

Emotional Baggage: Lighten your Load with the Emotion Code

By: Bonnie Thompson

Can you relate to the term, “emotional baggage?” Everyone seems to have some and we all recognize that it is not a good thing, but what is it? And how do we get rid of it? The Emotion Code, an exciting new form of energy work created by Dr. Bradley Nelson, calls this emotional baggage “trapped emotions.” According to Dr. Nelson, emotional energy can become trapped in the body when we are overwhelmed or traumatized, when our defenses are down, or when we are unable to fully process emotions. In addition, blocking or “stuffing” an emotion can cause it to become trapped.

What’s wrong with Emotional Baggage?

These trapped emotions, until they are brought to conscious awareness and released, interfere with the healthy flow of life force energy in the body. This can affect our physical, emotional, and mental well-being, our relationships, and our ability to fully express our creativity and gifts with the world. Trapped emotions take a toll on our energy levels as energy is diverted to maintain all this baggage.

Another way that trapped emotions can affect us is by forming a heart-wall. A heart-wall is made up of trapped emotional energy that surrounds the heart as a way to protect it. It is created by the subconscious mind when it feels that your heart needs protection from emotional pain or injury. A heart-wall is an important protective mechanism and can be absolutely necessary to help you survive certain traumas in your life, but it comes at a price. Energetically, the heart is the center of your being, it entrains the rhythms of the body (including the brain), and it is also a source of intuitive knowing. A heart-wall blocks the heart energy and gets in the way of the body having full access to the heart. It also blocks your ability to fully give and receive love.

Dr. Nelson estimates that the average person has collected 300-400 trapped emotions. That’s a lot of emotional baggage! Wouldn’t it be great if we could unload some of this? Thanks to Dr. Nelson, we now have one more way to do this. The Emotion Code allows us too quickly and easily identify and release trapped emotions.

How Does It Work?

The process is simple. Muscle testing is used to identify a single trapped emotion that the body is ready to release. Once enough information has been obtained about this emotion, such as the age when it became trapped and where it is held in the body, it is released by running a magnet several times along the back. It looks so simple but the effects can be very profound. Some people feel better almost instantly; some experience the changes more subtly and over time. Many people report feeling “lighter” after an Emotion Code session, as if a weight has been lifted from them.

The Emotion Code can be effective in releasing chronic pain, relationship blocks, and anxiety, among many other things. While it would be unwise to claim that trapped emotions cause disease, Dr. Nelson says that he has never treated someone with a disease or condition that did not have any trapped emotions that were contributing to the problem. Results are difficult to quantify and are usually more subtle, but here are some examples from my own work with clients (names have been changed for their privacy):

- Craig had many physical complaints and we decided to follow his body’s wisdom on where to begin releasing trapped emotions. We released a number of trapped emotions, several in the area of his abdomen. He did not notice any significant shifts during the session, but when I saw him again two weeks later, he reported that the liver pain that he had lived with for many years was now gone. Doctors had been unable to identify the source of this problem.

- Michelle had been unable to find a positive lasting relationship since her divorce about 13 years ago. She came to me to have her heart-wall cleared. When she came in for her fourth session, she was glowing with the news that she had run into an old boyfriend from high school and they had re-established a romantic relationship. I can't say if that relationship continued as that was our last session, but it was a delight to see her so obviously in love!
- Lynnae was experiencing anxiety related to her job that was becoming debilitating. Every morning she would wake up to negative self-talk that would drive her anxiety to the point that she would experience intense dreams. This is normal and will dissipate in a few days. Most people don't notice big changes right away. These changes are usually more subtle and show up over time.

Does The Emotion Code treat specific diseases or conditions?

No. The Emotion Code is not intended to treat or diagnose illness or disease. While there is some anecdotal evidence that releasing trapped emotions can help heal physical symptoms, it is not a substitute for appropriate medical care. It is an excellent way to clear emotional blocks to healing and can, in that sense, be very supportive of the healing process.

How long does a session last?

A typical Emotion Code session will depend somewhat on how many trapped emotions your body is able to release at one time. In my experience, we've been able to release anywhere from four to fifteen emotions in one session.

Once trapped emotions are released, are they gone forever?

Yes, according to Dr. Nelson. In his over 20 years of working with The Emotion Code, he has never seen a trapped emotion that returned. It is important to understand that trapped emotions are from a specific incident in our past. When we release, for example, Anger, we are only releasing the energy from one point in time when that Anger occurred. There may be many more Anger trapped emotions from other experiences at other times and each of these will likely need to be released individually.

Do you have to remember your past?

You do not have to remember everything from your past and that is the beauty of this work. We can use the muscle testing to determine enough information to bring the trapped emotion "to the surface," or to your awareness. Once that emotion is identified and we have created some awareness about it, it is a simple matter to release it.

Is there anything a client needs to do in order to prepare for releasing these emotions?

Not specifically, but it is always useful to come to a session with an open mind and I ask my clients to maintain a neutral mindset while I'm muscle testing to support clear answers. I also like to prepare my clients for the possibility that they may experience some uneven moods and intense dreams for a few days after their session as their body integrates the changes.

*If you'd like to read more about The Emotion Code, I highly recommend Dr. Nelson's book, [The Emotion Code: How to Release your Trapped Emotions for Abundant Health, Love, and Happiness](#). He does an excellent job of explaining difficult energetic concepts in simple, clear terms.