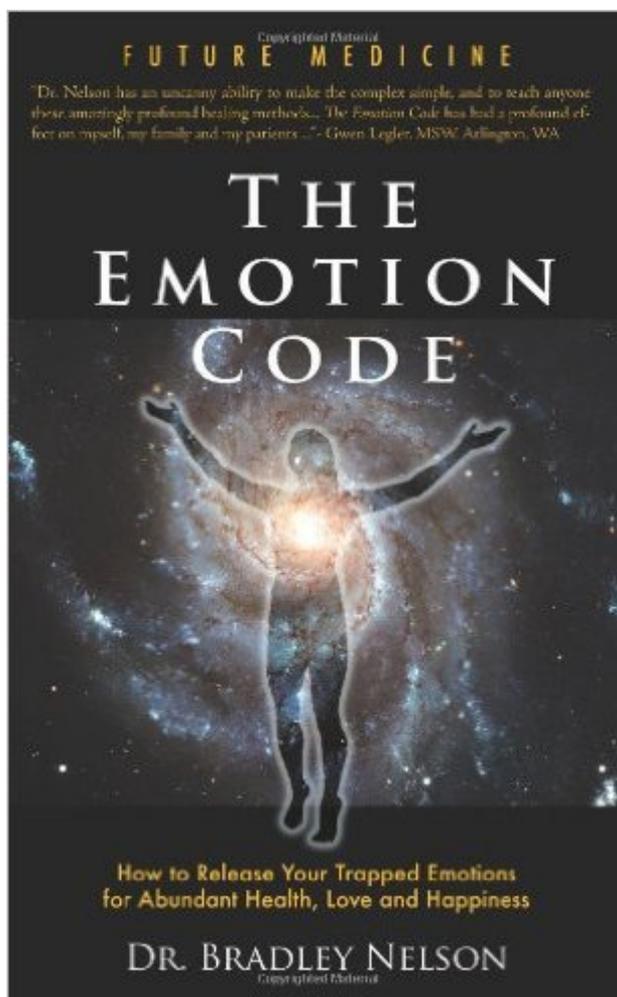


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# The Emotion Code



## Synopsis

In *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"; emotional energies that literally inhabit your body. Dr. Nelson explains clearly and concisely how trapped emotions can create pain, malfunction and eventual disease. In addition, trapped emotions can exert a dramatic effect on how you think, the choices that you make, and how successful you will be. Perhaps the most important discovery that Dr. Nelson has made is that trapped emotional energies will often gather around the heart, creating a "Heart-Wall" that may block you from giving and receiving love freely. *The Emotion Code* is a powerful and simple way to rid yourself of unseen baggage. Releasing trapped emotions often results in the sudden disappearance of physical problems, self-sabotage, and recurring relationship difficulties. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative new work that is destined to become an instant classic on self-healing.

## Book Information

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## Customer Reviews

As complementary and alternative approaches to healing began to gain ground, many of us began to notice something strange. Some conventional treatments that worked well in the past were often not as effective today. Conversely, treatments that once worked only occasionally started to become more stable. Over the last three decades we have seen a lengthening list of new forms of successful physical and psychotherapy treatments are Thought Field Therapy, Emotional Freedom

Technique, Quantum-Touch, The Reconnection, Tapas Acupressure Technique and Matrix Assessment Profile. Though there are some therapies that rely on novel technology, many of these new techniques seem to have been discoveries rather than new inventions. Physicians and therapists have been pushing and prodding people for millennia. Their powers of observation were often astonishing. So it is unlikely that they would have failed to notice that touching someone here or applying intention there could be an effective form of therapy. Unless these techniques did not work in the past. The emergence of these new, and often very effective therapies, is one of the reasons for believing that the laws of healing are changing and evolving as we are changing and evolving as a species. To this list of new therapies we now need to add "The Body Code" of which the Emotion Code is a part. So what is it all about? Based on his observations in practice, Brad Nelson has come to believe that much human suffering is due to negative emotional "energies" that have become "trapped" within us, most commonly around the heart, where they can create a "Heart-Wall" that may block our ability freely to give and receive love. Anyone who has done much body work has seen something similar.

I have bought many different energy based books, and used different energy based techniques, with great results. Quantum Touch taught me the importance of breath and how to move energy, and the principles of resonance and entrainment. EFT taught me how to release negative emotions within two minutes by tapping on specific energy points. Reiki taught me the importance of healing touch, and using Universal Life Force energy effortlessly. Matrix Energetics taught me the importance of intention, and active imagination. I could go on, Qigong, Reiki, Touch of healing, Yoga, Tibetans, Huna..A few months ago I attended a Donna Eden seminar, and saw The Emotion Code on sale with her products. I thought, hmm, this is the only product by any other author on sale, so it's recommended by her and must be pretty good. It's an easy read, easy to learn, and easy to do the emotion code process. I was able to make it work with a fridge magnet. In fact it's similar to the energy zip up technique used by Donna Eden in which you trace your fingers up the central meridian to your mouth while holding an affirmation in mind, except that here you are tracing backwards over the governing meridian, to release trapped emotions and self testing to see the effect of what you are doing. This may very well be the quickest process work I have done. This book contains every thing I like in a good book. There are numerous specific examples and case studies of how this process has worked on many people, and testimonials. I particularly like how he explained that certain emotions are tied to certain organs. Anger to the liver, sadness to the lungs and colon, anxiety to the heart, and peeved to the bladder meridian. What's another word for

peevd?

There is actually a book out there that will, quite possibly, save your life! It's called The Emotion Code and it's author is Dr. Bradley Nelson. There have been few books that have left me with a feeling that there is so much more to this life than what meets the eye. In fact, I don't think I have been this excited about a book in years. That is why I felt it appropriate to put a book review on an indie music review site. After all, this book is about as indie as you can get. Within the pages of The Emotion Code Dr. Nelson explains the inner workings of the subconscious mind and lays it bare for all to see. He writes simply so you, the readers, are not left scratching your heads in complete bewilderment. This book makes so much sense that it's scary. Why do we have phobias? Why does it seem certain people can't seem to lose weight? Why can't some people seem to ever find someone to love? Why are some people always sick and the doctors can never find the answers? The answers are all within The Emotion Code. Dr. Nelson also teaches his readers and patients how to become healers themselves by releasing what are called Trapped Emotions - trapped emotions boil down to an emotional event in our lives that becomes trapped within our energy field/body - yes, we are all made of energy and all energy vibrates at different frequencies. We all send out our own unique frequencies. Have you ever felt like someone was staring at the back of your head so you turn around and someone is staring right at you? Yup, that's what I'm talking about. Well a small part of it anyway. Actually, everything that you can and can't see on this earth is made of energy. Sometimes our trapped emotions get caught in the energy field of our body and can have any number of effects on us.

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