

The Emotion Code

Is an Energy Balancing Modality that releases your trapped and toxic Emotions, and can replace them with abundant Health, Love and Happiness!

Emotional Baggage

Some people have more than others



What are Emotions?

They are a conscious mental reaction (as anger or fear) and can be experienced as a strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

Emotions as we all know, can be negative or positive.

Positive Emotions



Can you imagine a life without emotions?

We all love to be happy, joyful, full of bliss, excited or in love. What if we didn't experience emotion? Our lives would appear very dull and grey.

Negative Emotions

We all have had negative emotions at times



Negative emotions can appear as anger, frustration, worry, yelling and grief and can get trapped deep inside of us.

Severe Traumas

**PTSD, Divorce, Rape, Abuse,
A Loved one Dying**



Hurtful Events or Experiences (Bullying and/or Name Calling)



Accidents





Emotions are real and can be stuck in our subconscious mind, which in fact makes up about 95% of your brain capacity. The other 5% (or less) are in your conscious mind and thoughts, which means these are the things you remember.

So, most of our trapped emotions are seated deep within us, and must be released before the healing can begin.

What are trapped Emotions?

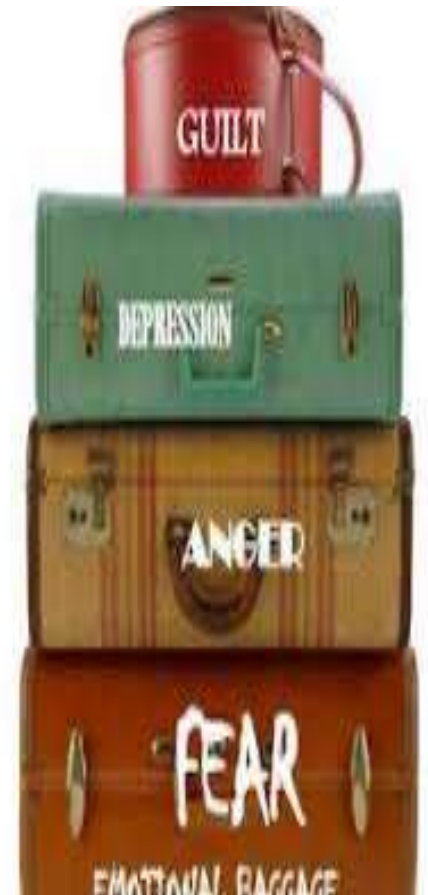
Again, these can be unkind words, a shock, a past or reoccurring trauma!!!

Do you think you have any Trapped Emotions?

Can you recall a very specific event that was frightening?

Do you remember an unpleasant conversation in detail? If you do, then the answer is: YES!!!

You probably have stuck and toxic emotions.



Damage that Trapped and Toxic Emotions can cause

Physical Pain, Extreme Fatigue and Chronic Illness

Interference with correct function of your organs and tissues

Anxiety and Depression



Where are trapped emotions stored?

- They can be lodged anywhere in the body.
- Trapped Emotions are like balls of energy.
- These trapped Emotions can be toxic to our bodies.
- They can affect surrounding organs and tissue.
- Trapped Emotions can cause an imbalance in our entire system.



TRAUMA

The invisible energy of trapped emotions will usually stay undiagnosed by conventional medicine!

There are definitely drugs that can relieve some symptoms for a variety of health problems, but as soon as they wear off, the symptoms often return.

First, the underlying cause of the problem must be addressed. It is important for an individual to recognize this, and then remove these trapped emotions with the help of a certified practitioner before they cause even more damage.

Being FREE of Trapped Emotions



Freeing yourself from your trapped emotions can make you feel more secure and motivated, and can liberating and create the relationships, career, and life that you always wanted.

How would you like to:

- **Open your heart to love and happiness again?**
- **Stop picking the wrong relationships?**
- **Get rid of blocking your success?**
- **Truly live your life from your heart?**
- **Release physical pain in your body?**
- **To stop anxiety, depression, panic attacks and phobias?**



Emotion-Code Testing Protocol

- Ask your Client if there is physical pain, or emotional concerns or imbalances
- Record 3-5 complaints, and rate them from 0-10 (intensity of physical pain or emotional level)
- Use kinesiology (muscle testing) to test
- Start by asking the body if there are any trapped emotion that have to do with this pain or emotional distress.
- Use Emotion-Chart to test for a specific trapped emotion
- Use a Magnet to release Negative Energy
- Start the same process over, until the Body releases each emotion
- Check for Heart Wall

What is a Heart Wall?

During times of emotional distress, our heart can be very hurt and in serious pain, and because of that, we sometimes need to put a form of protection or 'wall' around it! And what happens next, is we create a wall of trapped and toxins emotions. If this is a long-term process, you can feel sad, disconnected, frustrated and/or you can end up with heart disease or heart problems down the road.

However, the Heart Wall can be removed, one Emotion at a time. It frees you from emotional agony and allows you to truly love yourself.



More on the Heart Wall

- **The Heart Wall can usually be removed between 1-3 visits**
- **We will use the same Emotion Chart**
- **The Wall can be made of different materials and thickness (50 Feet of Titanium)**
- **We will use a Magnet to release Emotions**
- **At the End of the Session we will add 'Shield Up'**



Types of Trapped Emotions

- **Nestled Emotions** – Multiple TE can be found in a particular location
- **Pre-natal Emotions** – Usually mom's TE becomes trapped in fetus.
- **Inherited Emotions** – TE received from a parent at moment of conception.
- **Psychic Trauma** – When two Emotions (fear, anger) are felt simultaneously, they can become trapped as one ball of energy.

Sometimes these TE can appear as a physical or emotional pain years or decades later!

Different Types of Testing

- Individuals can be tested by Proxy or long distance.
- Surrogate testing can be done for babies, young children and even animals.



End of Emotion-Code Session

- **At the End of each Session we will check how much each emotion or physical pain level has been reduced from 0-10.**
- **Ask the individual how they feel.**
- **Some people feel lighter, happier, more connected and have either reduced or no physical pain at all!**
- **Hydration is encouraged after each Energy Session.**
- **There is a 24-48 hour processing time, where an individual can be emotional or fatigue.**
- **Resting would be best after each Session.**



Feeling Free of Trapped and Toxic Emotions



HEALING *through* ESSENTIAL OILS



Using Aromatherapy for Trapped Emotions

- **Essential Oils are amazing for any kind of Trapped Emotions and Distress**
- **They can be applied topically**
- **Diffusing Essential Oils can be calming and centering**
- **Always have basic Essential Oils for Emotional Emergencies available**
- **They have no side effects and are easy to use**



Essential Oils for Trapped and Toxic Emotions?

- **Essential Oils are amazing when an individual has trapped and stuck Emotions.**
- **Aromatherapy can be quite affective when applied topically.**
- **Diffusing Essential Oils is another way to get the full benefits that each Oil or Oil Blend has to offer.**
- **Organic Essential Oils are toxic and chemical free and a great choice for Adults as well for Children**



Who would Benefit from Essential Oils?

- **Every Individual that is under any kind of stress**
- **Children or Adults with Emotional Disorders**
- **People that are feeling stuck, unsupported, lonely, overwhelmed, sad, anxious, depressed, discouraged, frustrated, exhausted, fatigue, fearful, hysterical, have toxic energy and of course many more!**



Essential Oils for Trapped Emotions

- **Frankincense** - **Darkness, Negative Influences, Walls around Heart**
- **Lavender** – **Being in Crisis, Rejected, Shock**
- **Thyme** – **Anger, Unforgiving Heart, Bitterness, Resentment**
- **Black Pepper** – **Repressed Emotions, Feeling Trapped**
- **Cilantro** – **Being Controlling, Toxic, Obsessive**
- **Detoxification Blend** – **Limiting Beliefs, Toxic Habits, Difficulty with Transition**



Essential Oils for Toxic Energy

- **Melaleuca** - Parasitic and Co-Dependant Relationships, Poor Boundaries, Darkness
- **Lemongrass** - Toxic or Negative Energy, Despair Holding on to Past
- **Cardamom** - Anger, Aggression, Losing Control
- **Purification Blend** - Hate, Rage, Negative Attachment, Stuck



Essential Oils for Emotional Traumas

- Clove – Being the Victim, Defeated, Controlled by Others
- Helichrysum – Trauma, Abuse, Intense Emotional Pain
- Ylang Ylang – Deep buried Feelings, Emotionally Closed, Loss
- Geranium – Abandonment, Heavy Hearted, Grief, Heartbroken



Essential Oils for Fear

- **Juniper Berry** - Irrational Fears, Recurrent Nightmares, Restless sleep
- **Cypress** - Feeling Stuck, Tense, Perfectionism
- **Lavender** - Being Fearful, In Crisis, Shock
- **Myrrh** - Distrust of Others, Feeling Unsafe in this World



What Essential Oils Can Do

- **Relax and Calm Emotions**
- **Connect and Balance your Nervous System**
- **Calms Fears and Tension**
- **Softens the Heart**
- **Restores Confidence**
- **Helps you to set Boundaries**
- **Releases Toxic and Trapped Emotions**



Summary



- You can benefit from seeking help to release Trapped Emotions
- Emotion-Code is a painless and effective energy modality
- It uses the practice of Kinesiology and Magnets
- Improvement can be measured with each Emotion-Code session
- Essentials Oils can enhance the benefits of releasing Trapped and Toxic Emotions

I would be happy to talk to you more during the breaks about this terrific energy modality

Serenity

the state of being calm
peaceful, untroubled