

The Emotion Code

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

The Emotion Code is a self-help method that quite often produces marvelous results and wonderful benefits, both physical and emotional in nature.

Aren't 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.

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.

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

What is a Trapped Emotion? The Invisible Epidemic

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.

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.

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.

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.

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.

Main website:

www.TheEmotionCode.com

Dr. Brad Nelson's website:

www.HealersLibrary.com