

Practice Clearing Using "The Emotion Code"

Adapted by author from Dr. Bradley Nelson's web site around 2009 when this was downloadable for free. The web page is no longer available as of February 14, 2014. His current web site is <<http://www.drbradleynelson.com/>>.

Glenn's thoughts are on this page and the Actual Exercise is after the explanation.

You may have very subtle or strong visuals and emotional responses. Just do the exercise with Love, have faith, and allow the Divine Flow. Healing has taken place, even if the conscious mind is unaware of it. Conscious awareness will come.

What causes one part of the body to be healthy and another part to be diseased? What causes emotional and mental instability? It can be a chemical or nutritional imbalance or a physical injury. It can also be energetic.

The distortions, mutations and all lower vibration (dense) disharmonic thought forms from what we perceive as past moments can be thought of as *miasms*, '*cellular memory*', '*Imprints On The Luminous Energy Field*', *memories replaying*, *beliefs*, *soul contracts*, and *agreements* that are no longer in harmony with our highest good. All of these, and more, can be thought of as '**Soul Echoes**' to be released. There is no need to forget them. Keep the information and release the patterns.

'**Soul Echoes**' are concepts, decisions, attitudes, alignments, truths, contracts, oaths, agreements, vows and unresolved emotions held in your conscious and unconscious fields or awareness that we are living by and have made with other people or ourselves. Some are over thousands of years old. These '**Soul Echoes**' create and magnetize lower frequency events and experiences in our current incarnate reality and cause the mutations in our physical DNA as well as emotional and mental challenges. Physical toxins and impurities from our environment and diet can also cause disease and damage to the DNA.

Our current life situations are not only created through our past and present choices. We inherit imprints from our past lives, parents and ancestors at conception. We also inherit them from Mother Earth and the collective. Since we have simultaneous incarnations in different time/space zones which are all connected to one template, we also have karmic bleed through from our eleven soul extensions (parallel selves) who are still in incarnation. This bleed through can emerge from the past or future. An example of this is that karmic bleed through can manifest as physical symptoms being experienced that are not in truth your own. If another soul extension (parallel self) is experiencing something, you can be experiencing this same 'thing' through your physical body.

When we clear the 'Soul Echoes' we clear the time line and destiny of all our selves.

Allow the highest priority '**Soul Echoes**' to clear as Spirit chooses. You may think of a specific challenge/symptom you want to work on. If you do, let go of expectations and the thinking and allow Spirit to do the clearing and healing.

The clearing of blockages progressively purges ancient distortions and mutations.

Once this negative 'data' is removed any resulting voids need to be filled.

Remember:

As you heal you will become able to clear 'Soul Echoes', *feelings* and emotions when it is best to wait. Bradley Nelson asks "Do I have a trapped emotion **I can** release now?" I suggest you ask, "Do I have a 'Soul Echo' **it is best** I heal and release now?"

In some way the 'Soul Echoes' are held in place by emotions and *feelings* and the emotions and *feelings* are energized by the 'soul echoes'. This exercise is one way to heal, clear and release both.

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I suggest you read the first page before doing this exercise. Based on *The Emotion Code* by Bradley Nelson.

Note: Bradley Nelson uses a bio-north magnet to heal and clear the distortion and facilitate the clearing. You can use a magnet or your own way of clearing when you get to step 5.

When I use a magnet I use a magnet from <<https://www.lyonlegacy.com/wexec/order.exe/item?no=845>> Flexible - 2 1/4 x 3 1/2 - Item #: 608. Takes you to item #608)12/21/2013). Retail Price: \$11.95. It is inexpensive and effective.

Emotion Code Flow Chart Created By Glenn

Ask Permission First			
	Question	Answer/ Action	Answer/Action
1	Ask: Do You (I) have a ‘Soul Echo’ it is best We (I) Release now?	If YES go to 2	If NO go to 1-a
1-a	Ask: Is it best We (I) release a ‘Soul Echo’ from a Heart-Wall now?	If YES go to 2	If NO go to 1-b
1-b	Ask: Is it best We (I) release a ‘Soul Echo’ from a Hidden Heart-Wall now?	If YES go to 2	If NO go to 1-c
1-c	Ask: Is it best We (I) release a ‘Soul Echo’ from before conception now?	If YES go to 2	If NO go to 1-d
1-d	Is it best We (I) release a ‘Soul Echo’ about a specific person, event, situation, action, thought, belief, memory or problem now?	If YES Investigate & then go to 2	If NO go to 2
2	Determine Correct Column on Chart Page	Colum A or Colum B	
	Determine Correct Row on Chart Page	Row 1, 2, 3, 4, 5 or 6	
	Determine exact ‘Soul Echo’ emotion on Chart Page (5 Emotions per cell) (example A:3:3 would be Column A, Row 3, 3rd emotion in the cell)	Then go to 3	
3	Is it best if I know more?	If YES go to 4	If NO go to 5
4	Is it my ‘Soul Echo’? Is it inherited? Did I take on <u>someone's</u> ‘Soul Echo’? Is it best I know when it became lodged? Is it best I know where the trapped ‘Soul Echo’ is lodged?	If any of these are YES investigate and then go to 4-a	If NO go to 4-a
4-a	Is it best if I know more?	If YES go to 4-b	If NO go to 5
4-b	Keep investigating – When there is no need to know more go to 5		
5	Move bio-north magnet with north pole towards the body from 1st Chakra, up torso, over head and down to base of skull 3x (10x for inherited).	Then go to 6	
6	Did we heal and release the ‘Soul Echo’?	If YES: go to 7	If NO: Re-Check
7	“Is it best if we (I) heal and release another ‘Soul Echo’ at this time.?”	If YES: Go back to 1	If NO: Done for now

Chart Of Emotions To Use With ‘The Emotion Code’

		Feelings/Emotions generated by ‘Soul Echoes’ and holding ‘Soul Echoes’ in place	
	Organ or System Affected	Column A <i>feeling/emotion</i>	Column B <i>feeling/emotion</i>
Row 1	Heart or Small Intestine	Rejection /Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived / Need for Approval 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/Rage 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/Uncertainty
Row 6	Glands and Sexual Organs	Humiliation Jealousy Longing Lust Overwhelmed	Pride Shame/Need to be Judged Shock Unworthy Worthless

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