

Emotion Code™ Protocol by Dr. Bradley Nelson

Uses: Release Trapped Emotions by use of Emotion Charts, Energy Testing, and Release Methods by Magnet or Energetic Sweep with Release Statements and Affirmation

Basic Emotion Code Protocol:

1. Obtain Permission
2. Establish Baseline Energy Testing Method and Communication
3. Determine if Trapped Emotions Exist (if known from session, confirm)
4. Identify the trapped Emotion
5. Release the Trapped Emotion
6. Check that the Emotion was Released

Trapped Emotion Flow Chart:

- 1. Do you (client/I) have a trapped emotion we can release now?**
- 2. Determine Emotion by chart: Column, Row, Emotion**
- 3. Do we need to know more to release this emotion?**
4. Optional: When this emotion got trapped? Whose emotion is trapped? Where is this emotion trapped?
5. Release trapped emotion by sliding magnet down Governing Meridian
- 6. Did we successfully release this emotion?**

Heart Wall Flow Chart:

- 1. Do you (client/I) have a hidden Heart Wall?**
- 2. Call we/I release an Emotion from the Heart Wall/Barrier now?**
3. Optional: Defensive Heart Energy? Defensive Mind Energy?
- 4. Are you shielding from negative energies?**
5. "There is now a new shield around you/I, it covers you completely, and is permanent. It will block all negative energies, but will allow positive energies in easily. It is blue. It is whatever shape you like. You can consciously use this shield, however it is always in place and you do not need to maintain it. Visualizing or thinking about this new blue shield will immediately allow you to feel safer, and protected, in any moment you might need."
- 6. Is this an inherited emotion? Is this a pre-birth emotion from a past life or natal experience?**

Release with Magnet down Governing Meridian (Forehead, down head, down back)

X1 Trapped Emotion x3 Heart Wall Release x5-10 Emotional Entrapment Release

Then follow up with affirmations, oils, mantras, or tapping for the remaining healing process.

Trapped Emotion Flow Chart

Ask: Do You(I) have a trapped emotion we(I) can release now?

Determine:

- Correct Column
- Correct Row
- Correct Emotion

Do we need to know more about this emotion?

Optional Questions

- Ask when it occurred
- Ask whose emotion this was
- Ask where it is lodged

Release Trapped Emotion

Ask: "Did we release that Trapped Emotion?"

Heart Wall Flow Chart

Ask: Do You(I) have a (Hidden) Heart-Wall?

Ask: Can we(I) release an Emotion from the Heart-Wall now?

Psychic Trauma
2-4 emotions at the same time

Optional Questions

- Defensive Heart Energy
- Defensive Mind Energy

Shielding

Are you already shielded from negative energies?

"I'm placing a shield around you (me), it covers you completely, and is permanent. It will block all negative energies, but will allow positive energies in."

The Body Emotions

Emotion Code Chart	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived 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 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
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

Adapted from The Emotion Code™ Chart
By Dr. Bradley Nelson