

All about the Emotion Code

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WHAT IS A HEART WALL?

During times of emotional pain or distress, your heart can be really hurt or injured; this is where the words "heartache" and "heartbreak" come from. Sometimes we need to put up a form of protection, or a "wall" around the heart; but you can't build a wall of nothing, right?

What ends up being used as "building materials" are the most common excess energies in the body; Trapped Emotions. The problem is that the heart-wall doesn't dissolve on its own, even if you don't need it anymore. Having a heart-wall long-term is like living in a bomb shelter; it's necessary short-term to protect you while the "bombs" are falling, but if you continue to "live" in there you'll feel sad, disconnected, frustrated and you could even end up with heart disease or other heart problems down the road.

The good news is that the heart-wall can be removed, one emotion at a time, freeing you to live from your heart, create abundance and find true love. Now that's what life is all about.

More links:

The Brain of the Heart

<http://www.healerslibrary.com/news/articles/brain-heart-2/>

The Heart Wall

<http://www.healerslibrary.com/heart-wall/>

CLEARING TRAPPED EMOTIONS

The concept of a Trapped Emotion can be strange if you've never heard of it before, especially if you're not familiar with energy work. Still, many people are catching on to The Emotion Code because they understand what it means to have emotional baggage.

Just about everyone has some amount of emotional baggage from painful life events, right? Emotional baggage is very real, and although it's invisible it can easily disrupt your happiness, your success and your health. It's like lugging around a suitcase from every difficult event you've gone through; eventually the load gets too heavy not to notice. I call each "suitcase" a Trapped Emotion; a bit of emotional energy that was created, by you, during an emotional event, that then got stuck in your body somewhere.

Trapped Emotions are literally like balls of energy, vibrating at different frequencies depending on what the emotion is (for example, Anger is a different vibration than Sadness or Insecurity). Trapped Emotions are negative, destructive vibrations, and tend to affect the body wherever they are stuck, creating pain and malfunction of bodily tissues, even disease. They can also cause depression, anxiety and loads of emotional problems. Trapped Emotions can make life miserable, but you can get rid of them using The Emotion Code and lighten your load for good!"

INHERITED TRAPPED EMOTIONS

Inherited trapped emotion is simply a bit of emotional energy that is received from a parent at the moment of conception. It comes along with all the other DNA and physical material- in the egg if it's from your mother and in the sperm if it's from your father.

It's important to distinguish the difference between "Inherited Emotions" and "Absorbed Emotions". Inherited Trapped Emotions cannot become trapped at any point after you are conceived, just as you cannot inherit any genetic trait after

you've already been conceived. After conception and at any other point in your life, you can absorb a trapped emotion from another person, but that is called an "Absorbed Emotion". That is when someone else generates an emotion and you absorb that energy into your body. You will often need to identify if an emotion has been absorbed, but that is what the flowcharts are there for. Both inherited and absorbed emotions can become part of the Heart-Wall.

Inherited Trapped Emotions can go back multiple generations, so if you find an older one, keep in mind that many distant relatives may also have it. We used to think that we could only release Trapped Emotions directly up the line (i.e. father's father's mother). Now we know that we can release inherited emotions from anyone who has received that exact vibration. This means that you can potentially help many people at the same time while you're also helping your client. What a perfect example of the ripple effect in motion!

WHY WE USE MAGNETS TO CLEAR ENERGIES

Just like a magnifying glass will intensify sunlight enough to start a fire, magnets can act as an amplifier for the energy of your thoughts and intentions enough to produce a change in the body.

The intentions and thoughts we have are energy. Magnets are energy. Your body is energy. Because of this, one can have an effect on the other.

When we identify a trapped emotion with The Emotion Code, we first must intend to release it, then using a magnet to amplify the energy of the intention we put it into the body. We use the Governing Meridian as the entrance point for the amplified intention energy, because the Governing Meridian is an energy reservoir that connects directly to all the acupuncture meridians of the entire body. So when you put energy into the Governing Meridian, it flows instantly throughout the body and the trapped emotion is released!"

MAGNETS – when not to use...

The use of a magnet is a pretty important part of The Emotion Code, but there are a few situations where you may not want to use one at all. We recommend to always err on the side of caution! Here are some situations in which to avoid magnet usage:

1. Pregnancy- if you are pregnant, you should not use a magnet. There have never been any problems with using a magnet on a pregnant woman, but if the baby is born with problems, you could be held responsible.
2. Pacemaker- Magnets (especially powerful ones) can interfere with the inner workings of pacemakers, which can create a life-threatening situation- yikes!
3. Any other implanted device like a hearing aid or an insulin pump- these can also be destroyed or interfered with by magnetic energy.

PROXY TESTING

Proxy testing is an incredibly convenient tool because it opens up the whole world of possibilities of access to using the Emotion Code. It means you don't have to be face to face to have this work for you, and can therefore do phone or Skype sessions wherever you are without having to travel to an office etc.

Proxy testing is one of those mysterious things that people are often baffled by, so here's an explanation.

Proxy testing is muscle testing that is done on a proxy- a person who acts in place of another person. If Jane in England wants to help Alice in Australia, she can act as proxy for Alice herself, using self-testing, or she can also have an assistant act as proxy for Alice. Then Jane can carry out the work as normal, just as if Alice were right there, and all the while intending to help Alice. When Jane is done, she or her assistant will make

sure to disconnect again from Alice- just like hanging up the phone at the end of a chat.

Actually, proxy testing works quite a bit like how cellular phones work. Our bodies have a built-in capability to quickly and easily "dial" someone else, and create an energetic connection with them. Once you're connected, you can get answers about what is going on with this other person's body, because you're picking up their energetic signal. Then once you know what needs to be fixed, you can fix it on the proxy person as well, and it corrects the problem on the person who you're intending to help, no matter how far away they are.

When someone has been given authority to act for someone else, we commonly refer to the authorized person as a proxy. A proxy is someone who acts as a substitute. In proxy testing, the proxy temporarily "becomes" the person being tested. By voluntarily putting themselves into the position of standing in for someone else, a proxy can be tested as if they were the subject of the testing, allowing their body to be used to benefit the subject. Proxy testing is most useful when you want to help someone who is not present or who is inaccessible for some reason.

When you release trapped emotions from someone at a distance, it is literally a form of remote or distance healing. Although remote healing has not been incorporated into Western Medicine, it has been practiced both anciently and in modern times by those who practice The Silva Method, Qigong, GungFu, Reiki and other respected techniques.

The energetic connection between the proxy and the subject is sufficient. Distance is no barrier to energy. Energy is truly everywhere, and fills the world, and indeed fills the immensity of space. There is as much energy in the air between objects as there is in the objects themselves. Since energy is continuous and everywhere-present, working on people long distance poses no problem.

WHAT TO EXPECT AFTER A SESSION

"Doing The Emotion Code is like doing surgery on the energy body. We are literally looking for "malignant" or harmful energies that need to be removed, then we remove them, and the energy body has to heal and reorganize or regain it's balance. If you were to do actual surgery to have a tumor removed, you would expect to have at least a few days of downtime afterward. Your surgeon would also likely tell you what to expect during this healing time, and he or she would also advise you to get extra rest in order to allow the body to heal. The advice after a session with The Emotion Code is just about the same! Be aware that if you feel out of sorts, have changes in your sleeping pattern, vivid dreams or emotional ups and downs, this is totally normal!

Drink lots of water, eat healthy and get lots of rest, and let your energy body heal itself.

You may not notice anything weird or negative, you might just feel great, but it's better to be aware just in case."