

The Emotion Code

“Future Medicine will be the Medicine of Frequencies.” – Albert Einstein

Energy healing can take many forms and has existed for thousands of years. Principles of Ayurvedic medicine (India) and Chinese medicine include an understanding of the human energy system. Life force energy is called *qi* in Chinese medicine. Acupuncture is used to stimulate and balance the flow of *qi* through energy channels in the body called meridians in order to nourish the entire body. Over the last century, Western medicine has also discovered the existence of the human energy field through various methods and how the body functions on principles of biomagnetic energy.

Dr. Bradley Nelson developed the Emotion Code, a form of energy work. Dr. Nelson’s technique works to identify and release trapped emotions, which are harmful emotional energies from past negative events. The technique employs muscle testing as a way of connecting with the subconscious mind in order to ask the nervous system if a trapped emotion can be found and released. A trapped emotion is energy in the body that can cause a variety of physical and emotional issues. It can block people from feeling love and happiness and can make them feel disconnected from others. Because trapped emotions are made of energy, just like the rest of the body, they exert an influence on the body’s tissues and can cause physical discomfort or imbalances. Releasing trapped emotions makes conditions optimal for the body to heal itself physically, and emotional difficulties often disappear or become much easier to handle.

In the Emotion Code, the trapped emotion is released by using a magnet. As described in Chinese Medicine, the Governing Vessel is a meridian that carries energy and connects to all the other meridians in the body. While holding the intention of releasing the trapped emotion, the practitioner moves a magnet over the Governing Vessel. This increases magnetic energy movement in the body and helps to release and transform the trapped emotional energy.

The Emotion Code promotes harmony and balance within, relieving stress and supporting the body’s natural ability to heal. It is a valuable and effective complement to conventional medical care. It is not a substitute for medical care and is not a replacement for professional psycho-therapeutic or counseling sessions in the treatment of any mental health issues or disorders.

- Learn more about the Emotion Code at Dr. Bradley Nelson's website: <https://discoverhealing.com/>
- Purchase *The Emotion Code* by Bradley Nelson here: [The Emotion Code book](#)
- Watch this video about the Emotion Code from Dr. Nelson here: [The Emotion Code Method | Episode 1](#)

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***Schedule with Alexis Chesney, a
Certified Emotion Code Practitioner,
for an Emotion Code session!***

