

FUTURE MEDICINE

"Dr. Nelson has an uncanny ability to make the complex simple, and to teach anyone these amazingly profound healing methods... *The Emotion Code* has had a profound effect on myself, my family and my patients ..." - Gwen Legler, MSW, Arlington, WA

THE EMOTION CODE



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

DR. BRADLEY NELSON

THE EMOTION CODE

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

Dr. Bradley Nelson

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DEDICATION

To the memory of Bruce A. Nelson, Sr. and Ruth Nelson, my wonderful parents, who always loved and believed in me.

To the memory of Doctors Ida Glynn Harmon and Allen Baine, (Doc and Ida) who healed my body when I was a very sick boy and introduced me to the world of natural healing.

To Dr. Stanley Flagg, my teacher and mentor.

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

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.

This book is based on the personal observations and experiences of Dr. Bradley Nelson. You, the reader, must take 100% 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.

This book is not intended to be a substitute for the services of any health care professional. Neither the author nor the publisher is responsible for any consequences incurred by those employing the remedies or treatments discussed or taught herein. Any application of the material set forth in the following pages is at the reader's discretion and is his or her sole responsibility.

The stories in this book are all true, but the names have been changed in some circumstances to protect privacy.

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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.

PART I

TRAPPED EMOTIONS

TRUTH IS STRANGER THAN FICTION, BUT THIS IS
BECAUSE FICTION IS OBLIGED TO STICK TO PROBABILITY;
TRUTH IS NOT.

- MARK TWAIN

1

TRAPPED EMOTIONS: THE INVISIBLE EPIDEMIC

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.

Our emotions really do give color to our lives. 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 of any kind, 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 other 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 still be creating problems for 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 now felt the total confidence she'd been longing for...

Laurie reported that for the first time in her life, she could feel God's love for her...

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

Julia aced her court reporting test, after failing several times...

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

Connie's allergies disappeared...

Neil's 2 year-long feeling of resentment for 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 30 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 is a Trapped Emotion?

As you live through the days and years of your life you are continually experiencing emotions of one sort or another. Life can be difficult and emotions can sometimes feel overwhelming. All of us experience

negative emotional extremes at times. Most of us would rather forget some of these challenges, but unfortunately, the influence of these events can stay with us in the form of trapped emotions.

Sometimes, for reasons that we do not yet understand, emotions do not process completely. In these cases, instead of simply experiencing the emotion and then moving on, the energy of the emotion somehow becomes “trapped” within the physical body.

So instead of moving beyond your angry moment, or a temporary bout with grief or depression, this negative emotional energy can remain within your body, potentially causing significant physical and emotional stress.

Most people are amazed to find out 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 2 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 rolled a magnet up and down my back, and 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., Alberta, Canada

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 she'd been involved in a tumultuous relationship with a young man the year before. Jennifer said that since the failure of that stormy relationship, she felt the sting of insecurity every time she met someone new, and had an unfounded fear of commitment that she couldn't overcome. She told me that she seemed to unintentionally sabotage every potential relationship that 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 without my assistance, since she lived some distance away. 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; from painting a picture, starting a new job, or entering into a new relationship, etc. Jennifer had experienced this emotion in her prior relationship, and it had become trapped within her. She was able to release the creative insecurity as well as a few other trapped emotions from her body within a few minutes, and then continue her drive home.

A few days later she called, exclaiming that she felt an amazing difference. She said that she felt a noticeable improvement in her ability to articulate her thoughts

and express herself in the company of a particular young man that she was dating. Previously she had felt intimidated and shy around him, but after releasing her trapped emotions she felt very at ease and confident. 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 to overcome the obstacles of your past and can bring new life to your marriage, family, and other personal relationships.

Freeing yourself from your trapped emotions can make you feel more secure and motivated, and can liberate you to create the relationships, career, and life that 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. Some seek help through traditional psychotherapy, which does not directly address trapped emotions, but typically addresses their symptoms.

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 Recorder

Julia was going to school to become a court recorder, and was excited about her future job prospects. Court recorders learn to type on a specialized phonetic machine, and 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 where the pressure was really on, she would fail. She was very worried, as she had failed the test 3 times, and was afraid that this 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 15 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 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 physical illness, emotional difficulty and self-sabotage are actually caused by these unseen energies.

The Emotion Code will help you reclaim your life, enjoy better health, and finally be free from the insidious and subtle forces that trapped emotions are exerting upon you.

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 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 they 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 disease. But when the drug wears 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 proclaims the truth, that trapped emotions are a significant yet hidden cause of much illness and suffering, both emotional and physical in nature.

Times 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 can literally be inhabited by the invisible energies of old emotions. These are wounds that time alone cannot and will not heal. They can cause you to act and feel differently in your current relationships and may even cause you to sabotage them.

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 literally make changes in how you feel and behave, in the choices that you make, and in the results that you get.

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 one day she came into my office complaining of what she thought might be 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 it had been gradually getting worse for about 24

hours. I immediately had her lie down and put my staff on alert that we may 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!" I asked, "Can you share what happened?"

She replied that three years before, her husband had an affair. The news was devastating to her. It destroyed her marriage and wrecked her life for a while, but she gradually came to terms with it. She cried a lot of tears, spent a year in therapy, got 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 husband and reconciled with 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 this. 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 those early days of her breakup had literally become trapped in her physical body. The instantaneous relief of her physical symptoms was astounding to me. I was left to ponder on 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 place. Typically trapped emotions will not cause symptoms as intense as the ones that Debbie experienced. Most are more subtle, yet 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 due to a trapped emotion, and 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 of 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, and 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 was the apparent cause of the physical pain she had been suffering from for the last three days.

Trapped emotions can even 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.

I was your patient for a few years and know that 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.

Keep the faith, 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 there is a problem; it's a warning sign.

In my experience working with people in pain, I've observed that trapped emotions are actually creating the pain at least 50% of the time.

Pinned to the Past

I was teaching a workshop once 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 particular physical complaints, and she said no, that she was healthy, and had no problems.

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

Through muscle testing I asked her body when this emotion had become trapped. I asked, "Did this emotion become trapped within the last five years?" "No." "Did this emotion become trapped between ages ten and twenty?" "No." "Did this emotion become trapped between ages birth to ten?" "Yes." "Did this emotion become trapped in the first five years of your life?" "Yes." "Did this emotion become trapped in the first year of your life?" "Yes." "Did this emotion occur after one year of age?" "No." I asked her if she had any

idea what this might be about, and she shook her head no.

It just so happened that this young woman had arrived at the workshop 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 was too young to remember.

In a very pained and embarrassed voice she explained, "Well, when Jessica was a baby I used cloth diapers, which I would close with safety pins. There was one particular occasion where I'm ashamed to say that 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 this is showing up now and I felt so horrible about this and I still do."

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 emotional energy by rolling three times down her back with a 'MagCreator,' a magnetic massage device made by the Nikken company, and she sat down again. About two weeks later I received the following e-mail:

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 12 years...it has gotten worse as she got older. Since you worked on clearing her trapped emotion of feeling unsupported (about 1 1/2 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.

Here 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. Had we not released it, I believe that Jessica may have eventually become disabled, and the true cause of her disability – her trapped emotion – would have remained undiscovered.

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 imbalance in the body. Trapped emotions are perhaps the most common type of imbalance that human beings suffer from. I believe that trapped emotions can be implicated in nearly all diseases, either directly or indirectly.

Because trapped emotions are nearly universal, and because they always create distortion in the energy field of the body, and because they are completely invisible, they can cause an incredibly wide variety of physical problems without being unmasked.

Trapped emotions are truly epidemic, and 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 normal function of organs and glands.

On the following page is a list of conditions and diseases that my patients came to me with, where trapped emotions appeared as a contributing factor, and many times as the entire cause of the condition.

THE EMOTION CODE

Acid Reflux	Diabetes	Learning Disabilities
ADD/ADHD	Dyslexia	Low Back Pain
Allergies	Eye Pain	Hypothyroidism
Abdominal Pain	Fibromyalgia	Lupus
Asthma	Frigidity	Migraines
Back Pain	Headaches	Multiple Sclerosis
Bell's Palsy	Heartburn (GERD)	Neck pain
Cancer	Hip Pain	Night Terrors
Carpal Tunnel	Hypoglycemia	Panic Attacks
Chest Pain	Impotency	Parkinson's disease
Chronic Fatigue	Infertility	Phobias
Chron's Disease	Insomnia	Shoulder pain
Colitis	Irritable Bowel (IBS)	Sinus problems
Constipation	Joint Pain	Tennis Elbow
Depression	Knee Pain	Vertigo

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 adjunctive therapy. When trapped emotions are contributing to physical illness, removing them can only help.

The Emotion Code is easy to use and 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, yet they always seem to bring a greater sense of contentment and peace, whether they are immediate or gradual.

If you are like many of the people who have come to my seminars over the years, using the Emotion Code will 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 where nothing else has before.

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

2

THE SECRET WORLD OF TRAPPED EMOTIONS

By now, you are probably wondering whether you have any trapped emotions yourself, and what they might be. Here is a list of circumstances that often result in trapped emotions:

- Loss of a loved one
- Divorce or relationship problems
- Financial hardship
- Home or work stress
- Miscarriage or Abortion
- Physical trauma
- Physical or Emotional Combat
- Physical, mental, verbal or sexual abuse
- Negative self-talk
- Negative beliefs about yourself or others

- Long-term stress
- Rejection
- Physical illness
- Feelings of inferiority
- Internalization of feelings
- Neglect or abandonment

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 versus 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 about 10% of our brain. What is really meant by this is that the conscious mind needs about 10% of our brain's resources. In other words, thinking, moving about, making choices, planning, seeing, hearing, tasting, touching, and smelling are all conscious activities, and take up 10% of the processing power of our brain.

If this is true, what is the other 90% of the brain doing? If the conscious mind takes up 10% of your brain, we can refer to the other 90% as the subconscious mind. This silent and unconscious majority of the brain is constantly busy storing information and keeping your

body 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 how we behave and feel.

Most people give little thought to 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 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.

Brain surgery is often done while the patient is conscious. The brain has no pain-sensing nerves, and 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 a certain area of the brain is 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 be unremembered 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 has all been archived. Your subconscious is also aware of any trapped emotions that your body may be harboring, and it also knows exactly what effect these trapped emotions are having on your physical,

¹ Jefferson Lewis, *Something Hidden: A Biography of Wilder Penfield* (Goodread Biographies), (Halifax, Nova Scotia: Formac Publishing Company Ltd., 1951), 198.

emotional and mental well-being. All of this and more is tucked away in the subconscious mind.

The Computer-Mi nd

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

I began asking myself that same 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, 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 world-wide 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

² Robert Frost, *Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practice*, (Berkeley, CA: North Atlantic Books, 2002), 4.

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 know what a patient needed in order to get well, as quickly as possible. I came to trust the body's wisdom implicitly 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 lay-people and doctors 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; you just have to be willing to learn.

I have been driven for many years to share this marvelous knowledge with the world. It took much prayer and effort to refine and simplify 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 versus Positive Stimuli

Before I can teach you how to get information from your subconscious mind, you must understand one basic principle. This is that all organisms, no matter how primitive, will respond to positive or negative stimuli. For example, plants grow towards sunlight and away from darkness. An amoeba in an aquarium

will move towards light and away from darkness. If a drop of poison is placed into 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, and so 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 an incongruent or untrue statement your body should sway backwards within the same time frame.



Swaying Forward

I believe 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 only dealing 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 feelings that are connected with this phrase. In a few moments, you should notice your body 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 may surprise you!

Now clear your mind, and say the word “hatred.” Try to feel the feelings 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 “hatred.” 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. Don't force it. 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 towards positivity, congruency and truth.

Now you can try 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



Swaying Backward

clear of other thoughts, you should feel your body begin to sway backwards within a few seconds. This is because your body is not only repelled by negative thoughts such as “hatred”, but incongruence and falsity are also repulsive to the mind and body.

Keep Your Mind Clear

Make sure you 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 backwards, 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 many 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 are putting out. 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 that I will outline for you in chapter five.

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." 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. 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 material from which all things are made; it is in all things and through all things, and 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 the universe.

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 gall bladder trouble. People who spent their lives feeling 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 the emotion of 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. Dr. Candace Pert, in her book Molecules of Emotion clearly explains this biochemical side of our nature, which is perfectly valid.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 and correlated by modern science.

After much experience gained from clinical practice, I am convinced that the organs in the body really do produce the emotions we experience. The ancient physicians were right. If you're feeling an emotion of anger, it's not coming entirely from your brain; it's actually emanating from your liver or gall bladder. If you are feeling the emotion of betrayal, the emotion is emanating from your heart or your small intestine.

Remember that we used to think the body and the mind were separate and distinct, but their dividing

³ Candace B. Pert, *Molecules of Emotion: why you feel the way you feel*, (New York: Touchstone Press, 1997)

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.

Did Trapped Emotions Kill Dana Reeve?

We all remember the tragic injury that rendered actor Christopher Reeve a quadriplegic. We were touched by the unfailing devotion of his wife, Dana, and were shocked and saddened when she died. It was only ten months after her husband's death that she announced to the world that she had lung cancer, and seven months later she died at age 44.

Dana Reeve was a non-smoker who died of lung cancer, and although conventional wisdom holds that her death was due to second-hand smoke, I believe otherwise. The lungs produce the emotion we call grief, and an over-abundance of grief will certainly lead to the creation of trapped emotions, often affecting the parent organ. Dana certainly had reasons to grieve, and

I believe that trapped emotions, grief among others, were at least partly responsible for her death, and perhaps entirely responsible.

The Angry Drunk

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 over-stimulates the liver. When you over-stimulate or overload an organ, it will produce more of the emotion that it is designed to produce. The liver produces feelings of anger. This is the mechanism that is often at work when drinking results in violence.

If you have an organ that is diseased, overstimulated, or imbalanced in some way, the emotions related to that organ will often be heightened.

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 become lodged literally anywhere in your body.

Correlations between the organs and our emotions are both fascinating and important to understanding 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 B.C., 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 of this part of our existence 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's 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'll know what I mean. You may not be able to see it, but it's definitely there!

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 possibly have imagined.

The Quantum World

You must remember 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 20,000 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% empty space. Your hand is

99.99999999% empty space! If you could remove all the empty space from the atoms in your hand, it 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” which 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 energy of our thoughts, which emanate from us

⁴ Isaac Asimov, *Atom: Journey across the subatomic cosmos* (New York: Penguin Books USA Inc., 1992), 56.

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 *are* 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, and if you haven't, try it. It works every time!

We are all Connected

The reality is, the entire human family is connected energetically. When people are suffering and dying on the other side of the earth, 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 was an expert at it. Our connection to our own mothers

is perhaps strongest because of the spiritual umbilical that binds us to them.

The most powerful example of this energetic connection occurred 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 this sudden 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 suddenly gone wrong in her body. Her attempts to explain this bizarre and excruciating attack baffled everyone, including her doctors.

Three days later, she got a phone call from her son, who was working in the Philippines. He called 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.

Reputable laboratory 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 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.

5 William A. Tiller, Walter E. Dibble, Jr. and Michael J. Kohane, *Conscious acts of creation: the emergence of a new physics* (Walnut Creek, CA: Pavior Publishing, 2001), 1.

6 William A. Tiller, *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness* (Walnut Creek, CA: Pavior Publishing, 1997), 14.

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, where he or she blurted out just what you were thinking? Have you ever instinctively known who was about to call you, before the phone even rang? 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 body, and actually get definitive answers, instead of guessing. Then you can release the trapped emotions for good, 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 onto 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. At one time or another, 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

I have twin boys who are, at the time of this writing, eighteen years old. 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 are 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 be close to 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 heartache and frustration to 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. He gave me the same reaction as before, pushing me away and saying "Bad doctor! Away!" This time I really felt the hurt. 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 this point we had only treated adults for trapped emotions. We decided to check him and see. Using the Emotion Code we found that he did have a trapped emotion. The emotion was grief. But it wasn't his grief about me, it was actually my grief about him. In other words, at some point he perceived that I had grief about him. He felt that grief strongly enough that it created a trapped emotion in his body. Testing showed that this emotion became trapped when my oldest daughter and I had an argument that Rhett was witness to. Even though I was not grieved about him, he perceived the grief I was experiencing about her, and applied it to himself.

We released the trapped grief, and to my amazement he 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 into the office the following day. I found that she 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 long periods of time. At some point, this sorrow was so strong that it imbalanced her body, and the emotion became trapped. This emotional energy was exerting a very strong subconscious affect and was influencing her behavior towards him. We released the emotion, and they went home.

The following week the mother returned to the office and said, "Doctor Nelson, your emotional treatment really works. My husband was gone 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 Delivery

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. He rarely said a word and when he started to speak he'd often put his hand over his mouth, as though he were afraid to say anything.

He seemed fearful in general. When we went to the neighborhood pool, Rhett jumped right in, but Drew stood at the edge, looking anxious. He was very cautious about trying new things. He was also claustrophobic. 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 the norm for 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 decided to see if Drew might have trapped emotions, not realizing 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 that 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 14 minutes later and emerged blue and limp, looking really rough. A team of doctors circled around him immediately. They weren't sure he would make it. His situation was critical.

He pulled through, but the next 10 days or so continued to be very traumatic. We had taken both of the boys home when they were a couple of days old but Drew had to be readmitted to the hospital for testing to see what was wrong. 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 as this procedure was begun. We were unable to comfort him in any way, and could only listen helplessly as Drew screamed in terror while they 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 as a child. It was very upsetting for us to even

think about it. 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 would speak. 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 like 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.

Trapped Emotions are Common

It isn't really possible to tell by looking at someone if they have trapped emotions, but nearly everyone does. During my years in practice, it was rare that I treated a patient who had no discernible trapped emotions. I remember one patient in particular who fell into this category. This man spent a lot of time in meditation, and struck me as being a calm, kind and unflappable sort of person who was very much in control of his emotions. Did I say "in control of his emotions?" We will talk more about that very subject in chapter ten, in terms of avoiding trapped emotions in the future.

The vast majority of us do have trapped emotions, simply because of what we have been through and who we are at this point in our journey.

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 — such as when we have lowered resistance or when we are overly tired or otherwise off-balance. When our bodies are not at their best we are more vulnerable to developing trapped emotions.

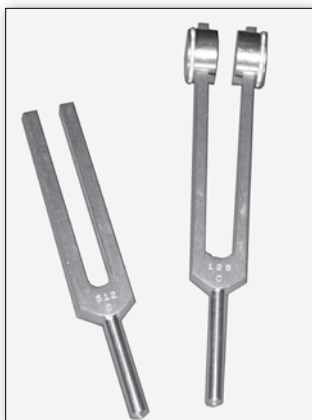
The Resonance of Trapped Emotions

Each trapped emotion resides in a specific location in the body, vibrating at its own particular frequency. Before long, that 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 vibrates at 128 HZ and makes a much lower 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 particular frequency would start humming faintly. If you stop the sound coming from the tuning fork you struck, all the others will 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



Tuning Forks

specific frequency of a 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's 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. They 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 any other form of therapy. Often, the emotion and behavior that has been so difficult to shake, is 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 labor under their weight.

Lori and the Cheerleader

I have seen this phenomenon on countless occasions, but one particular patient's experience will help to illustrate this. 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 actually her resentment for another female. At this point, Lori said, "Well, of course. I know exactly what this is about." She explained that there was a particular girl on the

cheerleading squad that she just could not stand. For whatever reasons, she felt a lot of resentment for this girl during their high school years. The resentment never really went away, since 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 can just feel this resentment welling up inside of me, and I feel all that resentment for 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 girlfriend, and that girl's name came up. For the first time since high school, I felt nothing! Normally, I would have felt that resentment for her, but I felt nothing! That is so great. Thanks!"

Kirk's Life-long 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 found anger, bitterness, anxiety, resentment, frustration and fear, many of which dated back to childhood.

The end 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 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 that knows him. If only his trapped emotions could have been released early in his life, 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

It all comes back to the quantum nature of the body itself. When we get up every morning, we expect to see our bodies looking the same 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 necessarily feel it and you definitely can't tell the difference by looking, 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 thinking 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 fearful 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 often find that trapped emotions lodge in an area that’s vulnerable because of a genetic susceptibility, an injury or nutritional deficiency that weakens or imbalances the energy of the body in that area.

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 for a friend who has had a miscarriage. Instead of experiencing the emotion and leaving it behind, the emotion becomes trapped. 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 where 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 kind-hearted patient in her fifties. A year before she came to me, her only son had been brutally murdered. As you might imagine, the death of her son was a horrible blow to Marie. To make matters worse, the trial of her son's murderer kept getting delayed in the courts, so she couldn't put it 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. We released them. After that, Marie was free. She went back to being the well-balanced person she always was. 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 71 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, 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 that day in November 1963, 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 – resonating at its own particular frequency – was specifically connected in her mindbody to the sudden death of a Kennedy. When John Kennedy Jr. was tragically killed, her natural sadness for that event was amplified by the trapped emotion already stuck inside her. Part of her body, where the energy of this emotion was lodged, was already functioning as best

it could, immersed for nearly forty years in the sadness of JFK's death.

When she got the news of John Kennedy Junior's death, her entire body fell into resonance with the emotion that was trapped. The result was that, instead of crying a little and moving on, Sarah cried for days, and the pain of that day in November 1963, came 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.

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.

The Rest of the Story

Before I released her 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 laboring within 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 out is as easy as asking. The answer shocked both of us.

Muscle testing showed that the trapped emotion of sadness was lodged in the area of her left breast.

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 surgical 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 own feeling 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, but the sadness remained. 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 older 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 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.

I think that 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 tissues are continually irritated over time? The first symptom is often pain

or subtle malfunction which can be difficult to detect. If tissues are irritated over a long period of time, the tissue may eventually enter into a state of *metaplasia*, or change. In other words, the specific type of cell begins to revert back to a more primitive cell. The next step is malignancy, or cancer.

While there are a variety of things that are thought to cause cancer, I believe firmly that 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 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, in my opinion, an 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 cancer 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 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 OK 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 90 minutes each way to my clinic, I only saw Rochelle 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 showed up at my office ecstatic over the 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. As rapidly as I could, I began to identify the emotion responsible. 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 nested in the same area, such 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 clearing five trapped emotions, her pain level was a fraction of what it had been only moments before.

Her body indicated that there was one more trapped emotion. Testing quickly revealed that an emotion of feeling *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 who she would vote for if she could.

She was excited, and the big day soon came. 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 flash bulbs popped as his picture was taken. Although her picture was taken, 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 which 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 her pain were instantaneously gone. She got up off the floor and we looked at each other in mutual amazement at what we had just experienced. Jean has never had a recurrence of pain in that area. I can’t help but wonder what the consequences to her health might have been if we had not released those energies from her ovary.

Jack’s Tennis Elbow

Another example of how trapped emotions can cause physical pain came from a patient of mine named

Jack. He was 42 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 of spinal and extremity adjustments 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 improvement. This was in the early days of my work with trapped emotions, and I hadn't yet thought to ask his subconscious if emotions had anything to do with his problem. 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 was having no 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."

High School Girls

Using the Emotion Code, we identified the first emotion. According to his body, the trapped emotion was *inferiority*. 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 effect this had on his arm. Suddenly his elbow pain had decreased noticeably. I asked again if there were any trapped emotions that we could release. His body answered "Yes", so I began asking what the next emotion was, when it had become trapped, and if it had to do with anyone in particular. This trapped emotion was also from Jack's high school days, and was the result of a less than satisfactory 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 that were witness to it.

Jack was a tennis player during high school, but 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 an infection, or some other imbalance. All of these particular trapped emotions lodged in the tissues of Jack's forearm. I believe this is because during high school, his forearm was 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 the weakest link in the body's chain.

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

Within a matter of a few minutes, Jack's pain went from crippling to non-existent.

I was once again amazed that emotions could somehow directly cause such dramatic physical pain. Nevertheless, I had just seen it with my own eyes. 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.

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, perhaps the only cause. The subconscious mind knows what the underlying cause of the phobia is, and each phobia has one or more trapped emotions that are the cause.

The Airplane Picture 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 look upon 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 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 able to look at airplanes both in photographs and in the sky immediately without any trouble, and her phobia did not return.

Night Terrors

In another case, a 42 year-old patient named Carol had suffered from night terrors nearly all her life. Her screams of terror 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.

Her night terrors had been a major problem for most of her life. She had broken both collar bones, 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 these trapped emotions was that within one week the night terrors were gone for good, and did not return.

Can You Afford to Keep Them?

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.

By releasing your trapped emotions, you will be removing the unwanted negative energy-clouds that are hampering the normal function of your tissues,

and you will be helping to re-establish 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 just recently been rediscovered.

PART II

THE ENERGETIC WORLD

OUR BIRTH IS BUT A SLEEP AND A FORGETTING:
THE SOUL THAT RISES WITH US, OUR LIFE'S STAR,
HATH HAD ELSEWHERE ITS SETTING,
AND COMETH FROM AFAR.
NOT IN ENTIRE FORGETFULNESS,
AND NOT IN UTTER NAKEDNESS,
BUT TRAILING CLOUDS OF GLORY
DO WE COME FROM GOD,
WHO IS OUR HOME.

- WILLIAM WORDSWORTH

3

MYSTERIES OF THE ANCIENT ENERGY HEALERS

In 1939, a Russian electrical technician named Semyon Kirlian discovered what is now known as Kirlian photography.¹ Kirlian photography uses pulsed, high voltage frequencies to take pictures of the radiating energy fields that surround all living things. The technique is also referred to as Gas Discharge Visualization, or GDV.

Russian scientists have performed a significant amount of research using Kirlian photography over the last 65 years, and have found that all things exhibit the characteristics of an energy field, although living things have a much more vibrant energy field than

¹ John Iovine, *Kirlian photography: a hands-on guide* (Victoria, Australia: Images Publishing, 2000), 24.

inanimate objects.² Perhaps the most striking Kirlian images are those of leaves which have been cut in half, yet still show the complete, intact energy fields of the whole leaves.³ Is it possible that these Kirlian images are actually revealing the inner, spiritual nature of things?



Kirlian Photo of Cut Leaf

The existence of the “Human Energy Field” has been a basic tenet of the healing arts for a very long time. The Hindus understood the vital, life-giving force which permeates and gives life to all things to be *Prana*, an understanding going back 5,000 years. The Chinese taught that this energy is called *Chi*, and understood that if the *Chi* is imbalanced within an individual, the result is poor health.

Throughout history, as many as 97 diverse and separate cultures had a belief in the human energy field.

Trapped emotions distort and block the flow of this energy, and the Emotion Code is one simple way to bring this energy back to a more balanced state.

² loivine, 25

³ “Fotograferingsteknik som visar en aura runt föremålen. Uppfanns av ryssen Semyon Kirlian.” <<http://paranormal.se/topic/kirlianfotografi.html>>

The Spirit and the Temple

I believe the human energy field is essentially the spirit that exists within each of us. I believe that if you could somehow magically pull your spirit out of your body and stand them alongside each other for comparison, the likeness would surprise you.

Many of the near-death experiences that have been recorded reveal that people who have “died” have actually just left their bodies for a time. Sometimes they don’t even realize that they have died until they look down and see their physical body lying there as they hover above it. Individuals such as these have come to know by their own experience that they are not their physical body. Instead, their body is more like a temple that houses their spirit-self.

I had an experience once that I will never forget, as it taught me the truth of this concept. When I was in practice I regularly saw many patients with difficult and chronic conditions. I was in the habit of saying a short and silent prayer to God for guidance before each treatment, and I came to appreciate His help on many occasions when my own knowledge proved inadequate.

One day, after uttering a silent prayer for help, I turned my attention to the patient lying on the table before me. At that moment, I was given a gift of understanding from above. I perceived that I was standing in the presence of a sacred temple; the temple of the body. I

was filled with the deepest sense of awe and reverence. This inspired perception revealed the truth about the body on a much higher level of understanding than I'd ever had before.

This spiritual experience changed how I see people. I have always had a lot of love and respect for mankind, but now I realize that the truth of our existence is more profound and sacred than we imagine. We truly are spiritual beings, having a physical experience here on this earth.

How Your Thoughts Affect Others

Your thoughts originate from your spirit intelligence and can have a profound effect on those around you. Your thoughts are energy, and are continually radiating from your body, without limits.

The energy of your thoughts and feelings exerts a subtle effect on other people as well as other forms of life. We are constantly making contact with others whether we realize it or not, since all energy is continuous and connected.

A patient named Linda came to me suffering from Chronic Fatigue Syndrome. She expressed to me that the symptoms of her illness started after she began sharing a cubicle with a very negative woman at her office. This woman was constantly seething about one thing or another. Linda felt that this woman's

negative energy had triggered the downward spiral of her health.

Thoughts are Things

Ancient healers had a profound understanding of the power of thought. In my seminars I use a simple test to illustrate how thoughts can have a powerful effect on another person's mind and body, even at a distance.

I have a volunteer stand at the front of the room with his back to the audience. I perform a quick baseline muscle test to make sure he is testable, by having him say "love", and then pressing down gently but firmly on his outstretched arm. This should give a strong muscle response, and he should be able to resist my downward pressure without any trouble. Then I have him say "hate", and again I press down on his arm, which now is weakened, making him unable to resist.

After making sure we are ready for the demonstration, I instruct the volunteer to keep his eyes closed and his mind clear. I make sure to keep my mind clear as well, so I won't interfere with the demonstration. I then instruct the audience that when I give the thumbs-up signal behind his back, they are to silently send positive thoughts to the volunteer, such as "I love you", or "You are wonderful." I tell the audience that when I give the thumbs down signal behind his back, they are to think negative thoughts about the volunteer, such as "I hate you", or "You are disgusting."

At my thumbs-up signal, the audience begins sending positive thoughts toward him, and I gently push down on his outstretched arm. I remain silent during the demonstration to illustrate to everyone in the audience that it is their thought energy alone that is creating the effect. Without exception, the subject's arm is always strong.

Then I give the thumbs-down signal and the audience begins sending negative thoughts to the volunteer. I press down on his arm again, but instead of being strong, his arm is invariably weak. Remember that during this process, he is not consciously aware of what signals I am giving the audience. He not only has his back to them, but my communication with the audience is non-vocal, my hand signals to them are given behind his back, and his eyes are closed.

This simple test has given consistently reliable results during all my years of teaching seminars. It works because we are made of energy, and thoughts are energy, too. When thought energy from others passes through your energetic being, there must always be an effect, either positive or negative. In this case, the audience's negative thoughts about the volunteer weaken him demonstrably. Their positive thoughts strengthen him. This fascinating, yet simple test has some rather profound implications.

Of course, your own thoughts will have the most drastic and immediate effect on the state of your own energy field. Shifting your thinking from positive to

negative will immediately shift your vibrational energy from positive to negative. This will inevitably produce negative results, the most obvious and immediate of which is a generalized weakening of the body. You might imagine how negative thoughts have a weakening affect on your body's organs and tissues, and how continuing in this state might be dangerous to your health and well-being.

Your subconscious mind is aware of negative thoughts that might be harming you, whether they are your own thoughts or not. Often your conscious mind is slow to detect negative energies if you cannot see proof of them, like facial expressions, body language or verbal communication. This "proof" is what you have been taught to look for since you were a little child.

I think we have all been somewhat desensitized, and so most of us are unable to consciously detect energy that we cannot see.

We have been bombarded with information since the day we were born about what the world is supposed to be like.

We are fed perspectives, opinions, prejudices, traditions, theories, facts, and doctrines. We hope that what we have learned is based in truth. We go to school to learn the "facts" about nature, science and the history of the world. By the time we reach adulthood, our ideas about the world are essentially in place.

When new information comes along, it is only natural that our minds are slow to accept and understand things that don't fit with previously learned information. It might be hard to accept if the new information requires us to make some changes in our thinking, especially if it goes against what we've been taught.

The Nature of Things

Most of us never learned that everything around us is made of energy, vibrating at different levels, making things look different, taste different, smell different, and feel different. We live in what I like to call a "Lego" universe. In case you have been living in a cave, (or perhaps have no experience with children) Legos are little plastic building blocks that come in various colors, shapes and sizes. Anyone who has been to a Legoland theme park can tell you that these little plastic building blocks can be used to build anything from elephants to skyscrapers.

Our universe is also made of little building blocks called subatomic particles. They are actually not particles at all, but you can think of them as infinitesimally small units of vibrating energy. If you put enough of these little energies together, you have an atom. Like Legos, differing arrangements of these little energies will produce atoms of different elements, such as hydrogen, carbon, titanium and so on. Again, like Legos, various atoms can be arranged to make molecules that we call proteins, fats, carbohydrates, and so on. Ultimately, all

the things we see around us and literally everything that exists, whether plant, animal, mineral, gas, liquid, solid or anything else, is made of these little building blocks, and they are made of energy.

The Mysterious Quantum World

Subatomic particles are not really particles; they are instead a “quantum”, or a quantity of something that is quite indefinable. Quantum physics, or the study of these smallest units of energy, was started by Albert Einstein and his contemporaries. These brilliant scientists devised some very ingenious experiments in an attempt to discover more about the nature of these energies. One of the most startling aspects of quantum research reveals that these energies behave in different ways depending on what the observer is expecting to see. Many physicists believe that the only explanation for these mysterious behaviors is that the energies within the atom are themselves *intelligent* to some small degree.⁴

In one famous experiment, scientists split an atom, sending two of its particles (or energies) traveling in different directions at nearly the speed of light. After the particles had journeyed a certain distance in different directions, one of the particles passed through a powerful magnetic field which changed its direction of travel. At the same instant, its sister particle changed direction too- at precisely the same angle. Though a

⁴ Jerry D. Wheatley, *The Nature of Consciousness*, (Phoenix, AZ: Research Scientific Press), 668.

considerable distance separated them, the two particles were still mysteriously connected. What happened to one instantly affected the other, with no regard to distance or separation. How do you think this could be? How could these little energies perform such a feat of apparently instantaneous communication if they were so far apart?⁵

No one really knows for certain, at least not yet. However, quantum physics has shown this phenomenon over and over again. Making a change in one particle will cause an instantaneous and equivalent change in a connected particle, no matter how far away it is. It appears that distance is no barrier to the connectedness of their energy. Remember, everything is connected to everything else!⁶

Remembering the Kamikazes

This inexplicable phenomenon is not restricted to the behavior of individual subatomic particles, however. This strange connectedness has been shown to occur in the cells in the human body.

In one well-known study, white blood cells were taken from a subject and placed in a Petri dish. White blood cells are responsible for seeking out and destroying foreign bacteria, toxins, and other invaders. The subject was hooked up to electrodes to measure the electrical

5 Dr. Lee Warren, B.A., D.D., *Connectedness Part 1*,
<<http://www.plim.org/Connectedness.htm>>

6 P.C.W. Davies, Julian R. Brown, *The Ghost in the Atom: A Discussion of the Mysteries of Quantum Physics* (Cambridge, UK: Cambridge University Press, 1999), .

activity of his body. His white blood cells were also placed in a highly sensitive device that was able to measure their electrical activity. Exact measurements were taken of the electrical activity level of both the patient and his white cells.

One of the men in the study had served in the Navy during World War II on an aircraft carrier stationed in the Pacific. While he was there, Japanese kamikaze suicide pilots had attacked. The man was terrified, and more than once, he was sure he was going to die.

After he was hooked up to the electrodes, he was shown newsreel footage of kamikaze pilots diving and attacking aircraft carriers during the war. While it was a long-ago event, his body had not forgotten it. The sudden acute anxiety that he felt showed immediately on the readout from the electrodes on his body.

This comes as no real surprise. But the researchers were amazed to see that his white blood cells on the other side of the room showed exactly the same burst on the readout. Both readouts were essentially identical. The electrical currents of the cells were suddenly just as erratic as the currents in his body. They turned off the projector, and the electrical activity in both the man and his blood cells across the room returned to normal.

The scientists could hardly believe it. They repeated the test a number of times, with similar results each time. Just to see what would happen, the test was repeated

again but the distance between the patient and his white blood cells was increased. In fact, the measuring device containing the still-living white blood cells was driven to another laboratory a number of miles away, and the test was repeated.

Keeping precise records of the times and electrical activities of the man in the room and his cells several miles away, they repeated the experiment again and again. The man was shown the kamikaze clips, then allowed to relax. Then he was shown the newsreels again and allowed to relax. The electrical activity on the man's readouts and those of his living blood cells several miles away matched every time.

The results of this test went against everything these scientists had been taught. Ask anyone whether a man who gets upset watching a movie can make his blood cells act upset – many miles away – and you'll probably be laughed at. It sounds impossible, yet it really happened.⁷

The Intelligent Universe

Other things even more amazing than this have happened as well. They seem absolutely miraculous because we don't understand them. In fact, we are just now beginning to understand the mysterious nature of energy, how it works and how it can be harnessed.

⁷ Deepak Chopra televised lecture, April 2004.

I believe that one of the greatest secrets of the universe is just now beginning to be unveiled.

This great secret has to do with the modern discovery of the intelligent nature of subatomic particles, or the intelligent nature of energy.

Imagine for a moment that what quantum physicists are saying is actually true. Imagine for a moment that the universe in which we live is entirely made of energies that are themselves somehow intelligent.

Think about this. The chair you are sitting in right now is made of energy. That energy is intelligent. Your chair can't "think", but on some level, your chair is composed of countless little energies that are doing precisely what they are supposed to do to keep your chair in one piece, helping to make your experience in this world what it is.

Max Planck, one of the greatest minds of the 20th century, considered the father of Quantum Theory, made the following statement when he was awarded the Nobel prize for physics:

As a man who has devoted his whole life to the most clear headed science, to the study of matter, I can tell you as a result of my research about atoms this much: There is no matter as such. All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom

together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.

The Power of Intention

Your intention is really just another form of energy. I like to think of it as a directed form of thought energy.

Because energy is intelligent, it actually has the ability to obey, or cooperate with your intention.

Ancient healers demonstrated an understanding of this concept, that the universe is filled with and made of intelligent energy, which is able to respond to intention.

Jesus Christ is still known as the greatest healer of all time, as he routinely healed the blind and crippled, and even raised the dead. His first miracle, though not about healing, dramatically demonstrates the concept of intelligent energy.

Jesus was with his disciples at a wedding where the host ran out of wine, a terrible faux pas in those days. Jesus directed the servants to fill some large vessels with water, which he then turned to wine to the astonishment of all those present. I believe that Jesus simply told the water to become wine, and it simply obeyed his word. But I believe it worked because the water itself was intelligent, and therefore able to obey Christ's command (John 2:1-11, KJV).

Feel Like Walking on Water?

Another example from the Bible is a story involving the apostle Peter. Jesus had sent his apostles to cross the sea while he went up on a mountain to pray. The apostles were on their ship, in the midst of a stormy sea, when in the early hours of the morning they saw a figure walking toward them on the water. The apostles were terrified, and thought it was a ghost. When they realized it was their master, Peter cried out to Him, "Lord, if it be thou, bid me come unto thee on the water." Jesus said, "Come." Peter got out of the boat and began walking on the water toward Jesus. He was walking on water! But when he looked around and realized how unnatural it was to be doing what he was doing, and how bad the storm was, he began to fear, and immediately started to sink. Peter cried out, "Lord save me!" Jesus reached out and caught him. Jesus said, "Oh thou of little faith, wherefore didst thou doubt?" (Matt 14:22-31, KJV).

Peter started out with faith, the belief that he could walk on water. His faith and intention were so powerful that he was actually able to do it. The intelligences of the water simply responded to his belief, to his intention, in a very immediate way, and the normal state of things instantly changed to support his intention. The moment Peter began to fear, his clear intention and faith in his own ability to walk on water began to diminish. As his faith diminished, his clear intention

vanished, and he began to sink, because the universe had to respond to his new state of mind.

You see, Peter began to sink because he began to doubt, to fear. Doubt and fear are the opposites of faith, and they cannot coexist.

The universe supports your beliefs about yourself, too. If you think you can't, the universe will support that belief, and you will not succeed.

On the other hand, if you think you can, the universe will support that belief, and you will be empowered.

Walking on Air

About two months after the death of my father, I had a very unusual dream. It was profound to me, and I took it as a message from God. I dreamed that I was walking down a hallway in a university or a college. The hallway was filled with busy people on their own errands. There were people all around me, but there was something very unusual happening to me. I was literally walking on air, about an inch off the floor. The feeling was absolutely incredible. I tried walking faster, then slower, to see if it would change my altitude. It didn't change, I was still walking about an inch off the floor, and the feeling was indescribable!

No one around me seemed to notice this, as they were intent on what they were doing. I thought to myself, "If I can walk an inch off the ground, I'll bet I

can walk a foot off the ground.” As soon as I thought this, it was done! I was walking a foot off the ground! I looked behind me at that point, and saw a group of small children, whose eyes were fastened upon me. They were also walking a foot off the ground, just like me, although no one else seemed to notice what was happening.

I continued walking, and found I could gain altitude as I desired, and before long, my head was nearly touching the ceiling.

At this point, I noticed that everyone had stopped what they were doing and had turned their faces up toward me. They were questioning me, saying, “How are you doing that? How can you possibly be doing what you’re doing?”

The answer I gave them was a message from God to me, and now is a message from God to you.

I said to them, “It’s easy! All you have to do is *believe* you can do it, and be grateful to God that you are *doing* it!”

Then I looked further down the hallway, and saw several large glass doors that led outside. There were beautiful green rolling hills, more campus buildings, and a vast open sky. I thought to myself, “When I get beyond those doors, I will be able to fly!”

It was at that moment I awakened. Still in a dreamlike state, I realized clearly what the dream meant. The fact that I could walk on air meant that I could do

whatever I believed I could do, as long as I was grateful to God that I was doing it. The children symbolized the simple, pure faith of minds unfettered by a lifetime of learned limitations. The doors had a dual meaning. They symbolized the limits that we place on ourselves in this mortal life, and they also symbolized death. Part of the message was that my father was beyond those doors, and that he could fly, with no earthly limits to his abilities.

If we express this dream in the form of a mathematical equation, it would look like this:

$$\begin{aligned} &\textbf{Your Belief That You Can Do It} \\ &+ \textbf{Your Gratitude To God That You Are Doing It} \\ &= \textbf{The Results You Want To Obtain} \end{aligned}$$

Would we ever begin anything if we did not believe we could do it? No. Belief is essential to all we do, and is the necessary first step.

Gratitude is an essential part of this equation, and I can't overemphasize the importance of the word *doing*. In other words, your gratitude to God that you are *doing* it is significant, because it is to God that we owe everything that we have and are, and it is to Him that we owe every opportunity that lies in our path. If you have a goal that you want to achieve, imagine how grateful you would feel if you had already achieved it; if you can feel it and expect that it will be, it will be.

As you learn to cultivate gratitude to God for what you already have, your faith and belief will increase, for you will draw yourself closer to that very source of power from which all things flow.

You will soon find yourself doing the very thing that was once only a dream.

When your heart is full of gratitude, do you think it is possible to feel doubt or fear? I don't think so. To be a healer, you must not entertain thoughts of doubt; you must leave your fears behind. Your heart must be filled with love and gratitude.

Try this with the Emotion Code; it's easy. All you have to do is believe and be grateful, and you will be able to do it. I mean this very literally!

Messages from Water

A Japanese scientist, Masaru Emoto, has made a wonderful contribution to our understanding of the energetic world around us. His book, entitled The Hidden Messages in Water, details Mr. Emoto's research into the crystalline structure of water. Mr. Emoto and his colleagues found that water droplets would form widely different crystalline patterns or "snowflakes" after being exposed to different kinds of music and then frozen. Exposure to acid rock music, for example, would result in a very disrupted crystal,

while a Mozart symphony would result in a beautifully formed crystal.

Taking their research further showed that by writing different words or phrases onto a piece of paper, and then taping the paper to a vial of water and leaving it overnight, different crystalline structures would result.

The phrase “I love you” would invariably result in a symmetrical, well-shaped and beautiful ice crystal, while the phrase “I hate you” would result in a very asymmetrical and disrupted crystal.

The most intensely beautiful ice crystals of all were formed when water was exposed overnight to the phrase “Love and Gratitude.”⁸

Remember that your body is over 70% water. Can you see how important it is to maintain thoughts of positivity instead of negativity? Imagine how your life would be if you filled yourself with thoughts of love and gratitude on a continual basis. Imagine how people would be drawn to you. Imagine what your life could be like. I believe this is how our lives are actually intended to be!

I have read many experiences written by people who died and went to the “other side”, temporarily. I have noticed that in their near-death experiences, these people were never asked what kind of car they drove

8 Masaru Emoto, David A. Thayne, *The Hidden Messages in Water*, (Hillsboro, OR: Beyond Words Publishing, Inc., 2001) 64.

on earth, or how big their bank account was. Instead, they are very often asked “How much love were you able to develop for your fellow beings?” and “How much knowledge were you able to gain on earth?”

Life is about having joy. It’s about increasing our ability to give and receive love and it’s about gaining all the knowledge we can. It’s also about serving others, feeling grateful for all we have, and learning to create the life we want.

Trapped emotions make it more difficult for us to experience these joys and tend to short-circuit us both physically and emotionally.

The Human Energy Field

A few decades ago, scientific thought denied the existence of any sort of human energy field. Since that time, scientists have completely changed their minds. They now know with absolute certainty that an energy field exists. As new technology has come along, they’ve been able to test it and find out for certain. For example, one device, called the SQUID magnetometer, can detect the tiny magnetic fields created by the biochemical and physiological activities of the body.

Using this device, scientists have learned that all of the tissues and organs in the body produce specific, magnetic vibrations. They call them biomagnetic

fields.⁹ This is fairly new information, not widespread knowledge yet.

Although not all medical doctors are aware of this, it has been determined that the biomagnetic fields in the space around the body give a more accurate reading of the patient's health than traditional electrical measurements, like EEG's and EKG's.

In fact, scientists now know that the heart's electromagnetic field is so powerful that you can take an accurate EKG reading three feet away from the body.

The reading can be taken from any point on the body and any point in the electromagnetic field, because the field itself contains the information in a three-dimensional, or holographic way.¹⁰

Today's doctors know what they were taught by their professors, who learned from their professors before them, and so on. Western medicine is empirical. It's based on observation. If something can't be observed, it can't be verified. If it can't be verified, then it isn't true.

Despite its drawbacks, doctors who follow the model of western medicine have often been behind some of the most brilliant medical advances in history. They

⁹ Walter Lubeck, Frank Petter, William Rand, *The Spirit of Reiki*, (Twin Lakes, WI, Lotus Press, 2001), 72.

¹⁰ Doc Lew Childre, Howard Martin and Donna Beech, *The HeartMath Solution*, (New York, NY: Harper Collins Publishers, Inc. 1999) 260.

excel at developing important methods of precision testing, breakthrough surgical procedures and advanced technology. This model has tremendous assets, but it has its disadvantages as well.

As far back as the 1940's, Dr. Harold Saxon Burr, a distinguished medical researcher at Yale, insisted that pathology could be detected in the energy field of the body long before physical symptoms began to emerge. Although he didn't have the skills or techniques to do it himself, Burr proposed that diseases could be prevented by adjusting or manipulating the energy field.¹¹ His medical colleagues thought his ideas seemed unlikely and farfetched, probably because they were not taught that this could be a possibility when they were in medical school.

The importance of the energy field is still not taken into account in traditional Western medical practices, and thus, the patient often suffers needlessly due to lack of proper attention to the underlying causes of their illness.

Recently, however, many non-traditional healing practices have gone from being ridiculed to being respected. This is partially because technology has improved and scientists have been able to test more accurately, and partially because these alternative healing methods actually do work.

11 Robert C. Fulford, D.O., *Touch of Life: Aligning Body, Mind, and Spirit to Honor the Healer Within* (New York, NY: Pocket Books, 1996) 25.

Now mainstream science is even beginning to acknowledge the existence of the energy meridians used by ancient Chinese medical doctors for thousands of years. Acupuncture in particular is being recognized for its energetic healing power, even if it is not fully understood by the medical community. Chiropractic adjustments, which remove nerve interference, are also being proven in clinical trials to have long-lasting and significant benefits, something that chiropractic doctors and patients have known for over 100 years.

Abundant evidence exists to prove that the human body is an energetic, vibrant, emotional, and spiritual entity. The old mechanistic approach proves to be more and more limited and simplistic as we learn about the nature of energy and of the universe, and how everything is in constant communication with everything else. As Simon Mitchell points out in his book, Don't Get Cancer:

A philosophy of medicine that is over-reliant on logic and limited mainly to drugs and surgery is fundamentally flawed. Acts of logic always rely on analysis, that is, breaking down a 'whole' into its constituent parts, and examining each minutely. Reductionist approaches fail to see the connectivity and relatedness of all things. As a result this philosophy is offering us 'cures' which are often as dangerous and destructive as the disease itself.

Today, we are at a turning point in medical history. With the discoveries of quantum physics and molecular

biology proving that everything is energy and that it is all related, a door has been opened.

Scientific research is constantly being conducted, and continues to confirm over and over again that we are beings of energy, and that there is an intelligent force at work in the universe.

Research will continue to push back the boundaries on what we know about the human energy field. As it does so, I am convinced that the energetic basis of human thought will become more clearly understood, and that the phenomenon of trapped emotions will eventually be recognized by the scientific community for the damage they cause.

As technology continues to advance, scientists and doctors will inevitably realize how important it is to keep the body in a state of balance. The magnetic and energetic healing techniques that alternative practitioners already use will hopefully be integrated into conventional medicine to provide the best, most thorough, and most gentle healing. There is much to be learned by studying the energy of the human body, and we are the ones to gain from it. Remember that not so long ago, scientists didn't recognize that the human body had an energy field, much less that our very health depended on it!

All methods of healing are valid and have their place. In the future, I see a world where the best of all possible approaches will combine to the benefit of mankind.

Quick Fixes

I saw first-hand during my years in practice that the body has a built-in ability to heal itself, another evidence of the body's innate intelligence. The body sometimes needs help to restore itself to a state of balance. This help may consist of removing trapped emotions, detoxification, receiving chiropractic adjustments and proper nutrition, and more. Healing is a process, and it takes time.

But waiting for the body to heal itself naturally can try our patience. We usually want a quick fix. We don't want to wait; we want it now. We are conditioned by endless advertising to think that if we take a pill our problem will be solved. While some prescription medications do address the cause of illness, most only cover up the symptoms. They usually do such a wonderful job at masking our symptoms that we may think our problem is gone, when it is merely being chemically suppressed.

Remember that symptoms are the body's way of telling you that something is wrong. They are a warning signal that you need to change something, or that your body needs some help.

Masking symptoms with medications can be a bit like putting a piece of duct tape over that annoying oil light in your car that turned on recently. You may cover it up for awhile, but eventually your car will stop running.

The pharmaceutical companies would have you believe that the best way to get well is to take their products. For example, heavy advertising in the media helped to create a tremendous market for anti-depressants. While they have helped some people, like all drugs, they have side-effects. In fact, read this excerpt from an official FDA press release, dated October 14, 2004:¹²

The Food and Drug Administration (FDA) today issued a Public Health Advisory announcing a multi-pronged strategy to warn the public about the increased risk of suicidal thoughts and behavior (“suicidality”) in children and adolescents being treated with antidepressant medications...

The release of trapped emotions have consistently helped patients to overcome depression. Read this testimonial from a former patient of mine who was suffering from severe depression.

I had gotten to the point where I was exceedingly suicidal. Everyday I would wake up and have to decide, ‘Do I live or die today?’ I was stuck because part of my belief system was that my life was not mine to take. That had been a mantra already for several years, and yet I no longer wanted to live. And I happened to show up at one of Dr. Nelson’s seminars where he talks about emotions. And at

12 “FDA Launches a Multi-Pronged Strategy to Strengthen Safeguards for Children Treated With Antidepressant Medications,” Oct. 15, 2004
<<http://www.fda.gov/bbs/topics/news/2004/new01124.html>>

that time he didn't talk about them a whole lot, and I spoke to him after he was finished speaking, and said 'You mentioned the emotions but you didn't do anything or talk about it; I need help... I don't want to live, yet I know that there are some people in this life who are happy, and there are people in this life who are functioning very well. I'm not, and I want to be. Can you do something?' And in that moment he cleared something regarding my lack of joy, and I could literally feel in the moment that he did that, all of this energy coming back to me. I actually did not sleep almost the whole night; I was so pumped and so energized after that. Since then, we have done a lot of work, mostly in the clearing of trapped emotions, and other work as well, but this emotional work is so powerful and so key. I am a different person than I was a year and a half ago. I no longer have the panic attacks; I no longer have the night terrors I used to have. I am a different person. I'm alive, I embrace life, and I love life. Thanks - Karen B.

If we have pain, we may need pain medication to be able to deal with it. I'm grateful we have it, and as I said before, all healing approaches are valid. Medications can be perfectly appropriate in the short-term, as they work to relieve symptoms, but they sometimes do more harm than good.

Witness the following article from USA Today, dated December 20, 2006:

Non-prescription pain relievers used by millions of U.S. consumers need stronger health warnings regarding liver or stomach risk, the Food and Drug Administration said Tuesday.

The drugs include some of the most commonly taken in the USA — aspirin, ibuprofen and acetaminophen — and will affect such household brands as Motrin, Advil, Aleve and Tylenol.

The FDA proposes that:

Products with acetaminophen, such as Tylenol, include warnings for liver toxicity, particularly when used in high doses, with other acetaminophen products or with three or more drinks of alcohol a day.

Over-the-counter NSAIDs (short for non-steroidal anti-inflammatory drugs) include warnings for stomach bleeding in people over 60; those who have had ulcers, take a blood thinner or more than one NSAID; or those who take them with alcohol or longer than directed.

Attention focused on their risks in 2004 when prescription NSAID Vioxx was withdrawn because of heart attack and stroke risk. Last year, the FDA sought a warning on prescription NSAID Celebrex for cardiovascular and stomach risks. An FDA advisory panel in 2002 said over-the-counter NSAIDs should have stronger warnings about stomach bleeding.¹³

¹³ Julie Schmit, Julie Appleby, "FDA calls for pain reliever warning", USA Today 20 Dec. 2006, national ed.: A.1.

Here is another testimonial from a former patient who suffered from chronic pain for four years after falling 2 stories onto a boulder and breaking her back:

I consulted Dr. Nelson because I had broken my back a few years back and had never gotten over the pain despite several types of physical therapy and exercise programs. During my first adjustment, I realized that Dr. Nelson was a true healer; I could just feel it. Almost all of my adjustments included “emotional releases” from energy blockages in my body, (unresolved traumatic events live in the energy system of the body and cause blockages in the energy flow). At first I did not notice any change, but gradually my pain began to decrease! With Dr. Nelson’s help I discovered that emotions very deep within me were causing the majority of my pain... My body had so much pain stored inside from so very long ago, and Dr. Nelson was able to “talk” to my body to help me release it. What a remarkable process to experience each appointment’s release and the corresponding decrease in pain. Today for the first time in 4 years I am able to work part-time, but most important of all, I feel a great healing in my physical and emotional body and have learned the invaluable fact of how these two are so integrally related. Thank you, Dr. Nelson!!!

In love and light - Linda P.

Getting to the Cause

If the essential cause of your illness is not dealt with, you will have the illness until your body is able to heal itself. I have seen many cases where the patient was on medication for their problem for years, and as soon as they went off the medication, their problem came back full swing because the underlying cause was still creating the illness. The underlying cause must be reversed or your problem will not go away and you must either remain in pain or on drugs forever.

Most of us never learned that we could access the energy of our bodies, to learn what is wrong and how to fix it. But we live in a remarkable time, when knowledge of all the ages is being poured out upon mankind beyond measure.

Ancient healing philosophies were full of truth and deep insights into our energetic nature, and the validity of these approaches is now being recognized once again.

Magnets are one of the most ancient healing modalities on earth, and are an integral part of the Emotion Code. Find out why in the next chapter.

A MAN WHO IS SWAYED BY NEGATIVE EMOTIONS MAY
HAVE GOOD ENOUGH INTENTIONS, MAY BE TRUTHFUL
IN WORD, BUT HE WILL NEVER FIND THE TRUTH.

- GHANDI

4

HEALING WITH MAGNETS

What is the most powerful healing tool in your home? Some vitamins? A prescription medication? A healing herbal tea? Something in your fridge? How about something *on* your fridge? No, not your shopping list, I'm talking about the magnet that's holding your shopping list to your fridge.

Believe it or not, the common refrigerator magnet can be one of the most powerful healing tools you'll ever own, when it comes to removing trapped emotions, provided you know how to use it. I'll explain why in this chapter.

How healthy you are is directly related to how balanced your energy field is. Energy healing works to restore and maintain the harmony of the energy field, so that the body can remain vitally healthy. But how do you

begin to heal the energy field of the body if you cannot see it? You already know you can find imbalances like trapped emotions by using the Sway Test to ask the subconscious mind what is wrong. What can you use as a tool to remove trapped emotions?

The answer is you must use some other form of energy. The easiest to use, the cheapest and the most widely available energy tool is the magnet. Magnets emit pure energy and are a powerful tool to fix energetic imbalances that you cannot see.

I have used all kinds of magnets, from the most expensive and most powerful, to the least expensive and weakest. Some magnets are specifically designed for healing the body, and some are not. But I have found that virtually any magnet can be used to release trapped emotions using the Emotion Code.

Your Magnetic Existence

Your existence stretches farther than you can see or feel, precisely because you are an energetic being, even though you are also physical. It makes sense to say that if part of your existence is invisible to you, then perhaps some of the underlying causes of your health problems might be invisible to you as well.

Most people assume that they exist only inside the limits of their own skin. Your skin represents the outer layer of what you can see, and you have been

taught that what you see is what is real. Now we have scientific proof that there is more to you than meets the eye.

For instance, we now know that you generate an electromagnetic field, created by the electrical activity in your body. It is created by electrical currents in your nervous system as well as the electrochemical processes that are constantly occurring in all of your cells.

Scientists now know that the electromagnetic field of your heart extends 8 to 12 feet from your body in all directions, behind you, above you, below you, in front of you and to your sides.¹

In 1956, Japanese scientists did the groundbreaking research that proved beyond a doubt that there were both electric and magnetic forces in the body. By exposing the body to pulsing electromagnetic fields, they created electrical changes on a cellular level and altered cell metabolism. This phenomenon is known in medical science as the piezoelectric effect.

Western medicine acknowledges and accepts the existence of this electromagnetic field without reservation, but for many years has only measured the electrical component of it. Scientists and doctors have measured the body's electrical activity under clinical conditions for many years. The EKG, or electrocardiogram, which measures the electrical

¹ Doc Lew Childre, Howard Martin and Donna Beech, *The HeartMath Solution*, (New York, NY: Harper Collins Publishers, Inc. 1999) 34..

impulses of the heart, was first put to practical use in 1895. The EEG, or electroencephalogram, which measures the electrical activity of the brain, has been used since 1913.

A basic law of physics states that whenever electrical activity is generated, a corresponding magnetic field will always occur. Scientists can measure this magnetic field using *magnetoencephalographs* and *magnetocardiograms*. These machines represent a leap ahead over the old technology, which was limited to measuring only the electrical fields of the heart and brain. Scientists are coming to recognize how powerful and important these magnetic interactions are.

The brain's pineal gland, which secretes hormones that affect your whole body, is surrounded by magnetite clusters that are carefully tuned to perceive and interact with magnetic fields. These are the same kinds of magnetic clusters that allow homing pigeons, butterflies and bees to navigate using the earth's magnetic field. It appears that these magnetite formations in our own pineal glands have a lot to do with our own sense of direction. A study published in the respected British Medical Journal found that people who were suffering from calcification, or hardening of the pineal gland were significantly more likely to get lost!²

2 British Medical Journal (Clin Res Ed). 1985 Dec. 21-28;291(6511):1758-9.

Floating Frogs With Magnetic Energy

Scientists attempting to understand why magnetism has such a profound affect on physiology have performed a fascinating experiment using an extremely powerful magnet and a frog. This is somewhat whimsical, but I include it because it illustrates the fact that magnets do have a physical effect.

April 12, 1997

"Scientists Make a Frog Levitate"

LONDON (AP) - British and Dutch scientists say they have succeeded in floating a frog in air -- using a magnetic field a million times stronger than that of the Earth.

And, they say, there is no reason why larger creatures, even humans shouldn't perform the same gravity defying feat.

'It's perfectly feasible if you have a large enough magnetic field,' said Peter Main, professor of physics at Nottingham University, one of the British scientists who collaborated with colleagues at the University of Nijmegen to create the first levitating amphibian.

Their endeavors are reported briefly in the current issue of the British magazine New Scientist.

To hold up the frog, the field had to be a million times that of the Earth, the scientists said, only

then was it strong enough to distort the orbits of electrons in the frog's atoms.

'If the magnetic field pushes the frog away with sufficient force, you will overcome gravity and the frog will float,' Main said. The trick doesn't only work on frogs. Scientists say they have made plants, grasshoppers and fish float in the same way. 'Every ordinary object, whether it be a frog, a grasshopper or a sandwich, is magnetic, but it's very rare to see such a spectacular demonstration of this,' said Main.

The scientists said their frog showed no signs of distress after floating in the air inside a magnetic cylinder.³

Magnets and Healing

When the human body is exposed to a magnetic field, even more interesting and often surprising things happen. People's illnesses and imbalances have completely disappeared. Pain has diminished, vertigo has vanished, and fatigue has been reversed. There have been thousands of people who have had their health restored by the healing powers of magnets. Even though the proof is there, modern allopathic medicine is still currently in the experimental phase with magnets as healing tools. Many vitalistic healers already know that magnets work wonders, but medicine cannot scientifically explain the discoveries that their experiments have revealed.

³ "Scientists Make a Frog Levitate," *New Scientist Magazine*, 12 April 1997, 13.

In March of 2005, Time magazine ran a story about doctors at Columbia University who accidentally discovered a surprising way to cure depression – by using magnetic energy.

A Connecticut woman named Martha had been depressed for almost twenty years. She had gone through all of the recognized traditional treatments – seeing psychiatrists and psychologists, consuming any medication they gave her. But none of the treatments helped her depression. Martha decided to participate in the experimental treatment procedure at Columbia. Doctors applied a series of magnetic pulses to the top of her head. They called the treatment repetitive transcranial magnetic stimulation (rTMS).

After undergoing the hour-long procedure five times a week for six weeks, Martha said, “I started to see signs of change by about the third week. By September, I was on top again. I could take pleasure in things like food and sunshine.” At the time the article came out, Martha had been returning to the institute for repeat sessions on a periodic basis, and had been depression-free for six months.

These doctors cannot explain exactly why magnetic stimulation works to cure depression and other disorders. According to Dr. George Wittenberg, a neurologist at Wake Forest University, “Magnetic stimulation is a clever way to induce current without actually having an electrical connection.” The National Institute of Mental Health (NIMH) agrees that there

is no denying the effectiveness of the technique, and they are sponsoring a study at Columbia and three other institutions to further test the healing effects of magnetic stimulation.⁴

In a study published in 2002 in the respected *Journal of Neuropsychiatry and Clinical Neurosciences*, seventy-five percent of patients suffering from depression experienced significant improvement after undergoing this same type of magnetic treatment.⁵

My Introduction to Magnets

My own exposure to the power of magnetic therapy came many years ago through my brother Greg, who had been using magnetic treatments in his chiropractic office. Greg was so enthusiastic about the effectiveness of the magnets made by a Japanese wellness company called Nikken, that he finally persuaded me to give them a try in my own clinic.

The moment after I received my new Nikken “MagBoy” magnet in the mail I found a patient that would present a real challenge. Laura had come to me for treatment of her Fibromyalgia, a debilitating condition characterized by widespread muscular pain of unknown origin. Most of Laura’s pain was in her upper body. Her overall range of motion with both of her arms was very limited and she could barely raise

4 *Psychiatry Res.* 2004 Apr. 30;126(2):123-33.

5 Rosenberg P.B., et al. “Repetitive transcranial magnetic stimulation treatment of comorbid post traumatic stress disorder and major depression.” *Journal of Neuropsychiatry and Clinical Neurosciences*, 2002 Summer;14(3):270-6.

them to a horizontal position without being stopped by the pain.

I explained to Laura that I'd like to try a new treatment to see what effect, if any, it might have on her condition. She agreed, and we chatted while I rolled the magnet continuously back and forth on her left arm between her shoulder and her elbow.

After a few minutes of this, I tested the range of motion in her arms again. I had her raise her right arm first, the arm we did not apply the magnet to. Laura raised her arm until it was almost horizontal to the floor. I could see that she was in pain, so I had her stop. This was what I had expected.

Then I asked her to raise her left arm, the one we had used the magnet on. To our mutual surprise, Laura raised her left arm easily and smoothly up along the side of her head without any discomfort.

Her eyes widened and she exclaimed, "I don't have any pain at all where you used that! What is that thing? Can I buy it from you?"

I put Laura through more range-of-motion tests, and to my amazement, she now had full range of motion in her left arm, and no pain. I looked down at the little silver and blue magnet in my hand with eyes as wide as Laura's. These sudden and dramatic results were quite unexpected. I told Laura all I knew, that it was

a Nikken magnet designed for reducing discomfort in the body.

It took Laura very little effort to remove the cause of her symptoms. My hunch is that in her case, the biggest underlying cause of her Fibromyalgia was something that the Japanese call “MFDS”, or magnetic field deficiency syndrome. Proponents of MFDS believe that you can become “deficient” in magnetic energy, just as you can become deficient in a vitamin or a mineral. Adding a little more magnetic energy to her body was all that Laura seemed to need to get rid of her pain. The relief of Laura’s Fibromyalgia was just the first miracle I saw with magnets.

I believe that MFDS is a component of many illnesses. Like most illnesses, Fibromyalgia has a variety of underlying causes that can vary from person to person, and MFDS is often one of those components. In cases where it is the major or only underlying cause of the illness, the application of magnetic energy can result in dramatic improvement, as was the case with Laura.

A New Healing Tool

It was easy to put these magnets to the test, since I had a never-ending stream of people who were suffering. Sometimes the results were inexplicable and even a bit mysterious. One patient, for example, had a long-term shoulder problem that instantly went away when she put Nikken magnetic insoles in her shoes. On four separate occasions I was able to stop acute asthma

attacks by simply placing a Nikken magnetic pad on the patients' chests. I saw allergies improve quickly and dramatically by placing a magnet on the surface of a patient's body. I saw bruises disappear, literally overnight. I saw broken bones heal in half the normal time.

In many cases, I came to require certain patients to wear Nikken magnets as part of their treatment protocol, because they seemed to shorten the recovery time so dramatically.

One patient had a very large disc bulge (8mm). She refused to have the recommended surgery. By the time I met her she had lost all feeling in her right leg due to nerve compression. Twenty-four hours after starting to wear a Nikken magnet over her disc injury, she began feeling sharp, shooting pains in her previously numb leg as the healing process began. Within a week she was able to stop taking all her pain medication. She continued to wear the magnet on her back, and the pain and inflammation continued to diminish and completely disappeared. One year later, her radiologist was baffled when he could find no evidence of her disc bulge upon performing a repeat CT Scan.

It's important to note that all of these cases involved the use of magnets manufactured by Nikken, Inc., magnets which were specifically designed for use on the body to relieve discomfort and promote healing.

Cartilage Made New

One of the most amazing healing experiences I have witnessed happened to my uncle Lovell. When he was a young man in 1937, Lovell injured his right knee. His doctors recommended surgery, but could not guarantee that the operation would help him. He decided to not have the surgery, since the odds of success and failure were about the same. As long as I knew my uncle he always had his right knee wrapped with Ace bandages. I found out later that his knee continually bothered him and caused him pain from this old injury. In 1995, a friend introduced him to magnetic therapy. This friend insisted that Lovell should put a pair of magnets on his knee for at least 10 days. These mini-magnets, made by Nikken, were about the size of a silver dollar. Lovell was skeptical, but decided that he had nothing to lose by giving it a try.

He didn't really feel any difference in his knee after five days. Even after seven days, there was no change. Finally on the tenth day something dramatic happened. To his astonishment, for the first time in 60 years he could feel no pain in his right knee. He was ecstatic and could hardly believe it. He continued to wear the magnet day and night for the next two months. His pain did not come back. At that point, he decided to have X-rays taken of his knee, so he could compare them to a previous set of X-rays that had been taken three years earlier. The old X-rays showed that the

cartilage in his knee joint was almost completely gone, and the bone ends were actually touching.

To his doctor's astonishment, this new set of X-rays showed that the cartilage in his knee had somehow regenerated.

Although spontaneous regeneration of cartilage such as this is considered a medical impossibility, it happened.

The More We Know...

These incredible successes involving Nikken magnets forced me to open my mind to a new way of thinking – to something I'd never been taught before. But I knew I was in good company.

Most of the progress in the history of medicine has been based on creative leaps of imagination. When new treatments and methods are discovered, the old ones are abandoned to make way for a more effective style of healing. This is often a long and arduous process, since we have no guide to help us along the way, only trial and error.

As human beings, we have had our bodies for thousands of years, but since they came with no "manual", we have spent much of our time trying to figure out how they work and how to make them work better.

In former times, people thought that illness was caused by, among other things, blood that had "gone

bad.” As a result, bloodletting was a popular practice from antiquity until the late 1800s, until it was finally abandoned in favor of more advanced procedures. Approved medical practices, done with the best intentions, are routinely abandoned when new insights about the body are discovered.

When I was a child, for instance, tonsillectomy or the removal of the tonsils, was considered a harmless surgery. According to one study, up to forty percent of young men entering military service in 1960 had had their tonsils removed.⁶

Back then it was believed that the tonsils were expendable, and no one really knew what they were for. Eventually, it was realized that the tonsils form an important part of the body’s immune system. Today doctors are much more reluctant to take them out. This is a sign of progress in medicine.

The more we know about the true nature of the human body, the better decisions we can make involving health. While some of the healing practices from the past are not correct and have fallen by the wayside, many ancient healing methods and ideas have been right all along and are now coming back into favor.

6 Robert Chamovitz, Charles H. Rammelkamp Jr., Lewis W. Wannamaker, and Floyd W. Denny Jr., “The Effect of Tonsillectomy on the Incidence of Streptococcal Respiratory Disease and its Complications,” *Pediatrics* Vol. 26 No. 3 September 1960, pp. 355-367.

Magnifying Your Intention

Because you are made of energy, true healing must address this aspect of your makeup. Because trapped emotions themselves are also energy, the most efficient way to release them is with another form of energy.

Intention is a powerful form of thought-energy. It is possible to release trapped emotions using the power of your intention alone. I believe that the intention to release the trapped emotion is really the most important part of the equation.

I use magnets because I believe they literally magnify the power of your intention to get the job done.

Just as a magnifying glass magnifies an image, I believe that a magnet can literally magnify your thought-energy and intention beyond your current capacity.

This makes it possible for anyone to release trapped emotions. You don't have to be a talented or experienced healer to do this work.

If your intention is clear, using a simple magnet to magnify your intention is all you will need to achieve results formerly available only to those with vast experience.

A simple magnet can powerfully enhance the energy of your intention, and carry it into the energy field of the body. The acupuncture system provides the perfect

avenue to put the energy of your intention into the body, and release the trapped emotion.

How Acupuncture Fits In

The practice of acupuncture is based on the existence of the human energy field, and has been around for thousands of years. In fact, acupuncture points (or acupoints) and meridians are described in the world's oldest known book on medicine, the Chinese Huang Ti Nei-Ching, or The Yellow Emperor's Classic of Internal Medicine, written around 2500 B.C..

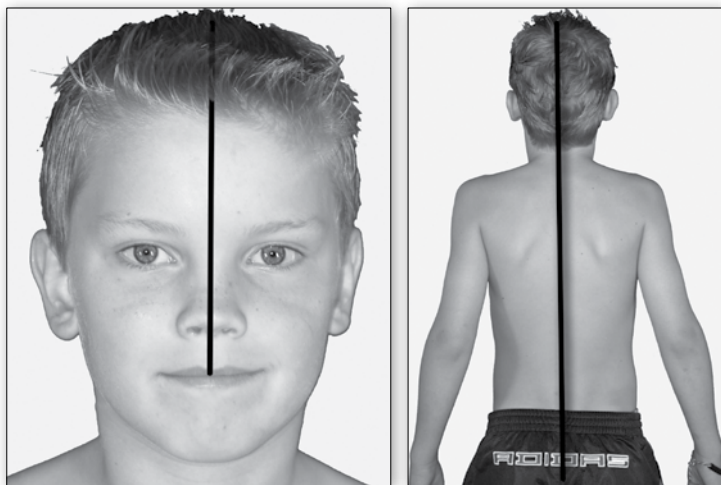
Acupoints are specific locations that lie along pathways known as meridians. Meridians can be thought of as small rivers of energy that flow just beneath the skin. They follow very precise tracks over the surface of the body that do not vary from person to person.

The existence of these meridians was the subject of speculation and disagreement for many years. But in the last three decades multiple research studies have proven their existence. In one study, researcher Jean-Claude Darras injected a radioactive isotope called technetium99 into acupoints and non-acupoints alike. Radioactive isotopes such as this emit low-level radiation that can be accurately measured and mapped. The radioactive isotopes that were injected into the acupoints diffused away from them in very precise patterns that were exactly the same as the acupuncture

meridians that had been mapped out anciently by Chinese physicians. The same radioactive material that had been injected into non-acupoints diffused away in no particular pattern.⁷

The Governing Meridian

Certain meridians are actually thought to function as reservoirs of energy, which connect with and supply all other acupuncture meridians. Perhaps the most important of these reservoir meridians is the Governing Meridian, which begins in the center of the upper lip, runs up and over the head, and all the way down the center of the spine, ending at the tailbone.



The Governing Meridian

⁷ *Journal of Nuclear Medicine*. 1992 Mar;33(3):409-12.

Because of the interconnections between the Governing Meridian and all other meridians, it provides the most ideal pathway for what we want to do as we treat the body for trapped emotions using the Emotion Code. A trapped emotion is energy. To get rid of a trapped emotion, we need to overcome it with another form of energy. The Governing Meridian provides the perfect window into the body for this purpose.

Remember that a magnet actually *magnifies* your thought, which is energy. While holding the intention in your mind to release the trapped emotion that you have found, you simply pass a magnet over the Governing Meridian. Your magnified intention to release the trapped emotion enters into the Governing Meridian, and from there this thought-energy flows quickly into all the other meridians and areas of the body.

This sudden influx of intention-energy has the effect of releasing the trapped emotion permanently.

In many years of practice and many years of teaching the Emotion Code to students in seminars, we have never seen a trapped emotion return. Once you release a trapped emotion, it is gone for good.

You don't need to know any acupuncture points. You don't need to understand how it all works, really. All you need to do is have a little bit of belief and intention, and it will work. On the other hand, having some understanding of the mechanism behind it all

will increase your ability as it will increase your faith in the process.

Where Does the Trapped Emotion Go?

To understand how a trapped emotion is released from the body, allow me to make an analogy. A number of companies now make special headphones that are able to cancel out background noise. These headphones can make jobs like leaf-blowing and construction work much more comfortable because they cancel out the loud noises of the machines used. Another popular use of noise-canceling headphones is for airline pilots, as the continual whine of an aircraft engine has been shown to be very fatiguing. Noise-canceling headphones sense the frequency of sound waves coming in from outside, and instantly generate a sound wave that is exactly opposite in phase. When the two sound waves collide, they cancel each other out. The result is a much quieter experience.

I believe that releasing trapped emotions may make use of a similar phenomenon. Each trapped emotion has its own particular rate of vibration, its own frequency. Just as an opposite sound wave can cancel out an extraneous noise, the energy of your magnified intention can cancel out the “noise” of a trapped emotion. When you pass a magnet over the Governing Meridian, you effectively create a flow of opposing energy in the form of magnified intention. Therefore, the trapped emotion gets cancelled out, it

dissipates and disappears, similar to the noise from the jet engine.

Another example that you are perhaps more familiar with has to do with credit cards. The magnetic strip on the back of a credit card is encoded with specific information. When you place a magnet on it, you might erase the encoded information, destroying the usefulness of the credit card. Releasing a trapped emotion is similar in that the encoded emotional energy is quickly, easily and permanently erased when you swipe a magnet down the Governing Meridian.

Magnets are generally considered quite safe, but there are a few occasions when they should not be used, or should only be used after approval by a physician. These include pregnancy, use of implanted pain or insulin pumps, cochlear implants and pacemakers.

Conclusion

Begin to think of yourself as a being made of pure energy. I cannot emphasize enough how much damage trapped emotions can do. Remember that they can affect you physically, emotionally and mentally. They are made of pure energy, but they are negative energy, and the sooner you get rid of them, the better off you will be.

A simple refrigerator magnet, which you probably already own, will work to release trapped emotions. Personally, I prefer to use the magnets manufactured by the Japanese company, Nikken, Inc., because they

are specifically designed for use on the body, and are very comfortable to use. The magnets that I use to release trapped emotions are designed to roll down the back, are easy to hold, and as they spin, they produce a larger magnetic field.

A lot of research has gone into their development, and I use them whenever I can. I have found numerous applications for them (for example, as pain-erasers, where a refrigerator magnet would not have the same effect), and I believe that the Nikken magnets are well worth the modest investment required. If you'd like more information on Nikken magnets and how to purchase them, see my web site at:

HealersLibrary.com/Magnets.htm

As your intention, your clarity and your level of faith and belief in your own ability increases, you will find that the use of a magnet is optional for you. After all, your own hand is a magnetic instrument, and you always have it with you! Remember, you have a magnetic field; you are a magnetic being yourself.

You are now gaining the understanding and the power to literally become a healer by releasing trapped emotions using the Emotion Code. You will soon learn this simple procedure, which is incredibly effective and can be life-changing. The next step is to learn more ways to tap into the subconscious mind and get concrete answers.

PART III

USING THE EMOTION CODE

IS THE HUMAN BRAIN, AT SOME PRIMAL LEVEL
A WONDROUS COMPUTER LINKED WITH A
UNIVERSAL ENERGY FIELD, THAT KNOWS FAR
MORE THAN IT KNOWS IT KNOWS?

- E. WHALEN

FAITH IS TO BELIEVE WHAT WE DO NOT SEE;
AND THE REWARD OF THIS FAITH
IS TO SEE WHAT WE BELIEVE.

- SAINT AUGUSTINE

I DON'T WANNA LOOK LIKE SOME KIND OF FOOL-
I DON'T WANNA BREAK MY HEART OVER YOU.
I'M BUILDING A WALL. EVERYDAY IT'S GETTING HIGHER.
THIS TIME I WON'T END UP ANOTHER VICTIM OF LOVE.
I'M GONNA LOCK UP WHAT I'M FEELING INSIDE.
AIN'T NO WAY YOU CAN BREAK DOWN THE DOOR.

- "VICTIM OF LOVE" LYRICS BY THE GROUP ERASURE

7

THE WALLS AROUND OUR HEARTS

Trapped emotions can create a wall around your heart that can block you from living life to the fullest. I received this letter from a wonderful woman, a former patient of mine who had a Heart-Wall, once upon a time...

Living the Fairy Tale

At the time Dr. Nelson cleared my Heart-Wall, I was approximately 51 years old and I had worked at the Walt Disney Company for 22 years. It was a busy, exciting career, filled with travel all over the world and bright, creative people. I had a wonderful family and many close friendships. I had never been married. I wasn't against marriage

nor was I dying to get married. It wasn't an issue. My life was full.

Later that year, two of my friends were planning a trip to China. They asked me to join them, but I said I was very busy at work. They kept up their encouragement. It was as if an invisible hand was at my back, pushing me in the direction of China. Thinking that if I ever did want to go to China, I may as well go, I went.

Travel in China was somewhat restricted at the time, so we went with a group. There was a wonderful gentleman on the trip, an attorney who had been divorced for seven years. He lived in Newport Beach, about 40 miles from my home up the California coast. We got to know each other in a very unassuming way during our tour of China.

On the airplane trip home, we sat together and he asked me out for the following weekend. We dated for a year. He popped the question on Thanksgiving Day and we were married six months later. I was age 53.

As I reflect back on the time after my Heart-Wall cleared, I realize things weren't the same. I began to open myself to the idea of having someone in my life "to have and to hold" and to care for as he would care for me. It happened on the feeling level. Finding someone to share my life with just felt like the next step. There was a new readiness that I

hadn't felt before. It must have been the removal of that invisible wall – that I had not even known was there – that allowed me to let this wonderful man in.

So for all of you who think women cannot marry after “a certain age,” get your Heart-Wall cleared, stay open to the possibilities life has to offer and remember my story. We are now approaching our 5th anniversary, have just moved into our new home on the California Coast overlooking the ocean and Catalina Island and are living the fairy tale.

Thank you, Dr. Nelson.

Lynn R., California

The Heart-Brain

Your heart generates 60 to 1000 times more power and electromagnetic energy than your brain, easily making it the most powerful organ in your body. When you were in the womb, your heart was formed first, before your brain. Your heart beats about 100,000 times a day, 40 million times a year, and if its connection to your brain were severed, it would keep right on beating.

Your heart is the core of your being, the core of who you really are.

New research shows that your heart is much more than a mere pump. In the 1970s, scientists learned that the heart has an elaborate nervous system, a discovery that

has led to the creation of a new branch of medicine known as neurocardiology. The fact is, we all have *two* brains. Much to these scientists' surprise, they discovered that the brains in our heads are *obeying* messages sent by "the brains in our hearts."

Your heart is constantly sending out information to your body. Every beat carries critical messages that affect your emotional and physical health.

When you feel love toward someone, you are actually sending out a powerful electromagnetic signal to them, using the heart brain.

Medical research experiments have repeatedly shown that there are measurable positive effects on the body when we feel love and appreciation toward someone else. The same beneficial affect occurs in your own body when you are on the receiving end – when love and appreciation are being broadcast toward you.¹

Scientists have discovered that the electromagnetic signals radiating from your heart are actually detectable in the brain waves of another person. This phenomenon is strongest when two people are touching or are in close proximity but is measurable at a distance as well.²

1 Rollin McCraty, Ph.D., edited by P. J. Rosch and M. S. Markov. "The Energetic Heart: Bioelectromagnetic Communication Within and Between People", *Clinical Applications of Bioelectromagnetic Medicine*, (2004), 541-562.

2 R. McCraty, M. Atkinson and W. Tiller, *The Role of Physiological Coherence in the Detection and Measurement of Cardiac Energy Exchange Between People* (Proceedings of the Tenth International Montreux Congress on Stress, Montreux, Switzerland, 1999).

For several decades, medical science has had the remarkable ability to transplant organs from one person's body to another. But remember the story of the World War II veteran and his blood cells. If a person's individual cells keep their connection so strongly no matter where they are, think what a connection an entire organ must retain! We've all heard stories about transplant recipients who suddenly take an interest in a certain sport, or who have an unexplained craving for their donor's favorite food. Heart transplant patients have reported these symptoms from the beginning, but doctors have had no way to understand it, so they attributed it to the patients' imaginations.

Try telling that to the transplant patient who has never liked hot dogs or baseball, but who now can't get enough of them since he received the heart of an avid White Sox fan. Or the woman who can't keep from crying every time she hears a certain song, a song which meant nothing to her before her transplant.

The heart has its own unique intelligence. It can think, feel and remember.

There is now considerable evidence that the heart contains memories and feelings. A large number of heart transplant recipients have reported new food and drink preferences and cravings, as well as handwriting changes, musical preferences, and memories that don't seem to be their own.³

3 Mindshock: Transplanting Memories. Channel4.com, Belfast, Northern Ireland.
<http://video.google.com/videoplay?docid=-2219468990718192402>

The Discovery of the Heart-Wall

Have you ever felt that you needed to “put up a wall” to protect yourself in a negative situation? It appears that this common phrase has a basis in reality. We call this phenomenon the “Heart-Wall”, and here is how we were led to discover it.

In March of 1998, my wife Jean and I were in Portland, Oregon, attending a conference on magnetic healing where I was one of the guest speakers.

Early one morning, she woke me to say she’d had a powerful dream. She felt strongly that her dream had a deep meaning, and that it had something to do with her own health.

In her dream, Jean saw a stainless steel order wheel like those found in restaurants and diners. She explained that the wheel had three orders clipped to it. She understood intuitively that each order represented a different issue having to do with her health.

Her subconscious mind knew the meaning of this dream, so I began muscle testing her, asking questions about the orders attached to the wheel. We quickly determined the meaning of the first two health issues. When I turned my attention to the third order on the wheel, something completely unexpected happened.

Suddenly I had a waking vision.

I could see very clearly in my mind’s eye a beautiful, highly polished hardwood floor. Along with this vision

came the understanding that Jean's *heart* was *under* this floor!

This made no logical sense, but the image of this gleaming floor, and the perception that her heart was under it, were very persistent and clear. I determined to figure out what it all meant, if I could. I told Jean what I was seeing, and asked her if she had any insight into what this meant.

"Well, last night I wasn't feeling all that well, and Lana told me that she sensed there was some kind of energy over my heart. I wonder if that is what she was picking up." My sister-in-law Lana is a Reiki Master, and a very gifted and intuitive healer. "I really don't know what it means."

Fascinated, we began muscle testing to find out more about this hardwood floor.

"First, let's find out how thick this floor is," I said. "Is it one plank thick?"

Her arm was strong. The answer was "Yes."

"Is it two planks thick?" "Yes."

"It is three planks thick?" "Yes."

Patiently, we went up by the numbers – five planks, ten planks, twenty, fifty, 100, 200 ... Before long, I began asking about the thickness in feet.

"Is this floor 100 feet thick?" "Yes."

"Is it 500 feet thick?" "Yes."

And on it went – 1000 feet, 2000 feet, 3000 feet, 4000
... “Is it 5000 feet thick?” “Yes.”

“Is this floor a mile thick?” “Yes.”

“Is it two miles, three miles, four miles thick?” “Yes,
yes, yes.”

“Is this floor five miles thick?” “Yes.”

“Is this floor six miles thick?” “No.”

This was quite strange, and we couldn't imagine what it meant. I was certain that it had some significant meaning, so I continued testing. It quickly became apparent that the hardwood floor I could see so clearly in my mind was exactly five miles thick. I had never had a waking vision like this before, yet the answers we were getting were very clear.

Three things were certain. I could see the floor vividly in my mind. I knew that in some symbolic way my wife's heart was underneath this floor. The floor was very thick, five miles thick to be exact. What in the world could this possibly mean?

I asked, “Is there a wall around your heart?” “Yes.”

“Is this wall five miles thick?” “Yes.”

“Is it made of wood?” “Yes.”

What exactly was this that we were in the process of discovering? Was it something of consequence?

Quieting my mind for a moment led me to ask another question. “Is this wall made up of trapped emotions?”

Her arm was strong. The answer was “Yes.”

Suddenly the symbolic meaning became clear to me. I knew how vulnerable the human heart is to being hurt. I also knew Jean’s past.

Jean had been a sensitive and shy little girl. She had grown up in an imperfect, dysfunctional household like many of us do. While she has some wonderful memories, and while she loved her parents and siblings and knew they loved her, she didn’t feel safe emotionally.

She could never predict what the emotional tone in her home might be from one moment to the next. Anger and harsh words frequently and suddenly erupted over things that should have been inconsequential. She and other family members would find themselves “walking on eggshells” at times like these. She never knew when she or someone else in the family might be lashed out at or blamed for something.

Protecting the Core of You

People deal with uncomfortable situations such as these in many ways. Some attack, some retreat, and some hide. But usually, we feel the need to defend and shield ourselves from being hurt.

Your heart is the core of your being. Your subconscious mind knows that it must protect your heart; it must protect your delicate core in any way it can.

Words like “heartache” and “heartbreak” are so-called because of the peculiar physical sensation that occurs in the heart under strong emotional strain. Nearly everyone has felt this sensation at one point or another.

Trapped emotions have substance. They consist of energy, just like everything else. When trapped emotions are created, they must reside somewhere in your body, and sometimes they will lodge in and around your heart.

Your subconscious mind – which knows no limitations – will sometimes use the energy of these trapped emotions to create a barrier or shield around your heart. Literally, it creates a wall of energy around your heart, to protect it.

At first, I puzzled over this process until I realized that the subconscious mind most likely follows certain rules. For example, it is not possible to create a wall out of nothing. In the world in which we live, all things around us are made of energy, and I believe the subconscious mind understands this concept implicitly. All walls that exist in the physical world around us, regardless of the chosen building material, are ultimately made of energy. The Heart-Wall, created by the subconscious mind, is also made of energy. It

just happens to be made of a specific sort of energy, the energy of trapped emotions.

I believe that to the subconscious mind, the Heart-Wall is as real as the chair you are sitting in. The Heart-Wall exists, it's just on a slightly different plane of reality than the world we can see with our physical eyes. Does that make the Heart-Wall any less real? I don't think so. Remember that we cannot see ultraviolet light or indeed, the vast majority of the electromagnetic spectrum, yet no one disputes its reality.

When I asked Jean's body if we could release the trapped emotions that were making up this wall around her heart, the answer was "Yes."

Gradually, her body was willing to release these emotions. We found that the procedure for releasing emotions from the Heart-Wall was the same as for releasing any other trapped emotion. The only difference was that we had to ask specifically if we could release an emotion "from her Heart-Wall" in order to gain access to those emotions.

Each time we released a trapped emotion from Jean's Heart-Wall, I would ask if we could release another emotion. Sometimes her body would allow us to clear more than one emotion in a single session, but often the answer was "No."

It wasn't surprising that her body needed a certain amount of time to process each of her emotions as they were released, so we patiently waited between

sessions. We found that we were able to release a different trapped emotion roughly every other day until they were all gone, and Jean no longer had a Heart-Wall.

The Creation of Her Heart-Wall

Jean had learned to protect her feelings from childhood. She retreated to safety inside of herself, shutting down her positive feelings, and avoiding connection with those that she felt vulnerable toward. When there were volatile episodes in her home, she chose to feel fear, resentment and other negative emotions, some of which she expressed, but many that she internalized. Some of these feelings were never fully processed, and they became trapped energies in her body.

While she was consciously doing her best to deal with life, at the same time her subconscious was building a wall, an ultimate protection against her heart being injured again.

Her subconscious mind chose an imaginary wooden floor for her wall, specifically the hardwood that is walked upon. Do you see the symbolism there? The room she grew up in had a hardwood floor, as did much of her house back then, so it was a familiar sight. Her subconscious mind created her Heart-Wall at an early age, but it wasn't completed for many years.

Each new trapped emotion gave her wall additional thickness and strength, until it was many thousands of feet thick.

As we released the emotions from her Heart-Wall, we found that the thickness of the wall decreased. We could never predict how much of a decrease in thickness might result with the release of a trapped emotion. Some trapped emotions would result in a large decrease in thickness, some in a little.

When the last trapped emotion was released, something very interesting happened that helped Jean move beyond her past and the way that she perceived herself.

Getting Reconnected Again

While Jean's Heart-Wall protected her heart from damage and hurt, this protection came at a cost.

Having a Heart-Wall left her feeling numb and somewhat isolated. She felt disconnected from others. She wanted to have close friends, and she tried many times, but something was always in the way. She was well-liked, but she found it hard to be at ease with people. She had many associations, but few close friends. In social gatherings, even with people she had known for many years, she invariably felt that she was on the outside looking in, and she was never able to feel like she truly belonged.

When the last trapped emotion was finally released, and her Heart-Wall was gone, there was a profound shift.

“For the first time in my life, I’m not on the outside anymore,” she told me. “I’ve longed to feel this way my whole life. Now I know what it feels like to be part of a circle of friends, part of a group. It’s a very different feeling than I’ve ever had before, and it feels wonderful and right.”

Since that day, these feeling have stayed with her, and have helped her to grow in many ways. We’ve since discovered that releasing someone’s Heart-Wall is often followed by a profound experience of connection with other people.

Much of our personal and spiritual growth comes out of our love and interaction with others. The more open our hearts are, the stronger will be our connection to one another. The more connected we are, the more we can give and receive love, and the stronger and richer our lives will become.

I am so grateful for Jean and her dream that day. Without her, the Heart-Wall might still be completely unknown.

When we began to test other people for Heart-Walls, we found that they are a very common problem. Our experience is that eight out of ten people have one. Chances are, you do, too.

Joanne's Bad Marriage

One of the first people we tested for a Heart-Wall was a woman named Joanne. She had been married for twenty-two years and had five children. Her husband was mentally and verbally abusive. He had created such a toxic experience in their home that the rest of the family wondered why she chose to stay in such a bad marriage year after year.

Like most women in her position, Joanne had endured the marriage by creating a Heart-Wall that helped insulate her tender heart from her husband's abusive verbal and emotional assaults.

I suspected that Joanne had a Heart-Wall, and her body responded "Yes" when I asked if she did. Next I wondered what her Heart-Wall might be made of. Were all Heart-Walls made of wood? I didn't know, but when I asked that question, her body said "No."

Not wood. Well, how about some kind of metal? The answer was "Yes", some kind of metal.

"Is the metal iron?" I asked, trying to narrow it down. "No."

"Is it steel?" I asked. "No."

I tried titanium, aluminum, copper and all the other kinds of metal I had ever heard of, but the answer was always "No."

So I approached from a different angle. "Is this metal harder than iron?" "Yes."

“Is this metal harder than steel?” Again, “Yes.”

As I continued this line of questioning, it gradually became apparent that the metal was harder than all the metals I could name. Feeling a bit exasperated, I asked, “Is your Heart-Wall made of metal that is harder than any metal that actually exists on earth?” Her answer was definitive: “Yes.”

Wait a minute. What? How could her Heart-Wall be made of a metal that was harder than any metal that existed on earth?

Something Out of This World

I was so caught up in my concrete questions that I’d forgotten one very important fact.

The Heart-Wall is a creation of the subconscious mind – where literally anything is possible.

This wall is not physically made of any materials except the energy of a certain number of trapped emotions. It may not be “real” to us, but I believe that to the subconscious mind, although it is imaginary, it is also as real as anything else that exists in the world.

Its reality in the body is a very powerful one. That reality affects the systems of the body, just as our thoughts do. It has a direct influence on our health. But remember, the Heart-Wall is an imaginary construct – it can be made of literally anything at all.

Two years after Joanne was married, the abuse began. Her highest value was to keep her marriage together, so she stayed put.

Joanne had grown up in an idyllic and serene home, where she was cherished. According to Joanne, she could not remember her parents ever fighting, and the number of times that angry words were spoken could be counted on the fingers of one hand.

As the abuse increased in her marriage, her subconscious mind searched desperately for protection. Trapped emotions were being formed, so the raw materials were there to build a wall, but what kind of material would her subconscious mind consider to be tough enough to protect her heart from Nick's abuse?

It is said that the subconscious mind does not distinguish between what we perceive to be either "reality" or "non-reality." For example, if you see a movie that is very frightening, your subconscious mind doesn't "know" that you are not actually experiencing the celluloid-reality of the movie. Sure enough, your heart will pound, your palms will sweat, and your biochemical reactions will be just the same. Adrenalin will course through your veins, and all the reactions that occur in a fight or flight situation will be the same as if your viewed reality is, indeed, reality itself.

Essentially, the subconscious mind treats everything that comes into it from your conscious mind as reality, whether it is or not. Which brings us back to Joanne,

who has a Heart-Wall made of metal, but a certain kind of metal, stronger than any metal that exists on earth.

At some point, long ago, Joanne had seen an alien spaceship on a science fiction show. The Army fired missiles at it. When the smoke cleared, it was still there. They shot cannons at it – to no effect. They even launched a nuclear warhead at this alien spacecraft, but when the smoke cleared, it was still there. The scientists were stunned; the spacecraft was made of an entirely unknown substance, a metal that did not exist on earth, one that was apparently indestructible.

“Yes!” Her subconscious mind said, “That’s exactly what I need!” And this alien, make believe metal from an old sci-fi movie became her Heart-Wall construction material.

So Joanne had a Heart-Wall made of indestructible metal from an alien spacecraft. What better way to protect her heart? Remember, the Heart-Wall is from the deep imagination, from the subconscious mind of the person who unconsciously creates it.

Once we’d found out what it was made of at the metaphorical level, we began to release the trapped emotions that had been organized into this wall around Joanne’s heart.

Because she was still in this marriage with her abusive husband, we realized that her Heart-Wall had probably

been a very important factor in her remaining married to Nick.

It had protected her heart all these years. Was removing the Heart-Wall the right thing to do? Was it the right thing for Joanne, at this point in her life? Her body had created the Heart-Wall for a reason, but there is always a price that you pay when you have a Heart-Wall, that price mainly being a diminished ability to feel.

We decided that the only safe route would be to ask her subconscious mind if it was okay to begin releasing these trapped emotions that were making up her Heart-Wall.

"Can we release a trapped emotion from your Heart-Wall now?" I asked.

Her body said "Yes." It was okay to begin getting rid of these trapped emotions that were making up her Heart-Wall. In fact, Joanne's body wanted them gone! So we began to clear them out, finding them one at a time through muscle testing.

Each time we would release a trapped emotion, we would re-check the thickness of the Heart-Wall, which we had initially found to be seven feet thick.

"Is the Heart-Wall still seven feet thick?" "No," her body responded.

"Is it six feet thick?" "Yes."

Again, with every trapped emotion we released, her Heart-Wall became thinner. The distance by which the

Heart-Wall thickness diminished varied, depending on the emotion. Sometimes one released emotion would reduce the Heart-Wall by an entire foot. Other times, a released emotion would make less difference, resulting in a six-inch change or less. In Joanne's case, there was no waiting period between releasing one emotion and the next; her subconscious mind was ready to release them all in a row, just as fast as we could find them and let them go.

Connecting the Dots

As we identified each trapped emotion, I also asked when that specific trapped emotion had become trapped. Asking that question helped Joanne connect the trapped emotions to specific events in her life that had caused her so much pain. We found that she did not have a Heart-Wall until the second year of her marriage, when things really started to become difficult.

As we traced back the origins of the individual trapped emotions, it was easy to see why Joanne had needed a Heart-Wall that was indestructible. One of her trapped emotions was from the time her husband had held a gun to his head and threatened to kill himself in front of her. Another trapped emotion was from the time that he fell into a fit of rage over her religious practices and literally burned her Bible in front of her. There were nine different emotions that had become

trapped in her body, each of them having to do with some extreme experience with her husband, Nick.

Feeling Again With Her Heart

It took about thirty minutes to release all nine of these emotions and completely clear Joanne's Heart-Wall. When her body indicated that the Heart-Wall was gone, Joanne smiled quietly.

"How are you feeling?" I asked her.

"A little dazed," she said. "But good..." Then she went back home to Nick.

For twenty-two years, Joanne had an impenetrable wall around her heart. Now that the wall was gone, suddenly, she was able to feel in her heart all the barbs, all the meanness and all the venom that Nick heaped on her, from the moment she walked in the door.

For the first time in many years, she was really *feeling* what was going on in her relationship with Nick. Her Heart-Wall had been shielding her from the full force of his cruelty. Now that she could experience it for what it really was, without the protective wall, she couldn't believe she'd stayed with him for so long. Who could tolerate this kind of abuse? And why should she put up with it anymore? Within two weeks she had left Nick for good, and filed for divorce.

Like so many of our body's defenses, a Heart-Wall can be an invaluable safety measure in the short-term.

When something overwhelming happens, an emergency action can save your life.

If you're being bombed, it's a good idea to hide in a bunker. But you wouldn't want to live there. If you did, you'd miss out on the joys and wonders of life.

The same is true with a Heart-Wall. No matter how important it was to your life at the time it was created, you will be able to live a happier, more connected life as soon as you can tear it down. Sometimes, it can make the difference between living a life of disappointment and living happily ever after.

Miranda and the Old Boyfriend

Miranda is a perfect example of how a Heart-Wall can interfere with your love life. She was an attractive 38-year-old nurse who came to me suffering from neck pain. During the course of the examination, she mentioned that she had not dated anyone in years and had no interest in having any kind of a relationship with men anymore. When I tested her, I was not surprised to find that she had a Heart-Wall.

Eight years before, Miranda's heart had been broken in a relationship with a man she had deeply loved. In an effort to protect her heart from experiencing that

kind of pain and injury again, her subconscious mind had created a Heart-Wall.

In Miranda's case, three lingering emotions had been trapped in her body for all those years, blocking her from experiencing a loving relationship. She had no idea that these trapped emotions were the major underlying cause of the pain she was experiencing in her neck as well. Her neck pain had been going on for some time, and was considered chronic and even a bit mysterious by the other doctors she had consulted, as nothing seemed to relieve it.

One by one, we cleared each of these emotions. At the end, I asked her body if the Heart-Wall had finally been released. Her body said that it was completely gone.

I didn't see Miranda again for about three months. When I did, she looked incredibly happy. I asked her what had changed and she excitedly said, "Everything!" She reported that her neck pain was long gone. But there was even better news than that.

"Right after I saw you last," she said, "I ran into my childhood sweetheart. I hadn't seen him since elementary school. But it turned out, he'd been living right around the corner from me – less than a block away – for almost eight years. We started dating and something really sparked between us. We're in love! I think he's going to ask me to marry him."

The woman who had come into my office complaining of neck pain and swearing off men was gone for good. She was like a completely new person.

“Thank you so much for helping me,” Miranda said. “If you hadn’t released my Heart-Wall, I honestly don’t think this would have happened. I was too closed-off before.”

When trapped emotions and Heart-Walls are released, people sometimes say it’s like they can finally feel again. They can give and receive love freely for the first time in a long time. In that state, very interesting and wonderful things can happen.

How We Are Meant to Live

This is how we’re meant to live. We’re meant to live vibrant, healthy lives, filled with love and joy. Of all the emotions, love is the most pure and has the highest vibration. Love, that most powerful and most popular of all the emotions, is both *generated* by the heart and *received* by the heart.

When you have a Heart-Wall, you are not able to give love as well as you might, because that love energy that is in your heart cannot get out as well.

At the same time, love that is being radiated toward you by other people is blocked to some degree.

As a result, you can go through your life somewhat insulated from others, because of the emotional

traumas you've been through and the subconscious wall that literally exists around your heart. The traumas were genuine enough and there is no doubt that they caused more pain than your body thought it could stand to feel again – that's why the Heart-Wall made perfect sense at the time. But until you take it down, you'll be trapped behind it to some degree, less able to reach out and connect with people, even the people you love most.

People's lives and the lives of their children and their families have been completely transformed when their Heart-Walls have been removed.

About thirty percent of the time, the effects of releasing a Heart-Wall are very apparent and immediately noticeable, but most of the time the results are subtle, and the changes in a person's life appear gradually, in ways that they themselves might not immediately recognize.

Paula and Her Angry Son

One day a woman named Paula came to my office with her son, Rick, who was 17 at the time. She told me that Rick was having problems with anger. He was hanging around with the wrong crowd and his grades were abysmal. She was afraid the next step might be drug use, and was looking to me for help. She had heard of our work with trapped emotions and was wondering if some of her son's anger might be due to them.

I tested this very silent and angry young man and found that he had a Heart-Wall. When I tested his mother, I wasn't too surprised to find that she had a Heart-Wall as well.

It quickly became apparent that Rick wasn't the only one suffering from anger. His mother was also filled with anger and resentment toward her ex-husband, Rick's father. She had a rather grim expression, and her jaw seemed to be set in a determined, angry clench.

It took 5 different sessions to clear Rick's Heart-Wall, each session taking no more than 10 minutes or so. Sometimes we would release two emotions during a session, but most of the time, just one. His Heart-Wall trapped emotions all revolved around his birth father and how he had felt abandoned by him over the last few years. His parent's divorce had been terribly difficult for him. He had trapped emotions of anger, frustration, resentment and feelings of inferiority, among other negative emotions.

As soon as we'd completed the process, Rick started to change. It was amusing to see that even his hairstyle changed. When I first met him, Rick had an orange Mohawk; in his case, an expression of his defiance. Without the need to express anger and resentment anymore, he went back to more ordinary hair. Not only that, but his grades improved by several levels. He had always been a smart boy, but he was blocking his emotions behind a Heart-Wall and the pressure had been building up for a long time.

Before we released his Heart-Wall, feelings of rage would well up inside of Rick when he thought of his father. After we cleared the Heart-Wall, Rick could think about his father – even spend time with him – and be completely okay. Now that his simmering anger was a thing of the past, Rick felt happier and more motivated. When he let go of the Heart-Wall, he got his life back.

I will never forget the last time I saw Rick, and how dramatically transformed he was. I remember him not being able to wipe the smile off his face as he told me about a recent fishing trip with his birth-father, and how much his relationship with him had changed.

Curiously enough, when we cleared his mother's Heart-Wall, she didn't seem to notice any change. About two months after we cleared her Heart-Wall, Paula came back to the office and complained to me, saying "What's going on? Rick is like a completely new person. I hardly recognize him. But I don't feel any different than I felt before!"

I explained that, when a Heart-Wall is removed, it often takes time for changes to be felt and for things to realign in your life.

The body has to go through a healing process once a Heart-Wall is removed, and that can take some time.

It was hard to tell whether she accepted that explanation or not. I think she was disappointed that her own life

hadn't changed as dramatically as Rick's. I didn't see either of them for a while and wondered on occasion how they were doing.

Then about a year later, I ran into Paula in a very upscale department store in Orange County. She recognized me and waited to see if I would recognize her. She looked familiar, but I had no idea who she was. As we talked, it dawned on me who she was, but she looked so completely different that I scarcely recognized her. Her face radiated happiness. Her whole demeanor had changed. Since we had last seen each other, she had not only gotten a wonderful job at this store, but had also found a wonderful man, and they were happily married.

As we talked, I found that Rick was continuing to do very well both in school and in life. I reminded her about her Heart-Wall and our conversation of a year before.

"I don't know if having my Heart-Wall cleared had something to do with this or not," she grinned, "but my life is so much better now than it was a year ago I can hardly believe it!"

As I walked away from that encounter, I remembered how deeply angry and unhappy she had been only a year before and I couldn't help but wonder where she would be if we had not cleared her Heart-Wall.

Children and Heart-Walls

It's a sad fact of life on this planet, that children often have Heart-Walls, too.

Think how tender and open a child's heart is when they are little. They are helpless and trusting, and far too often, they are the victims of predatory or abusive adults and sometimes even cruel children. In these cases, Heart-Walls are always found.

Sometimes life is challenging even in wonderful homes and under the best of circumstances. The following letter is from a delightful woman whose son was diagnosed as being clinically depressed. After developing a trapped emotion while witnessing the death of a close friend, a Heart-Wall was formed to keep his poor little heart from entirely breaking.

Nine Years Old, and Depressed

Dear Doctor Nelson,

Several weeks ago I brought my nine-year-old son to see you. He had been exhibiting unusual behavior. He was having difficulty eating, sleeping, and concentrating. He had become angry, negative and pessimistic. School was a nightmare! We tried urging, punishing, rewarding and bribing him to complete his school assignments. When they were finally completed he would not turn them into the teacher. He is a very intelligent boy yet his grades

suffered because his assignments were not turned in.

I set up an appointment with his pediatrician to be evaluated. We were then referred to a pediatric neurologist, and then to a psychologist for further review – they concluded that my son was depressed. (Two years ago my son witnessed the drowning of a very close friend and ten months later was whisked away to the funeral of his cousin. Four other relatives were buried within the next six months and I believe these events had a distressing effect on my son. I tried to help him cope with these events, but apparently they were still affecting him.)

When I brought him to see you, he was tested and you determined that he had a “Heart-Wall” causing an emotional imbalance in his body. The MagCreator was used to roll-out each of the negative emotions associated with the Heart-Wall. I do not understand all the scientific aspects of this type of treatment yet I believed I had finally found the answer to the growing problems with my son. After you worked on him he was a little lethargic for a couple of days, but the changes I noticed in his behavior in the weeks that followed were absolutely incredible!

By the end of the first week he was sleeping and eating normally, and was once again happy and enthusiastic. He now completes every homework assignment without any nudging on my part.

Our home is much more pleasant – he is helpful, kind and patient. I feel like my sweet little boy has returned!

If skepticism had kept me away from this type of treatment, I would still be parenting a very sad and frustrated little boy with no solution in sight. Instead, I have found a treatment that has literally saved him. Thank you Dr. Nelson for all your help. Your knowledge and expertise in this field and your patience and concern have had a tremendous impact... My heartfelt gratitude to you for all that you have done to heal my son.

Thank you!! - (Name Withheld)

Little Jacob's Heart-Wall

One of the most touching experiences I had with children is told by a young mother named Meisha. Her three year old son, Jacob had developed a Heart-Wall shortly after his birth and the death of his twin brother. I treated him and released his Heart-Wall in one visit, and later she wrote this testimonial for you to read.

Three and a half years ago I gave birth to twin sons. Nine days following birth they contracted a virus, which ultimately attacked their hearts, leaving them in critical condition for two months. Jordan, the eldest twin, passed away due to multiple complications leaving Jacob, who then quickly

recovered enough to come home but with continual problems with his heart.

Not only was Jacob left with heart failure, but with a Heart-Wall made from deep, lasting emotions that were manifested in excessive anger, destructiveness, unhappiness, insecurity and aggression. A day or two following treatment my tender hearted son was back. Friends would comment on how happy he appeared. He was helpful and kind, patient and pleasant. His behavior was polar opposite from when his heavy emotions were weighing him down. I know through continued treatments my dear son will be emotionally healed and allowed to live the happy life that he is entitled to.

- Meisha E., Texas

As news of our discovery of the Heart-Wall spread, other practitioners began to come to us for training, although the majority of attendees continued to be lay-people. The following Heart-Wall story was submitted by Gwen Legler, a counselor in Washington State.

The Hated Heart-Wall

I have found that people usually choose a Heart-Wall substance that has a positive memory or image for them. That is why I was so surprised with Pearl's negative reaction to her Heart-Wall made of Rhododendron bushes. She hated rhododendrons and couldn't believe her subconscious chose them. I double-checked, and it was correct. I found it

interesting that her body would not let me identify her Heart-Wall until the third visit, and then it would only let me remove a few emotions. It was definitely protecting her from something. I suggested we continue and maybe we would understand why.

By the fifth visit we began to remove more emotions – guilt, heartache, hatred, betrayal, grief, and so on. It soon became apparent that her Heart-Wall was like a storage unit for one particular incident in her life. About 16 years ago she had an extramarital affair for which she felt extreme guilt and self-loathing. Although she stopped and never had another affair and was forgiven by her husband, she couldn't seem to forgive herself and put it behind her. Now we realized her Heart-Wall was a bush she hated because it contained an experience she hated. We cleared the Heart-Wall and she found peace and was able to forgive herself.

- Gwen L., Washington

The Ring Dream

Pat and her husband Jim attended the first seminar that I taught, which was held in San Diego in 1996. I received this letter from them about their experience with a recurring nightmare that was being caused by a Heart-Wall.

I wanted to share my experiences with Heart-Walls with you. Jimmy and I attended a seminar in San

Diego with you, where you explained Heart-Walls, how to find them, and break through them.

My daughter died in 1987, and after a while I began having a recurring nightmare that we called "The Ring Dream." Nancy had loved rings, so I always connected the dream with her. I would wake up hysterical and screaming, clutching my hands looking for my rings. I could never remember what caused the panic, or why it was so important to find my rings.

After we attended your seminar, we decided to check me for a Heart-Wall. Needless to say, we found one! We worked back through the years, clearing the layers of trapped emotions as we went. At two years of age, I had a trapped emotion of abandonment. As I had always been with my family, I did not quite believe what the testing was showing. I told my mother about the Heart-Wall, and the abandonment emotion. She told me that when I was two, she had left me with my grandmother and had gone to stay with my father at an Army camp. My grandmother had said for her to go, that she would take care of me, that I was just a baby and wouldn't miss my mother. It was a story that I had never heard before, but it had left its impression on me when I was 2 years old.

Jimmy and I worked together and cleared all the trapped emotions that were making up my Heart-Wall. What a relief it was to us to discover that

the dream stopped, and did not return. While we both felt we learned a lot at your seminar, nothing compared to the joy we felt we received when that horrible dream stopped.

I appreciate the opportunity to share this with you. We have shared this story with other people we have met, but I'm glad to finally be able to tell you about it. Thank you so much for this wonderful program.

- Pat S., Louisiana

Finding and Releasing the Heart-Wall

Now let's talk about how you can actually determine if a person has a Heart-Wall, and how you can release it.

To find a Heart-Wall, you simply ask. Unless you actually *ask* the person's subconscious mind if they have a Heart-Wall, it will not be revealed.

The Heart-Wall is made of trapped emotions, but the subconscious mind no longer categorizes them as such. These emotions are now part of a wall and are inaccessible until you ask if there is a Heart-Wall. You have to get the mindbody to admit that there is a wall, before you can get to the trapped emotions that are creating it. Once you do that, the trapped emotions once again become recognizable to the subconscious mind as trapped emotions, and therefore, are vulnerable

to being released. As you release them, one by one, the wall will come down.

It's really simple. Ask, "Do you have a Heart-Wall?" Then use the muscle test of your choice to get the body's response.

My experience is that about 80% of the general public will test positive for a Heart-Wall.

Use of the Word "Hidden"

When you ask, "Do you have a Heart-Wall?" and the answer is no, there might be another phenomenon at work. Quite often, the Heart-Wall will actually be hidden and will not show up unless you actually use the word "hidden" in your question or statement. The whole purpose of the Heart-Wall is to protect one's heart, or in other words, to *hide* the heart from those who might do it emotional harm. It seems that sometimes the Heart-Wall gets a bit *too* hidden to readily detect, but if you expressly use the word "hidden" when you ask, it will show up.

To check for this possibility, simply add the word "hidden" to your question or statement. For example, you could ask, "Do you have a *Hidden* Heart-Wall?" If they have one, and it's hidden, it will be revealed.

It's important to remember this tip. I can't tell you how often I've had to use the word "hidden" to find

Heart-Walls that would otherwise not have been detectable.

A hidden Heart-Wall is not a different kind of Heart-Wall. It's simply a Heart-Wall that is a bit more difficult to find.

Once the body has opened up to you, to let you know that a hidden Heart-Wall is there, you can proceed without having to use the word hidden anymore, because it's no longer hidden.

Is it Ready to Be Released?

Once you have determined that a Heart-Wall is present, ask "Can we release an emotion from the Heart-Wall now?" The Heart-Wall is there for a reason, and while ultimately the effects of having a Heart-Wall are negative to the health and well-being of the individual, some people are in situations where they simply are not ready or willing to give up the protection of the Heart-Wall for now, and you need to respect that.

If a Heart-Wall is present, but you get a negative response about removing it, your subject may want to meditate on why the subconscious mind is giving that answer. Is it unsafe, or are they already processing some other things that are taxing the mindbody? At any rate, it is important to listen to their subconscious. It knows what is best for them.

If you get a yes answer to your question, you then simply follow the same process outlined in chapter six and follow it. For your convenience, there is a flowchart on page 282 that is specifically for releasing Heart-Walls.

The Emotion Code works the same way to release trapped emotions whether they are part of a Heart-Wall or not. When you ask, “Can we release an emotion from the Heart-Wall now?” and you get a positive answer, the mindbody has a particular emotion in mind that it is willing to release.

You don’t get to choose which emotion will be released first; the subconscious mind of the subject will do that.

As soon as you receive a yes answer to this question, the trapped emotion has already been chosen. All you need to do now is determine which emotion it is on the chart, in order to bring it to conscious awareness. Identify it, determine any other information that the subconscious wants the conscious mind to know about it, and then release it.

Time to Process May be Needed

As I’ve explained previously, sometimes you will be able to release all the trapped emotions that are making up a Heart-Wall one after another, in one concentrated

effort. At other times, the body will allow you to release a limited number of trapped emotions before needing to take time out to process what has been released, requiring from a few hours to a day or more before you can release another one.

After verifying the release of a trapped emotion from the Heart-Wall, you simply return to your original question and ask, "Can we release an emotion from the Heart-Wall now?" If the answer is yes, and if you have the time, keep going.

If the answer is no, you may want to check to see if perhaps the Heart-Wall is gone, by asking again, if they have a Heart-Wall. If they still have one, ask when you can release the next emotion – later today, in an hour, tomorrow, etc.

Determining the Heart-Wall Material

Remember that the subconscious mind is very logical. Since it is patently illogical to have a "wall" made of nothing, the subconscious mind will always choose a material for the Heart-Wall to be made of.

You don't really *need* to know what substance the subconscious mind chose to build the Heart-Wall out of in order to release it. Ultimately, all Heart-Walls are made of the energy of trapped emotions, and releasing these trapped emotions is what really matters.

On the other hand, determining the material that has been chosen is interesting because of the symbolism

that is often revealed. There is no right or wrong way to ask what material has been used, but I usually start by asking if the material is wood. If it isn't wood, I ask if it is a material harder or softer than wood. If it is harder than wood, I may ask if it is made from metal, etc. You can narrow it down pretty quickly using the process of deduction, and you'll get some great practice using muscle testing.

If you have determined what material the Heart-Wall is made of, you might then want to ask how thick the Heart-Wall is. They can range in thickness from paper-thin to *many* miles! All I can tell you is that this is what we have found in testing. Our subconscious minds are not limited like our conscious minds are, and can have quite an imagination! Yet I believe that the subconscious mind takes it all quite seriously, and really does believe that there is a wall there, made of whatever material has been chosen.

Heart-Wall Metaphors

An older couple came to see me. The husband was very grouchy, and was dismissive and gruff with his wife. She seemed to be a very gentle soul. They both had Heart-Walls. His was made of solid steel, cold and hard, miles thick. Hers was many thousands of layers of curtain material, providing a nice cushion against his toxic personality.

A gay man had a Heart-Wall made of solid diamond, which is the hardest known naturally occurring

material. Incidentally, his subconscious would not allow me to release this wall.

I've seen Heart-Walls made of flowers, quilts, blankets, earth, stones, vegetation, leather, glass, all kinds of metals such as steel, titanium, and iron, as well as various construction materials such as logs, concrete blocks, bricks, and so on.

Quite often there will be a noticeable relevance between the personality of an individual and their Heart-Wall material. I treated a young child once who had a Heart-Wall made of yellow plastic, just like her little yellow plastic toys.

Sometimes Heart-Walls will have a door or a window. Often the door will be locked, and nobody has the key but the owner.

While often a Heart-Wall is spherical, they can be box shaped, or any other shape you can imagine. Sometimes they have sharp edges or projections on their surface to keep people out.

One young man couldn't seem to form close attachments with women, although he was very handsome, had everything else going for him, and had many opportunities.

I found that his Heart-Wall was made of a one-way mirror, which allowed him to see out, but no one else to see in.

I once treated a child whose most common expression was “I can’t!” I found and released his Heart-Wall. It was made from a single piece of paper. On it were the words, “I can’t!” His parents commented that after his Heart-Wall was released, he no longer felt that he couldn’t do things, and was happier and more positive. He also stopped whining and saying “I can’t!”

Anne Horne’s Story

A woman named Anne Horne wrote from Seattle to tell me of a remarkable near-death experience she had, in which she saw people in the future, helping others remove their Heart-Walls. Here, in her own words, is her story, or see the video:

www.TheEmotionCode.com#Anne

Dear Dr. Nelson-

I originally came into contact with your work when a practitioner here in Seattle named Marguerite used your techniques to balance my body. At the end of the session, Marguerite turned around and just as an afterthought said, “Oh, let’s see if you have a Heart-Wall...”

“What is a Heart-Wall?” I said. “I don’t understand.”

And she said, “That’s okay. You don’t have to know what it is. I’ll just test you for it.”

So she did, and I didn’t have one.

Then she said, "Let's test you for a hidden Heart-Wall."

"All right," I said. "But what is it?"

"That's okay," she said, smiling. "You don't have to understand."

She checked me for a hidden Heart-Wall, but I didn't have one of those either. Then she explained how emotions can put up a wall between yourself and others around your heart. When she found a Heart-Wall, she would run a magnet down a person's back to release those emotions and open their hearts.

I couldn't believe what I was hearing. It was like an electric bolt went through me. Suddenly, an event that had happened to me twenty-five years ago made sense. It was the realization of a very significant event that I'd experienced when I was 23 years old.

When I was 23, I died. It was a violent death. I had one of those near-death experiences that 10 million other people have also experienced. But when I was 23, nobody talked about this stuff. I'd never heard of seeing a tunnel or white light or anything like that.

It was a very important experience for me. I left my body and had a life review. I was a young thing and hadn't done anything particularly exciting or big. But I was going back, home, and on my

way, there was a light, a tunnel. I felt like I was being pulled by my heart toward a wonderful place. In that moment, I was encompassed by all this innate intelligence and tremendous love. And I just wanted to go home. It was fantastic.

I found myself facing this man who was standing in front of me – we were not on the ground, we were just floating – and he said, “It’s not your time.”

I said, “But I want to go home.”

He turned away from me and I could see him conferring with someone else, but I didn’t know what they were saying. Then he turned around and said, “I’m sorry. It’s not your time.” But apparently, he did get permission to show me something about my life.

And suddenly, I realized where we were, because we looked down, and there was the earth. We were way out somewhere in space. And I could see the earth below us. We were looking at the Americas, specifically the West Coast of North America. We were looking at the Northwest area, Colorado, Texas, and down through California.

Now, I’m from Virginia and I died in North Carolina. At 23 years old, I had never even left the state. I was very young.

I could see many people in groups, sometimes large groups of 20 or 30, and sometimes just a few people together. They were in groups doing

a specific training that was very unusual. There would be two or three people together, with one person lying on a table, or standing up, and another person who was rolling something down the other person's back.

I knew this was in my future, that I was one of these people. I could feel the sense of urgency that they were feeling. It was like a numbers game; we had to treat as many people as possible. We were really in a rush, really hurrying. It was very, very, very vital. I couldn't quite understand what was going on, but I noticed we were dressed in white.

"Are we nurses?" I asked him.

And he said "No, you're not nurses."

I said, "Well, what are we doing?"

"You're opening people's hearts," he said. "Not in a physical way. You're removing all blocks from their hearts so that they can give love and receive love from here."

At that moment, the people doing this work became consciously aware of each another. It wasn't something planned, it wasn't some kind of harmonic convergence, or anything else. It just happened. We became conscious of each other. And at that moment, the meaning of this work became clear to me.

Suddenly a flood of energy was sent to the earth from where I was, above the earth. It looked like a white bolt of energy that came in through our open hearts in the back and went out through the front of our hearts into the world. We were there opening people's hearts so that they could be anchors for this divine energy to come into this world.

Within three seconds, the world was completely transformed by this energy. This light went into every crack and crevice, everywhere, and there was no darkness in this world, ever again.

The next thing that happened was, the doctors resuscitated me and I was brought back to life. But it was OK because, once I got back, I pretty much thought that I had a mission from God. And I thought "Oh, my life is going to be so great!"

Well, my life has been a living hell! I have tried to have all kinds of trainings, looking for something that matched my experience on the other side, thinking, "Well, where is it? If this is my mission, when am I going to find out how to get started?"

I worked for the Edgar Cayce Foundation for Research and Enlightenment. I studied Quantum Physics for 25 years. I took courses in Physics of the Mind. I became certified as a Neurolinguistic Programming trainer and in hypnosis. I'm a graduate of the HeartMath Institute. I'm a trained counselor in chemical dependency, timeline therapy,

and core transformation therapy. All the while, I've been doing my best to help improve people's lives, but searching for the connection between the work I was doing and what I'd seen.

I hurt my back at work, which made me open to trying the Nikken magnetic products, and the magneticI went to Anaheim to a Nikken event.

I

And then I met Marguerite.

I don't know if you've heard of the theory of the 100 monkeys. It's about reaching critical mass. There was an island of monkeys. Scientists came in and taught one monkey to wash his sweet potatoes. After 100 of them learned how to do it, all the monkeys on the island knew how to do it. Scientists thought that was pretty amazing. But that was only part of it. They soon realized that as soon as these 100 monkeys knew how to do it, the other monkeys automatically knew how to do it too. But not just the monkeys on that island. The monkeys on the islands all around that island began to wash their sweet potatoes, too!

It is like Dr. Nelson says, quantum physics has shown us that information travels instantly. If people's hearts are opened, we can reach critical mass.

During my near-death experience, I said to the man who met me, "But there are only thousands of us."

And he replied, "Millions will hear, but only thousands will remember."

And we only need thousands. Thank you for giving me a way to fulfill my mission.

- Anne Horne, Washington

Counting the Cost

The price we pay for having Heart-Walls is incalculable. How many people have led disconnected and lonely lives due to the walls around their hearts? How many people have not experienced the joy of finding love in their lives? How many wives and children have been abused?

Heart-Walls can lead to depression, divorce, and abuse. The patterns of abuse that are created can pass from generation to generation, causing all manner of pain and destructive behavior.

The result of Heart-Walls on a larger scale leads to misunderstanding, prejudice, hatred and brutality. On a global scale, Heart-Walls lead to ethnic cleansing, nation against nation, terrorism, and war.

There is altogether too much of isolation and violence, too much of sorrow and pain in this world. When I walk down the street, I see so many people with tight, clenched jaws like Paula had or boys with angry, resentful expressions, acting out their pain and frustration any way they can. The news is filled every night with one story after another about people whose hearts must be barricaded behind strong walls for them to do the things they do.

Widespread depression is another common side effect of Heart-Walls and trapped emotions. In the United States alone, it is estimated that between 13 and 14 million people suffer from depression. It is the leading cause of disability in American women. Nearly 15 percent of those women will ultimately commit suicide. Among children and young adults – between 10 and 24 years old – suicide is the third leading cause of death. By releasing trapped emotions and removing Heart-Walls, we have seen cases of severe depression eliminated once and for all. We have seen marriages saved, abuse stopped, and lives turned around. We've seen beautiful, loving relationships begin. We've seen kids make better choices. We've seen peace restored.

I am so grateful to be able to share what I have learned about trapped emotions and Heart-Walls, and to be able to bring this information to light. There is no doubt in my mind that it comes from above, and is meant to bless many lives in these times that are so trying in so many ways. I feel so blessed to have been

led to discover a method that has such a powerfully transformative effect on people's lives. It's an exciting thing to be a part of.

If you have a Heart-Wall, can you see how important it is for you to clear that wall away? Can you see the importance of helping your own children and your own family? Can you see how transformational it would be if we could do the same thing for the whole world? Imagine how this world will change when we can open enough people's hearts to create a critical mass. As in Anne's near-death experience, that critical mass, perhaps only thousands of us, will be enough to help transform this planet forever. Those whose hearts are open will be the anchors for that divine energy that will transform and heal the world.

Imagine.

I wish I had the power to reach more people with the message of this book. If you'd like to share what you are reading with someone else – a close friend, for example – you can have this chapter emailed to them. Just go to:

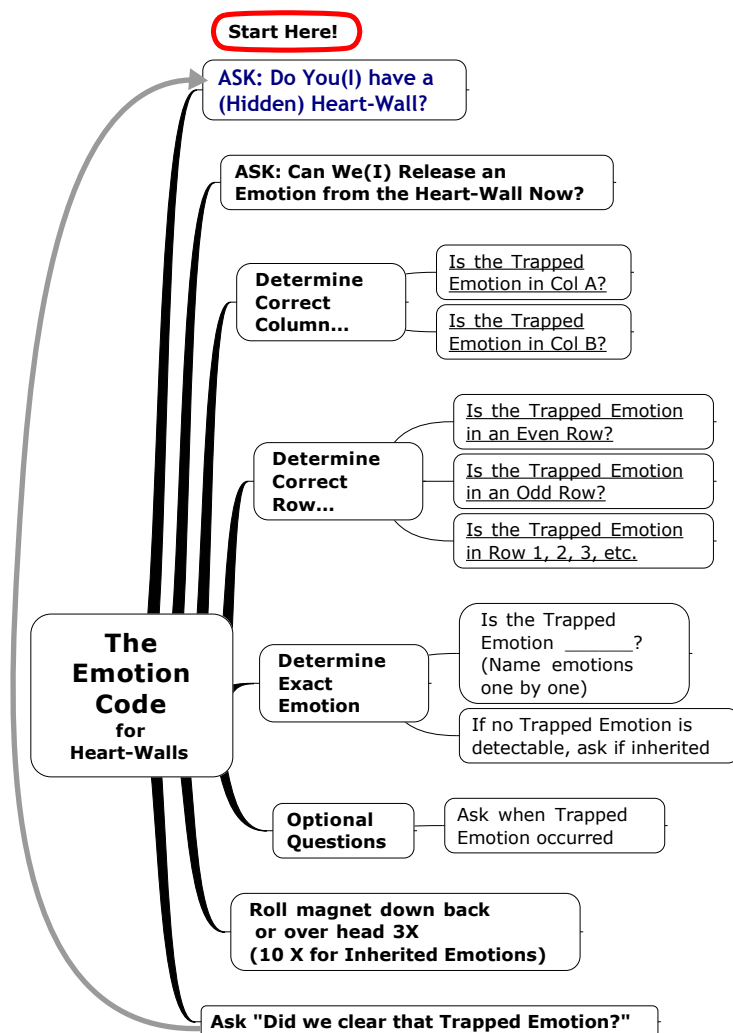
www.TheEmotionCode.com/freechapter.htm

On the next two pages you will find a flow chart for releasing Heart-Walls, as well as the Chart of Emotions. I have placed them side-by-side so you can refer to them more easily when you are using the Emotion Code.

If you'd like to download a fully printable copy of the two following pages, simply visit my web site at:

www.TheEmotionCode.com/flowcharts.htm

Emotion Code Heart-Wall Flowchart



Follow the Heart-Wall flowchart above and the Chart of Emotions at the right to release Heart-Walls.

The Emotion Code™ Chart		
	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

OFTEN THE HANDS WILL SOLVE A MYSTERY
THAT THE INTELLECT HAS STRUGGLED WITH IN VAIN.

- CARL JUNG

PART IV

A BRIGHTER FUTURE

I AM NOT AFRAID OF TOMORROW,
FOR I HAVE SEEN YESTERDAY AND I LOVE TODAY.

- WILLIAM ALLEN WHITE

ABOUT THE AUTHOR

Dr. Bradley Nelson graduated with honors from Life Chiropractic College West, in San Lorenzo, California in 1988. He has lectured nationally on the natural healing of chronic illness, and was in private practice until 2004, treating patients from across the US and Canada who were suffering from Chronic Fatigue Syndrome, Fibromyalgia and a wide variety of other chronic ailments. A holistic chiropractic physician and craniopath, Dr. Nelson is a specialist in the emerging fields of bioenergetic medicine and energy psychology. This is his first book.

Dr. Nelson is one of the nation's foremost experts in magnetic healing, and has developed a simple yet powerful self-help method known as "The Body Code," of which "The Emotion Code" is a part.

With the creation of his "Balancing the Body Electric Seminar," now "The Body Code Seminar," Dr. Nelson has taught his healing methods to rave reviews. Widely renowned as a speaker and a gifted teacher, he is now making his teachings available online at www.healerslibrary.com, a membership site providing instructional videos, books and more.

Dr. Nelson is married and is the father of seven children. He lives with his family in Southern Utah.

HealersLibrary.com

Our goal is to provide the knowledge that will help empower people to become healers. We believe this is everyone's birthright; to know how to help themselves and their loved ones to heal, that they might live up to their full potential.

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Seminars

We'd like your group or organization to be successful! Dr. Nelson and his associates are available to teach the Emotion Code to your sales team, distributors, leadership and management upon request. Please send an email with your request to:

scheduling@BodyCodeSeminars.com

If you are interested in attending a seminar yourself, see our seminar schedule online at:

BodyCodeSeminars.com

Nikken Magnets

Dr. Nelson highly recommends the use of Nikken magnets in your healing work using The Emotion Code.

Personally, I prefer to use the magnets manufactured by the Japanese company, Nikken, Inc., because they are specifically designed for use on the body, and are very comfortable to use. The magnets that I use to release trapped emotions are designed to roll down the back, are easy to hold, and as they spin, they produce a larger magnetic field.

A lot of research has gone into their development, and I use them whenever I can. I have found numerous applications for them (for example, as pain-erasers, where a refrigerator magnet would not have the same effect). I believe that the Nikken magnets are well worth the modest investment required.

Many years of clinical research in Japan has gone into the design and creation of Nikken's magnets, and they work very well.

The two specific magnets that Dr. Nelson recommends for practicing The Emotion Code are both made by Nikken. They are the MagBoy, a small, hand-held magnet that can easily roll over the governing meridian, and the MagCreator, a larger, beautifully designed massage tool made with heavy-duty roller bearings, built to last. Either one of these is ideal.

Nikken is now the number one wellness company in the world, with many high technology products from magnetic mattresses and air and water purifiers to cutting-edge sports and nutritional products that can create a true “Wellness Home” for you.

If you’d like more information on any of the Nikken products and how to purchase them, go to:

HealersLibrary.com/magnets.htm

Need Help?

If you are interested in having Dr. Nelson and/or his staff treat you remotely using proxy testing, please visit:

TheEmotionCode.com/proxy.htm

At this web site you will be able to answer our questions about your particular issues and find out how to receive treatment by proxy from us.

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