibrating. It's not because of some natural affinity between tuning forks. This is the way our universe works.

If you strike a tuning fork and place it against a pane of glass, the glass will begin to vibrate at the same frequency. That's because the tuning fork forces the energies that make up the glass into motion—in sync with its own vibration. When you have a trapped emotion, it's a bit like having a tuning fork in your body that is continually vibrating at the specific frequency of that negative emotion. Unfortunately, this may bring more of this particular emotion into your life.

Have you ever seen someone who's agitated infect a roomful of people with that same emotion? Maybe you're calmly waiting in a doctor's office with several other people who are quietly reading magazines when an upset patient comes in. He paces around the room, picking up magazines, then putting them back down. He speaks to the receptionist in an irritated tone. His body language gives his mood away. But it's the invisible effect that's most powerful.

That patient is sending a strong, agitated vibration out into the room. Some of the cells in your body and those of the receptionist and the other patients will literally start vibrating at that frequency. Before long, everyone's feeling a little agitated. It changes the mood of the room. People start feeling differently and reacting differently. The agitated patient has not only attracted more agitation into his own life, he has actually generated it in the people around him as well.

Negative Vibrations

If you have a trapped emotion, you will attract more of that emotion into your life. You will also tend to feel that emotion more readily and more often than you otherwise would.

You can think of a trapped emotion as being like a ball of energy, because that is exactly what it is. Trapped emotions have a size and a shape, even though they are invisible and are made only of energy. They usually seem to vary in size from that of an orange to that of a melon.

Trapped emotional energy will always lodge somewhere in the

physical body, and the body tissues that lie within that sphere will tend to fall into resonance with the vibrational energy of the trapped emotion. In other words, those tissues will actually be experiencing that emotional vibration on a continual basis.

Suppose you have a trapped emotion of anger. You've carried it around for years, not even knowing it was there. As a result, whenever you come into a situation where you *could* become angry, it's much more likely that you *will* become angry, because in a fascinating and literal way, part of you is *already* angry.

If part of your body is *already* vibrating at the frequency of anger due to a trapped emotion, it is much easier for your entire being to fall into resonance with anger when something happens that *could* elicit an angry response from you.

Sometimes people don't understand why they get ticked off so easily, or why they can't shake certain emotions. It's often because the very emotion they are struggling with is trapped within them, from a past experience they may scarcely remember.

This is why when trapped emotions are released, the effect is incomparable to that of any other form of therapy. Often, the emotion and behavior that have been so difficult to shake are simply gone.

It can seem almost too simple to believe, but once you experience it yourself, you will understand. Until you release your own trapped emotions, you will continue to struggle under their heavy influence.

I have seen this phenomenon on countless occasions, but one particular patient's experience will help to illustrate it.

LORI AND THE CHEERLEADER

Lori had a trapped emotion of resentment. When I traced the original occurrence of this emotion back in time, I found that it had become trapped in high school, and that it was related to another woman. At this point, Lori said, "Well, of course. I know exactly what this is about." She explained that there was a certain girl on the cheerleading squad that she just could not stand. For whatever reason, she felt a lot of resentment for this girl during their high school years. The resentment never really went away, because all those years ago it had become trapped in Lori's body.

Lori said, “You know, I still have so much resentment for her. It’s kind of weird, I guess. I’m forty-three years old now. High school was a long time ago. You’d think I would have forgotten all about her, but it’s like I can’t let go of it. I haven’t even seen her since high school, but whenever I think of her, I just feel all that resentment toward her all over again.”

I explained to Lori how a trapped emotion can make it much harder for us to let go of things we would rather forget. Using a magnet, we released the trapped emotion in a few seconds, and she left the office. I saw Lori again a few days later, and she exclaimed, “Dr. Nelson, it worked! Last night I was talking with an old friend, and that girl’s name came up. For the first time since high school, I felt nothing! Normally, I would have felt that resentment toward her, but I felt nothing! That is so great. Thanks!”

KIRK’S LIFELONG ANGER PROBLEM

Kirk was an angry man. He came to me when he was in his late seventies for treatment of his back pain. It quickly became obvious that there was something else bothering him. He snapped at my office staff and tended to be curt with me as well. He was dismissive with his wife, who was nothing but supportive and kind to him. At first I attributed his behavior to the fact that he was in pain. As his back began to improve, however, his behavior did not. I decided to check him for trapped emotions, and I found *anger*, *bitterness*, *anxiety*, *resentment*, *frustration*, and *fear*, many of which dated back to childhood.

The result of releasing these emotions was that Kirk became a changed man. He is now a sweet and doting husband, more concerned about his wife than about his own aches and pains.

He used to complain constantly about everything, and now he turns his interest to others, usually has a smile on his face, and complains very little. The transformation has been remarkable to everyone who knows him. If only his trapped emotions could have been released earlier, he might have had a different kind of life.

Kirk was always free to choose his emotional state, but his trapped emotions made it easier for him to fall into resonance with them than to go against the current. Parts of his body were angry, bitter, anxious,

resentful, frustrated, and fearful. That's what he was up against every waking moment of his life, until we released those energies.

THE EFFECT OF AN IMBALANCE

Think about the quantum nature of the body. When we get up every morning, we expect to see our bodies looking the same way they did yesterday and the day before. They seem solid and predictable enough. We never glance in the mirror while we're trying to get dressed only to see swirling clouds of energy where our arms and legs used to be. But that's exactly what we are.

No matter how it may seem to you, your body is actually a collection of energies, flying in close formation.

When you introduce the negative vibration of a trapped emotion into that formation, you alter the normal vibrational rate of the whole.

You won't always feel it, and you definitely can't see the difference by looking with your eyes, but there are other ways to tell.

Remember the tuning-fork effect. When your body is hosting a trapped emotion, it will attract other emotions that vibrate at the same frequency. If the emotion is fear, for instance, you will become more easily frightened. The longer that energy resides inside your body, the more you'll get used to feeling it. Over time, you'll start to think you're just a fearful person, because you seem to be afraid so much of the time. In reality, because part of your body actually exists within this particular trapped emotional energy or literal "ball of fear," you are set up for failure. Part of your body is already feeling that emotion on a continual basis, so you will much more readily fall into a state of fear when a potentially scary situation presents itself. In other words, since part of your body is already resonating at the frequency of fear, it's a small step for your entire body to fall into resonance.

WHERE TRAPPED EMOTIONS LODGE

People often ask me why an emotion gets trapped in one area of the body and not another. I find that trapped emotions tend to lodge in an area that is already vulnerable. This can be due to a genetic sus-

ceptibility, an injury, or a nutritional deficiency that weakens or imbalances the body in that area, either energetically or physically.

Sometimes there's a metaphor at work as well. This makes sense when you realize that our subconscious minds govern our bodies and our dreams.

Symbols and metaphors are the language of the subconscious mind, so it's very natural for trapped emotions to lodge in an area that has symbolic significance.

For example, let's say you're experiencing grief over a friend's miscarriage. If the emotion you are experiencing is felt too intensely, it may become trapped. If you're a woman, it wouldn't be surprising for that trapped emotion to lodge in your womb or breast—the nourishing organs of creation. Or suppose you're experiencing one of those difficult periods in life when a series of things seem to go wrong. You feel frustrated and overwhelmed, as if you're carrying the weight of the world on your shoulders. In that case, a trapped emotion may lodge in one of your shoulders. The reality is that any emotion can get stuck anywhere in the body.

If you don't notice the imbalance, it can go on for years. Eventually, it may cause real problems with your health, both mental and physical.

The Dual Nature of Trapped Emotions

Trapped emotions affect you in two distinct ways: mentally and physically. Let's talk about how they affect you mentally first. They will cause you to feel an exaggerated emotional response. Let's first examine some real-life situations where trapped emotions were exerting an obvious mental affect.

MARIE AND HER TRAUMA

One of the most dramatic examples of this occurred with Marie, a beautiful and kindhearted patient in her fifties. A year before she came to me for treatment, her only son had been brutally murdered. To make matters worse, the trial of her son's murderer kept getting delayed in the courts, so she couldn't even begin to put the tragedy behind her.

She was having a difficult time dealing with life when she first came to see me. In the year since her son's murder, she'd been completely caught up in her grief and loss. When we tested her for trapped emotions, we found one after another related to her son and his death. After we released them, Marie was free. Even though she misses her son and will always feel his absence, she's one of the happiest, most well balanced people I know.

Her trapped emotions were throwing her off balance by sustaining a negative vibration. Once we eliminated them, she was able to deal with her loss in a healthier way.

SARAH AND THE JFK ASSASSINATION

I will never forget Sarah, a seventy-one-year-old woman who came to me for treatment. I began to ask her subconscious mind through muscle testing what she needed. We found that she had a trapped emotion of *sadness*.

While your conscious mind may not remember things very well, your subconscious mind remembers everything that has ever happened to you. Of course, it also knows about each trapped emotion in detail. It knows when the trapped emotion occurred, what the precise emotion was, who was involved, and more.

As I questioned Sarah's subconscious mind about this trapped emotion, I tried to determine when it had occurred. It turned out that the emotion of sadness had become trapped in Sarah's body in 1963.

On a hunch, I asked, "Is this sadness about the assassination of John F. Kennedy?" The answer her body gave through muscle testing was yes. The moment we arrived at this determination, she burst into tears. As her tears flowed, she said, "Oh, yes, that affected me so deeply. And then when President Kennedy's son John Jr. died in that plane crash a few years ago, it brought it all back to me. I couldn't do anything but cry for days."

If you're old enough to remember the day in November 1963 when JFK was killed, you'll recall how shocking and sad it was. On that day, Sarah's whole being was filled with sadness. The emotion was overwhelming. It was too intense to be processed by her physical body, and as a result, it became trapped.

Trapped Emotions Affect Us Emotionally

Trapped emotions generate a specific energetic vibration. They're also associated in our minds with specific kinds of events. In Sarah's case, the emotion of sadness—vibrating at its own particular frequency—was specifically connected in her subconscious mind to the sudden death of a Kennedy. When John Kennedy Jr. was tragically killed, her natural and appropriate sadness for that event was amplified by the trapped emotion of sadness already stuck inside her. Her entire body fell into resonance with the emotion that was trapped. So instead of crying a little and moving on, Sarah cried for days because the pain of that day in November 1963 had come back to her full-force. In fact, that pain had never really left her at all. In a literal and fascinating way, part of her body had never stopped feeling that deep sadness.

This is a perfect example of how a trapped emotion can persist for many years and cause you to experience similar emotions in an exaggerated way. Most of the time, however, we don't recognize the connection that current experiences have with old traumas. But if you've ever found yourself emotionally overreacting to any situation, you can assume that one or more trapped emotions were at fault.

When trapped emotions are never released, you may feel that pain and heightened response for the rest of your life. It's so unnecessary, because your trapped emotions can easily be gotten rid of.

Before I released Sarah's sadness, I decided to ask where this emotion had been residing in her body for almost four decades. What tissues in her body had been immersed in the sphere of this deep sadness all those years? What was the effect upon those tissues? The subconscious mind knows these answers full well and finding them out is as easy as asking. The answer shocked both me and Sarah.

Muscle testing showed that the trapped emotion of sadness was lodged in the left side of her chest.

Sarah and I stared at each other for a moment in wonder. She was a survivor of breast cancer. Four years before, her left breast had been removed in a mastectomy.

This trapped emotional energy had become lodged in her left breast, where it remained. Why her left breast and not some other area of the

body? Perhaps she had a greater vulnerability in her left breast due to a low-grade infection, a prior injury, or some other imbalance.

My theory is that it became trapped in these tissues that lay so close to her heart because of her love for President John F. Kennedy.

Whatever the reason for its location, the trapped emotion stayed in her body as the years went by. It caused a constant low-level irritation in her tissues, and this may have been a contributing factor to the cancer. The signs were not recognized soon enough, and ultimately, her left breast had to be removed to save her life. Even though the physical tissues of her breast were removed, the sadness remained and had an emotional effect on her. Releasing that trapped sadness from her body helped her to heal emotionally. I only wish I could have discovered it years earlier, which might have helped her avoid a lot of pain and suffering, and might have even helped her avoid breast cancer.

The Physical Effects of Trapped Emotions

Tissues that are continually being distorted by a trapped emotion will eventually suffer the effects of it.

If you take a magnet and hold it close to an antique tube-type television screen or computer monitor, you will see a very visible distortion of the picture. This is because the magnetic field is interfering with the normal flow of electrons within the screen. If you get the magnet too close, or if you leave the magnet there long enough, it will create a permanent distortion and even ruin the screen. Trapped emotions affect the body in a similar way. After all, the body is energy, and so are trapped emotions. But trapped emotions are a negative energy, and they distort the body's tissues, just as the magnet distorts the picture on the TV screen. Distort the body tissues long-term, and pain and malfunction will be the result. This is why the release of a trapped emotion will often cause immediate relief of discomfort and other symptoms, and possibly the reversal of some diseases.

This is very fertile ground for further research, which could yield profound insight into the disease process.

It is my experience that trapped emotions can exert an astonishing influence over the tissues of the body. What happens when those tis-

sues are continually irritated over time? The first effect is usually subtle malfunction, which looks different depending on what part of the body the trapped emotion is lodged in. These symptoms may include increased muscle tension, lowered immunity, increased susceptibility to injury, and acceleration of the aging process.

Pain of all types and degrees is an extremely common result of trapped emotions. From migraine headaches to low back pain, from neck pain to knee pain, the most likely underlying cause appears to be these emotional energies.

In addition, it appears that trapped emotions may exert a profound effect at the genetic level as well. It used to be thought that if you carried a gene sequence that was associated with breast cancer, for example, that cancer was a certainty in your future. Witness the actor Angelina Jolie's preventative double mastectomy, for example. However, now we know that genetic traits like this may or may not "express," or become activated.⁷ It all depends on your experiences, your diet, the toxins you are exposed to, your stress levels, and your emotional baggage. In my experience, removing the distortion that trapped emotions cause may even have the potential to change the genetic sequence itself. At the very least, the Emotion Code often appears to mitigate the pain and other symptoms caused by genetic diseases. For example, here is a story from someone with an incurable genetic disorder who found relief through the Emotion Code.

GENETIC DISORDER IMPROVED

I carry the gene for ankylosing spondylitis, and it's been active for many years. AS is an autoimmune arthritis that turns your spine ligaments to bone, giving you a hunchback once it fuses. It also affects every joint in your body and your organs. My pain had reached an all-time high, and it was difficult to turn over or get out of bed without extreme pain.

I had my first Emotion Code session, and my pain level went from an 8 to a 1. My bone pain was basically gone. It's been three months since then, and still almost zero bone pain! —Susan R.

If tissues are irritated over a long period of time, they may eventually enter into a state of *metaplasia*, or change. In other words, the

specific type of cell begins to revert to a more primitive cell. This is often a precursor to malignancy, or cancer.

While there are a variety of things that are thought to cause cancer, trapped emotions are a contributing factor to the disease process, as I believe they are to many, if not most, other diseases.

Every cancer patient I treated was found to have trapped emotions embedded in the malignant tissues.

It is possible that some of these energies may have been attracted to the diseased area precisely because the tissues were in a severe state of imbalance. While this is possible and even likely as the disease progresses, trapped emotions are proving to be an unrecognized yet significant underlying cause of cancer. It is vital that these trapped emotions be removed. Even though they may have already contributed to the cancer, once removed, they cannot cause any further damage in the years to come.

ROCHELLE'S LUNG CANCER

When Rochelle first came to me for treatment, she had a cancerous tumor the size of a baseball in her lung. She was going through chemotherapy when we met. I asked her body if there were trapped emotions in this malignant lung tissue, and the response was yes.

The trapped emotions in Rochelle's tumor dated back many years, to a time when she was a young woman. She is Filipino and had married an American sailor stationed in the Philippines. After they had a child together, Rochelle's husband was away at sea for six months or more at a time. She'd expected his frequent absences and had come to terms with the separation in her conscious mind, but raising a child by herself was difficult and lonely. Consciously, Rochelle believed that she was fine with his absence. But her body revealed that the emotions of resentment, frustration, and abandonment had become trapped inside of her during this period.

"No, no," Rochelle insisted. "I never felt that way. I knew Danny would be gone, and it was fine with me. I was okay on my own." And yet after I'd run the magnet down her back, Rochelle sat up and shook her head. "You know, it's the funniest thing," she said. "I feel so much lighter, like a weight has been lifted from my chest."

Since she had to drive ninety minutes each way to my clinic, I saw Rochelle only three times, but it was enough for me to release all the trapped emotions that showed up in the area of her tumor. About five weeks later, she came to my office to share good news: her doctors had taken a new X-ray, and the tumor was completely gone from her lung. Could the trapped emotions have been a significant contributing factor in the creation of this cancer? I believe that the answer is yes.

Of course, I can't prove that the release of the trapped emotions eliminated the tumor, since Rochelle was also undergoing chemotherapy. But by removing the emotions that were lodged in her chest, we may have made the chemotherapy more effective, and their removal may have given her body the edge it needed to heal. I hope to live long enough to see a day when all patients will be treated with the best of all methods like this.

JEAN'S PAINFUL OVARY

One of the things about trapped emotions that surprised me the most was their ability to cause physical pain. The very first experience that I had with this phenomenon was quite dramatic. My wife, Jean, suddenly began experiencing acute and severe pain in her left lower abdomen. Muscle testing showed that the pain was coming from her left ovary, and that the cause was emotional. To my surprise, I ended up finding not one but six different emotions. As you will learn later on, we release trapped emotions one at a time. Sometimes more than one trapped emotion will be found in the same area, as in this case. With the exception of the last emotion, all of them had to do with tragic or upsetting events that had occurred in the lives of women that were close to Jean. I released each trapped emotion as it was identified.

Amazingly, her pain level decreased instantly and noticeably with each trapped emotion that I released. After I had cleared five trapped emotions, her pain level was a fraction of what it had been only moments before.

But her body indicated that there was one more trapped emotion. Testing quickly revealed that an emotion of *worthless* had become trapped when Jean was in kindergarten.

The year was 1960. It was an election year, and the contest was between Richard M. Nixon and John F. Kennedy. Jean's teacher informed her that a boy and a girl from the school had been chosen to be interviewed by the local newspaper about the upcoming presidential election, and that she was one of those chosen. She was told that she would be asked some questions about the candidates, particularly whom she would vote for if she could.

She was excited. When the big day arrived, she was ushered into a room at the school that had been prepared for the interview. There were two chairs set up right in front, one for each child. The interviewer began asking questions of the little boy first, while flashbulbs popped as his picture was taken. Although her picture was taken also, for some reason, no questions were asked of Jean at all. She was ignored almost completely, with the exception of being told how to pose for the photo. Suddenly the interview was over. As she was ushered back to her classroom, she felt confused. Gradually it began to dawn on her how unimportant she must be.

She began to feel worthless, and she felt the emotion strongly enough that it became trapped in her physical body.

Emotions are energy, and the specific vibration of an emotion determines precisely which emotion it is. A trapped emotion is like a little ball of energy that will always "land" or become lodged somewhere in the physical body. For some reason, this trapped emotion of worthlessness lodged in Jean's left ovary, where it remained for thirty years.

When we released this last trapped emotion, the remnants of Jean's pain were instantaneously gone. Jean and I looked at each other in mutual amazement at what we had just experienced. She has never experienced this kind of pain again. I can't help but think of all the people suffering with acute physical pain like this, when the remedy may be so quick and simple.

JACK'S TENNIS ELBOW

Another example of how trapped emotions can cause physical pain came from a patient of mine named Jack. He was forty-two years old when he came to me for treatment of his excruciating tennis elbow,

which he'd been suffering from for months. The discomfort in his right forearm had become so great that he could no longer even turn the key to start his car without terrible pain. I began treating him with a traditional chiropractic approach and physical therapy. After working on him for about a week, I didn't see much improvement, and that surprised me. Tennis elbow is an ailment that is normally treated very successfully with chiropractic care.

I was frustrated with Jack's lack of progress. This was in the early days of my work with trapped emotions. I was just beginning to understand how powerful trapped emotions can be, and how they can cause many different kinds of symptoms. I knew they could cause physical pain, but I also knew that tennis elbow was an inflammatory condition that I had treated successfully before. However, since I wasn't getting any results with the traditional approach, I decided to ask Jack's subconscious if trapped emotions were an underlying cause of his tennis elbow. I was a bit surprised when his body answered yes.

Using the Emotion Code, we identified the first emotion. According to his body, the trapped emotion was *inferiority*.⁸ It had become trapped in his body during high school and had to do with a certain girl he'd liked. I released it, and Jack was surprised by the immediate and noticeable decrease in his elbow pain. I asked again if there were any trapped emotions that we could release. His body answered yes, and we found that the next trapped emotion was also from Jack's high school days and was the result of a short and unsatisfactory relationship (with a different girl this time). The trapped emotion was *nervousness*. When we released it, Jack's elbow pain lessened even more significantly. We continued this process until we had removed a total of five trapped emotions.

They were all from high school, and each emotion involved a different girl. His wife, who was there with him during his treatment, seemed amused.

As we released each trapped emotion, the discomfort level in Jack's forearm noticeably decreased. The moment we released the last emotion, his pain was completely gone! He turned his arm this way and that. He imitated turning the key in his car. There was no pain whatsoever.

He had suddenly regained his full range of motion in his elbow joint, and I could reproduce no pain by pressing my fingers into the muscles of his forearm, which previously had been very painful to the touch. This result was astounding to all of us who witnessed it.

Jack had been a tennis player during high school, but he hadn't picked up a racket in years. Trapped emotions tend to gravitate toward weaker areas of the body where there is extra stress, an injury or infection, or some other imbalance. All of these particular trapped emotions lodged in the tissues of Jack's forearm. I believe that this is because during high school, his forearm and elbow were being repeatedly stressed and even injured to a degree. At the same time, he was experiencing emotional distress and picking up trapped emotions from his failing attempts at romance. Remember that a trapped emotion will always land somewhere, likely at a weak spot in the body.

I still think if I hadn't been there and seen it for myself, I wouldn't believe it.

As I continued to use the Emotion Code on my patients, I was amazed by how many conditions were actually being caused in whole or in part by trapped emotions, and by how destructive they were to my patients' health.

Powerful healing occurs when trapped emotions are finally released. Who knows how much pain, unhappiness, and chronic illness could be completely avoided by eliminating trapped emotions! I quickly learned that some of the feelings trapped within my patients' bodies had been there for much longer than I would have thought possible. It made me sad to think that, at some level, these patients had been suffering constantly for all those years, from something that is so easy to get rid of.

VISION IMPROVED

I started working on my dad in the first month of learning the Emotion Code. Within a few days, his lazy eye was tracking more regularly with the other one. Within two weeks, his chronic aching knee was much better, and recently, he walked the length of a hundred-acre farm field, and at the end of the day, I asked him how his knee was. He was

surprised to realize it was just fine! It would normally be really bothering him from the uneven ground and distance. He coincidentally had an appointment with an eye specialist to check the pressure in his eyes for glaucoma—it had been somewhat high, and they were keeping a close watch on it. I had been removing a lot of trapped emotions that were affecting his eye health. When he came back from the appointment, he said, “Well, my eye pressure is now normal, and the doctor said I don’t have to worry anymore about glaucoma. Also, my vision is testing at twenty-twenty, which makes sense, because my glasses have gotten too strong, and I can’t stand wearing them, and now I know why! —Stacey B.

Phobias

A phobia is defined as an irrational, persistent fear of certain activities, persons, objects, or situations. I have found that trapped emotions are a significant cause of phobias, and often the only cause. Most people have one or more trapped emotions at the root of any given phobia they suffer from.

Phobias can last a lifetime and can severely disrupt your life. Here is a story of lifelong claustrophobia that finally found relief, submitted by an Emotion Code user.

CLAUSTROPHOBIA DISAPPEARS

A client had a fifty-year history of severe claustrophobia.

As you can imagine, this severely restricted her life on many levels, and to such a degree that even watching TV or a trip to the cinema would cause a disturbance.

If she perceived a claustrophobic space featured on the screen, she told me, she would literally jump up and run straight out of the room!

After our very first Emotion Code session, she cheerfully informed me that for the first time in her life, she had been able to watch a certain type of program. She then proceeded to go into precise detail about everything that she had seen on that program. The type of program where previously, simply mentioning the title would have had her running out of the door.

She was thrilled to share all the details of everything she had gleaned from watching the program *Life on a Submarine*! —Kirsty W.

THE AIRPLANE PHOBIA

It is possible to have a phobia about literally anything. For example, I once treated a woman who had a rather odd phobia—she could not even look at a picture of an aircraft in a magazine or see one on television without having a severe panic attack. If a jet flew overhead, she had to keep her eyes on the ground. If she looked up at the plane, she would have an attack.

I asked her subconscious mind through muscle testing if there was a trapped emotion that was causing her phobia. The answer was yes. Through further testing and talking with her, I was able to determine what had happened.

A number of years earlier, she had been reading a magazine article about the crash of a passenger jet. The article was accompanied by a photograph of the jet taken just before impact.

As she read this article, she was overcome with emotion. She identified strongly with the terrified passengers, and a trapped emotion was created. I released the emotion, and the phobia was instantly gone. She was immediately able to look at airplanes both in photographs and in the sky without any trouble, and her phobia did not return.

Night Terrors

Nightmares can be caused by trapped emotions, but night terrors almost always are. A forty-two-year-old patient named Carol had suffered from night terrors nearly all her life. Her screams would awaken her husband and children at least three nights every week! Night terrors differ from nightmares in that they don't seem to be caused by a specific dream. Instead, a specific and very frightening emotion is felt while the victim is asleep.

Carol's night terrors were a major problem. She had broken both collarbones and multiple ribs and had even sustained a skull fracture due to her flailing attempts to escape her terrorizing dream-state.

Her subconscious mind responded affirmatively to my simple question "Is there a trapped emotion that is causing your night terrors?" A little further testing revealed that emotions of panic, terror, and fear had become trapped in her body when she was five years old, during

a short period when she was experiencing a recurring nightmare. The nightmare was long since gone, but the trapped emotions remained.

The result of releasing the trapped emotions was that within one week, the night terrors were gone for good and did not return.

PTSD

Post-traumatic stress disorder, or PTSD, is a common and debilitating ailment resulting in emotional detachment, depression, anxiety, withdrawal from friends and family, and loss of interest in everyday activities. In addition, PTSD sufferers may have extreme emotional or physical reactions, such as panic attacks, heart palpitations, and chills when they are reminded of the traumatic event or events that led to their PTSD. It's estimated that approximately 8 percent of adults will develop PTSD during their lifetime. Most people have a tendency to think of military or combat-related stress when they think of PTSD, but any terrifying, traumatic, or life-threatening event that is either experienced or witnessed can result in PTSD.

PTSD AND DEPRESSION ALLEVIATED

At the age of forty-nine, my husband, John, was diagnosed with PTSD and depression from childhood trauma, a few traumatic accidents, two near-death illnesses, twenty years in an abusive first marriage, and a high-conflict divorce. To top it all off, he lost his health, and subsequently his physical ability to remodel homes, which he had done for over twenty years.

He felt totally broken in mind, body, and spirit. He struggled to function in almost every way. He had tried multiple psychotropic medications to manage the depression and anxiety, with no success. In fact, they made his situation worse. John was my first PTSD client. He agreed to be my "guinea pig," and we put the Emotion Code to the test.

After clearing his Heart-Wall and his body of all trapped emotions, John's PTSD melted away. He immediately followed his passion for filmmaking and enrolled in cinematography school, has won scholarships for his grades, and now works directly with troubled couples at a marriage crisis company as their director of client services. To this day, he does not struggle with PTSD or depression at all.

Since this experience with John, I have seen many people emerge from the shadows of depression after clearing their Heart-Walls and bodies of all trapped emotions. I have also seen that doing this work allows people to become emotionally and mentally strong enough to address the issues in their lives that cause depression. This is the potential of the Emotion Code in our lives! —Alisa F.

PTSD FROM A FALL

My boyfriend, Michael, and I were hiking at Devil's Lake State Park in Wisconsin. He fell eighty-five feet straight down off of a bluff. He miraculously survived and made a full physical recovery in the hospital, but it was clear to me that there was emotional scarring for both of us. He couldn't remember much of what happened but was left with panic attacks. I had severe anxiety and PTSD. This is when I was introduced to the Emotion Code. With it, I have eased Michael's panic attacks, lessened his anxiety, and helped him refrain from getting extremely overwhelmed and stressed during daily life. For myself, my anxiety is almost nonexistent, and I no longer suffer from PTSD. —Denay H.

VIETNAM VET FINDS HELP

My husband was my first client. He deals with PTSD from the Vietnam Era. He was diagnosed with stage 1 Parkinson's disease. I have been doing the Emotion Code on him from the beginning, and that's been nine months now, all with wonderful success!! His moods have mellowed, his blood pressure is now normal, and the tremors have all but ceased. He is so impressed that he has shared his experience with all his vet buddies and they are now having sessions with me for PTSD. —Jill J.

THE EMOTION CODE CLEARS LIFELONG TRAUMA

I had a client who had severe PTSD from multiple traumas in her life since she was a little girl. They affected her mood and behavior and were starting to lead to symptoms in her body. I started with the process of me clearing emotions on her and in no time, she was doing it on her own consistently and diligently. It has been about a year of clearing, and she is like a new woman. I had never seen the Emotion Code work at such a depth as this before, and it was so wonderful to be part of her healing process. She has been freed from the fear she lived in constantly and is now experiencing abundance in her

relationships, and especially her relationship with God. She knows the power that the Emotion Code holds and is in the process of getting her book published about PTSD and the Emotion Code. —Meghan B.

Can You Afford to Keep Your Trapped Emotions?

I believe that removing trapped emotions is vital to your quality of life. Removing them may prevent many different problems from eventually occurring. Hopefully, you are beginning to understand how releasing your trapped emotions can give you relief from mental and physical symptoms you may be suffering from now.

FRANK IS FINALLY WELCOMED HOME

One of the very first veterans that I worked with was a man named Frank, who had served in the war in Vietnam. He couldn't talk about his experiences in the war to anyone. If he thought about those experiences, he would feel an enormous rage welling up inside. He never talked about it; he was just really shut down.

His wife referred him to me, and since he lives in another state, we talked over the phone, and I explained how the Emotion Code can be done at a distance. He said, "I've got to tell you, this is really a stretch for me and my understanding here." And I said, "That's fine. I welcome you to this moment."

In that first session done over the phone, I released some trapped emotions from him. But what I found is that some of the things that happened to him at five years old caused him to react to the situations in war the way he did. I learned that his PTSD really started at age five, and the emotional baggage from that age was compounded by his war experiences, and before you know it, it's just one big reaction instead of being able to manage and be present.

I didn't hear back from him, and I was left to wonder what had happened. And then he called me and said, "I have to tell you, after the session, I could talk about the Vietnam War like it was part of history, not a part of me. So I decided I was going to go meet my brothers and sisters." And he went to the local VFW (Veterans of Foreign Wars) and started mingling with his fellow veterans there. Then he said, "I decided I wanted to take it to the next step, and I wanted to walk in the Memorial Day parade." So he went to the army surplus store. He walked in, and the owner looked at him and said, "Wait a minute." He disappeared into the back of the store for a moment, and walked out

with a shoebox and said, “What size boot do you wear?” He said, “I wear a size eleven.” Then the man said, “I have been waiting for you. This is a size eleven from the Vietnam War.” So Frank walked in the Memorial Day parade wearing his proud and honored pair of boots. Afterward, he walked into his house and said to his wife, “I’ve been welcomed home today.” —Ruth K.

THE FUTURE LOOKS VERY BRIGHT

I was working with Gary, a recovering addict, using the Emotion Code. Gary lived in constant fear of using again. He was very depressed and unmotivated and had become suicidal. After releasing his trapped emotions, he became extremely happy. Weeks later, his Native American tribe offered him a very exciting internship, so he’s gone back to school. And he’s getting married next year!” —Jacquelyn W.

A FACULTY MEMBER HELPS A TEEN AT SCHOOL

I had the opportunity to work with one of my students from the high school where I worked. Braden was an eighteen-year-old young man who struggled with depression, anxiety, addictions, and ADD. He had been bullied many times by the time I was able to work with him as an Emotion Code practitioner.

Braden was emotionally absent and walked around in a daze most days. His eyes were devoid of feeling. He lacked confidence, had very few friends, and his grades were failing even though he was quite intelligent. Sadly, he felt so powerless and victimized by his circumstances.

As one could imagine, he had several trapped emotions that I was able to release from him.

After his first session, his countenance changed. He walked around with a bounce in his step. It was hard to believe that this was the same student I had seen days prior looking like a zombie. He was more engaged with others and seemed happier with life. He still has a ways to go, but the Emotion Code was a lifeline for this young man. It has truly been a miraculous transformation! —Jocelyn W.

By releasing your trapped emotions, you will be removing the unwanted negative energies that are hampering the normal function of your tissues, and you will be helping to reestablish the free flow of energy, thus helping your body to heal itself.

Your mind will return to a more natural state as well, without the drama, pain, and weight of your old emotions blocking you from progressing in your life.

Next, I will share some amazing secrets that ancient physicians knew about the human energy field that have recently been rediscovered.