

Clearing Using "The Emotion Code" Updated 5/19/2020

Actual exercise and Emotions List on pages 4 and 5.

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/>>.

You may have very subtle or strong visuals and emotional responses. Just do the exercise with Love, have faith, and allow the Divine Flow. Clearing and 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*, *thoughts/thought forms*, *feelings*, *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 cleared, healed and released. There is no need to forget them. Keep the information and release the patterns.

'Soul Echoes' include concepts, decisions, attitudes, alignments, truths, contracts, oaths, agreements, vows and unresolved thoughts/thought forms held in your conscious, subconscious 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.

Feelings and emotions: Feelings and emotions may or may not be 'Soul Echoes'. 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 clear, heal and release feelings, emotions and 'Soul Echoes'.

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) which are still incarnated. 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 trapped *feeling/emotions/soul echoes* we clear the time line and destiny of all our selves.

Allow the highest priority trapped *feeling/emotions/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.

As you clear and 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 trapped feeling/emotion/soul echo **it is best** I clear, heal and release now?"

Make sure you use a good bio-north magnet to clear and heal the distortion and facilitate the clearing.

Bradley Nelson in recent YouTube videos says you can use any magnet including refrigerator and horseshoe magnets to clear emotions. I am sure he is correct, but most of these magnets are bi-polar magnets and are not good for the physical body and may even damage the body. A good bio-north or unipole magnet both clears the trapped emotion and helps the body heal as long as the north side is held facing the body.

I use a good C8 Ceramic Bio-North Therapy Magnet. Therapy magnets are also called biomagnets or uni-pole magnets. Uni-pole magnets have only one pair of north and south poles. You can find them for about \$3.

Nikken as recommended by Bradley Nelson: **Biaxial PowerMag - \$250 as of 1/10/2014**

As you become attuned to Source a magnet may become unnecessary. You can use the energy of LOVE coming through your hands. I sometimes use my hand and for deep seated emotions I still use a magnet.

Reasons you may get a NO when you ask:

"Do I have a trapped *feeling/emotions/soul echo* it is best I release now"?

If the body's answer is No, there are three distinct possibilities.

1 The first possibility is that the subject doesn't have any trapped emotions at all. This is very unlikely, since nearly everyone has them.

2 The second possibility may be that the subject has a trapped emotion, but for some reason their subconscious mind does not want to clear, heal and release it right now. The subject may be willing, but their subconscious mind may not be. This situation can change, and the answer may be different later on.

3 The subject has a Heart-Wall

If this is the case, the body may say that it doesn't have any trapped emotions, when in reality it does. The Heart-Wall has the effect of making all emotions a little harder to find.

Finding and Releasing a Heart-Wall

To find a Heart-Wall, you simply ask, "Do I have a Heart-Wall?" Unless you actually ask the subconscious mind, 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 acknowledge that there is a Heart-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

As you clear, heal and release the trapped *feelings/emotions/soul echoes*, one by one, the wall will come down. Dr Bradley's experience is that about 80% of the general public will test positive for a Heart-Wall.

Finding a Hidden Heart-Wall

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. 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 I have a Hidden Heart-Wall?" If you 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 and 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.

Once you have determined that a Heart-Wall is present, ask "Is it best I clear, heal and 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.

If a Heart-Wall is present, but you get a negative response about removing it, you may want to meditate on why the subconscious mind is giving that answer. Is it unsafe, or you are already processing some other things that need time before going on to the next. It is important to listen to your subconscious. It knows what is best for you.

Five Things You Should Know to Use The Emotion Code Correctly

1. **Trapped Emotions are identified individually and released one at a time, not in groups or bundles.** Every trapped emotional energy is significant in your life. Each one has had an impact on you in some way or another. Each comes from a specific time or event that was experienced either by you or someone else that you inherited or absorbed the energy from. These energies affect us in a variety of ways and create challenges, problems and pains of all sorts, both physical and emotional. Whatever their origin, they certainly can make an impact on your life. There are times when trapped emotions can be excruciating, like the time when we were first discovering them. I had a pain that hurt so much that I literally bolted from a meeting and went straight home to collapse on the floor! When significant pain like that is present, you might find trapped emotions nested in the area of pain, like we found in my energy field. My trapped emotions were all nested together in my ovary.
2. **To release the pain, each trapped emotion had to be identified as a single and separate energy.** To continue with my story, we asked for some help from above with a short, sincere prayer. We were then able to identify each emotion and identify when it had become trapped. A few more questions helped us to know who was involved in each event because I needed to know, in this case. We released each distinct energy as we found it and confirmed each release to make sure we had been successful. As we released each trapped emotion one by one, my pain level decreased with each one until it was all gone. Did the awareness of these past events speak to me? I believe each emotional energy was there to bring a heightened sense of awareness to me. Each one needed to be recognized, inquired about, cleared, and confirmed as having been cleared before moving on to ask about the others that might be there.
3. **The Emotion Code is a very precise method.** First, we recognize God and ask for his help. Then we muscle test to identify the trapped emotion using the Chart of Emotions. Next we ask if anything else needs to be discovered before releasing the emotion. If the answer is yes, we get more details about what happened when the emotion was trapped, like the age of the person at the time, if the emotion was absorbed, inherited or their own, what the event was, etc. If nothing else needs to be discovered we release the emotion by swiping a magnet along the Governing Meridian 3 times, unless it is an inherited emotion. In that case, we swipe the magnet 10 times. We always check to confirm that the energy is gone afterwards. It works very well when the protocol is followed correctly. We do not recommend mixing modalities or adding your own style when you are doing the Emotion Code. It works so well just the way it is! We don't believe that there are any short cuts that will improve this or make it any faster. It only takes a minute or two to identify a trapped emotion so you can usually get out of pain or solve an issue in pretty short order, even when there are several emotions that need to be released in a session.
4. **It is important to let the body tell you how much Emotion Code work to do in a session.** Most of the time you will find that you can identify and release about five to ten trapped emotions in a twenty minute session. This is typical, but sometimes you may find that your body will only allow you to release two or three emotions in a session, and that's okay. Trust the wisdom of the body! As you are working along, finding and releasing trapped emotions, if you suddenly run into difficulty testing and everything you test is weak, you might need to check yourself with a baseline test. See if you can get a strong muscle response on a true or congruent statement. When you have released all your body can release in a session, usually you will lose the ability to be tested momentarily because your body is processing and is in a state of overload. When that happens, you are done for the time being, until the next session generally.
5. **The body needs a few days to process trapped emotions after they are released.** This is a healing time, when you may feel some side-effects of processing the emotions that were just released. Most of the time, processing is pretty mild and isn't really noticed. You'll usually feel lighter and less burdened. Other times you may feel some negative symptoms from processing. You may feel some echoes of the emotions that were released, you may feel tired, you may feel out of sorts emotionally, you may cry or even feel sick. The unpleasant effects don't typically last for more than a day or two and they are usually very mild. When you work with someone, it is really important to tell them about the possible negative effects of processing, so that they can be prepared and know what they might experience, in case it happens. That way they can know that their session didn't make them feel worse, but that they are just processing. At the end of a session, you can muscle test to see approximately how much time processing will take, so you can know when you more Emotion Code work can be done.

Another Thing To Know In Order To Get The Full benefit of The Emotion Code

If you have had an organ or part of an organ removed because of disease or injury, any trapped *feelings/emotions/soul echoes* that caused or contributed to the problem are probably still affecting you adversely unless you have cleared and released them. So, if you have had an organ partially or fully removed, check to see if any contributing *feelings/emotions/soul echoes* have been cleared. Clear any that are still affecting you in order to avoid another problem being energized

When clearing using *The Emotion Code* allow Spirit and your higher self to choose the highest priority.

This page added and intentionally left blank so if you print double sided the flow chart and emotions list can both be accessed without having to flip pages back and forth.

It is Important that you read the preceding pages before doing this exercise for the first time.

Actual Exercise

Emotion Code Flow Chart Created By Glenn Updated 3/21/2020

Ask Permission First			
	Question	Answer/ Action	Answer/Action
1	Do I have a Heart-Wall? If yes, ask: Is it best I clear, heal and release a trapped <i>feeling/emotion/soul echo</i> that is energizing/creating the Heart-Wall now?	If YES and YES go to 2	If NO go to 1-a
1-a	Do I have a Hidden Heart-Wall? If yes, ask: Is it best I clear, heal and release a trapped <i>feeling/emotion/soul echo</i> that is energizing/creating the Hidden Heart-Wall now?	If YES and YES go to 2	If NO go to 1 b
1-b	If you have a physical pain or physical symptom you can ask, “Do I have a trapped <i>feeling/emotion/soul echo</i> causing or contributing to my pain/physical symptom (be specific or ask Spirit to guide)? Is it best I clear, heal and release it now?”	If YES go to 2	If NO go to 1 -c
1 - c	Ask: Do I have a trapped <i>feeling/emotion/soul echo</i> it is best I clear, heal and release now?	If YES go to 2	If NO
1 EE	If the answer to all the questions above is ‘no’ you almost without doubt have a trapped emotion, but for some reason it is not time to clear using this method. Is it unsafe, or you are already processing some other things that need time before going on to the next? It is important to listen to your subconscious (that conversation/clutter that always goes on in your head and often “speaks to you” when you remember to listen to it).It knows what is best for you. Check again when you feel you might be ready.		
2	Is it my trapped <i>feeling/emotion/soul echo</i> ? Is it inherited? Did I pick it up from someone else?	If you made it to here one of these should be yes. (Only 1 of these should be a yes)	
3	Is it best if I know more?	If YES go 4	If NO go to 6
4	If mine: Is it best I know when it became lodged in me? If inherited: Is it best I know when it became lodged in me? Is it best I know who I inherited it from? Was it theirs? Did they inherit it? If I picked it up from someone else: Is it best I know when it became lodged in me? Is it best I know who I picked it up from? (You are clearing and releasing the emotion for yourself. If the emotion is someone else’s you need their permission to help them clear it and this is not the time until you get their permission)	If any of these are YES, investigate, and when ready go to 5	
5	Is it best if I know more? _____ Keep asking questions as guided until there is no need to know more.	If YES go back to 4 or ask your own questions	If NO go to 6
6	Determine Correct Colum Column on Chart Page _____	Column A or Column B	
	Determine Correct Row on Chart Page _____	Row 1, 2, 3, 4, 5 or 6	
	After determining the column and row look at the Emotion Chart on Page (5 Emotions per cell). Say each of the five emotion out loud and ask, “Is the trapped emotion (actual emotions)?” Only one will be yes		Then go to 7
7	Move bio-north magnet with north pole towards the body from 1st Chakra, up torso, over head and down to base of skull 3x (10 x for inherited or one picked up from someone else).		Then go to 8
8	Was the trapped <i>feeling/emotion/soul echo</i> cleared, healed and released?	If YES: go to 9	If NO: Re-Check
9	“Is it best I clear, heal and release another trapped <i>feeling/emotion/soul echo</i> at this time.?”	If YES: Go back to 1	If NO: go to 10
10	When Done: “Great Spirit and Great Spirit Helpers as are best, fill all voids with Your LOVE and LIGHT and the positive aspects of what I have just cleared. Thank YOU. ”		

Chart Of Emotions To Use With ‘The Emotion Code’

		<i>Feelings/Emotions generated by ‘Soul Echoes’ and holding ‘Soul Echoes’ in place</i>	
	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

This chart is 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/>.