

Emotions play a large role in our lives. How we feel guides our decisions about how we live our lives. Both positive and negative emotions can be big motivators. For example, what drives us to practice? On the one hand are the wonderful feelings we experience when we are successful: exhilaration, joy, pride. On the other hand, how many times do we hold ourselves back from new experiences because we fear the unknown?

It can be difficult to process negative, painful emotions. In our busy lives, it is easier and may feel safer, to put our suffering aside until an "appropriate" time - in private, or with supportive loved ones. Once stuffed, it becomes easier to avoid these emotions, creatively finding ways to not feel - overeating, smoking, using drugs or alcohol, or by taking other activities to excess-exercise, working, TV, reading.

“Emotional baggage is very real, and although it’s invisible it can really affect your happiness, your success, and your health. It’s like lugging around a suitcase from every difficult event you’ve gone through-eventually the load gets too heavy not to notice. Think of each ‘suitcase’ as a trapped emotion-a bit of emotional energy that was created by you during an emotional event and got stuck in your body.” 1

It’s these trapped emotions that can affect us physically, mentally, emotionally and even spiritually. "The concept of a trapped emotion can be strange if you've never heard of it before, especially if you're not familiar with energy work. Because trapped emotions are made of energy, just like the rest of the body, they exert an influence on the physical tissues. Releasing trapped emotions makes conditions right for the body to heal, so physical and emotional difficulties often disappear or become much more manageable.

Trapped emotions are literally like balls of energy, vibrating at different frequencies depending on what the emotion is (for example anger is a different vibration than sadness or insecurity). Trapped emotions are negative destructive vibrations and tend to affect the body wherever they are stuck, creating pain and malfunction of bodily tissues, even disease. They can also cause depression, anxiety and loads of emotional problems.

The Emotion Code is an energy healing technique developed by Dr. Bradley Nelson that helps us to identify and literally release trapped emotions, which are harmful emotional energies from negative past events."2

Dr. Nelson feels trapped emotions can be contributors to these diseases:

Acid Reflux	Diabetes	Learning Disabilities
ADD/ADAD	Dyslexia	Low Back Pain
Allergies	Eye Pain	Hypothyroidism
Abdominal Pain	Fibromyalgia	Lupus
Asthma	Frigidity	Migraines
Back Pain	Headaches	Multiple Sclerosis
Bell's Palsy	Heartburn(GERD)	Neck Pain
Cancer	Hip Pain	Night Terrors
Carpal Tunnel	Hypoglycemia	Panic Attacks
Chest Pain	Impotency	Parkinson's Disease
Chronic Fatigue	Infertility	Phobias
Crohn's Disease	Insomnia	Shoulder Pain
Colitis	Irritable Bowel Syndrome (IBS)	
Sinus Problems	Constipation	Joint Pain
Tennis Elbow	Depression	Knee Pain
Vertigo 3		

The actual process of the Emotion Code involves muscle testing to identify an individual trapped emotion and any information about that emotion for the client's benefit. The emotion is then released by moving a magnet along the Governing Meridian located along the spine.

Some clients have experienced immediate pain relief, and others notice the effects in their lives in the days and weeks that follow.

The Emotion Code has been used to help children with problems.

Particularly moving is the story of Julie, a "crack baby". "When I first saw her at age two and a half, she had been diagnosed with cerebral palsy, mental retardation, and severe asthma. She was also suffering from attention deficit hyperactivity disorder. Her behavior was like that of a wild animal.

She was in a state of extreme agitation at all times and it seemed that she would have literally "climbed the walls" of my office if she could have. She could not play with toys or other children, and she could not sit still for a second. She could not speak at all. She had tantrums that would last for hours at a time. She had been hospitalized for her asthma seven times in the month before she was brought to our office, and been on machines to help her breathe."⁴

"After Julie's third treatment, she slept all night and her breathing was no longer audible. By her fourth treatment her asthma symptoms were gone.

Shortly after her asthma symptoms disappeared, Julie's foster mother received a visit from her social worker. The social worker spent nearly two hours chatting with Julie's foster mother and filling out adoption paperwork. During this entire time, Julie sat on the floor and played quietly with her toys, something she had never been able to do before. The amazed social worker asked, "What kind of medication do you have her on?" Betty replied, "Well, she is off all her medication now." ⁵

"Julie continued to improve, and before long, Julie's doctors informed Betty that they were withdrawing their diagnoses of cerebral palsy and mental retardation."⁶

Some experiences my clients have reported have been relief from carpal tunnel syndrome, shoulder pain, toothache, and decreased anxiety.

Animals have experienced positive results from the Emotion Code as well:

"My name is Debbie Spitzenpfeil. I am in FEI level Dressage Trainer and Clinician and I have trained in Germany with Olympic trainers. After having a training barn in San Juan Capistrano, California for 17 years with 23 horses from Training Level to Intermediare II, I am now semi retired in Oregon with my Holsteiner Stallion, Revelation. I teach Dressage Clinics in Oregon, Colorado, and California as well as judging shows in these states.

I attended the first seminar on magnetic healing that Dr. Nelson held, in San Diego, CA in July of 1998. I have used his methods of clearing trapped emotions and have found them to be invaluable in working with horses as well as people, and I have many amazing stories I could share, but here are a couple of great ones.

One horse that was in training with me for several years would go lame several times a year. We had three different vets look at him, x-rays, chiropractic, and acupuncture done but nothing seemed to work during these times. It was very frustrating since we were competing with him and never knew just when this mysterious lameness would occur. When I learned the Emotion Code through being a patient of Dr. Nelson's for 10 years, we well as going to his seminars, I began to use energetic balancing on the horses I had in training with me.

Highlander would go lame in his right hock area. I began to clear his emotional baggage. He had abandonment issues, anger and resentment at his owner and major grief. I was able to trace this back to when he was 5 years old and was being trailered. He had fallen down in the trailer. The owner had never stopped to help him and he had to lie that way the entire trip. I asked the owner if this had indeed happened and she ashamedly admitted that it had. She simply did not know what to do, so drove with him in the trailer until she got to the show grounds. Highlander knew that she knew, and he resented her for it. He also felt abandoned by her.

After I was able to clear everything, he went from being totally lame in the hock to being completely sound within 10 minutes. He remained sound for the next 3 years while I had him in training. Only two times did I have to clear him again, and that was when he saw horses that didn't want to load into a trailer and I think he recalled his grief. But still he stayed sound and went on to win several championships."⁷

The Emotion Code has been successful in helping adults, children and animals in many different scenarios. "Many people have found that when they free themselves of their trapped emotions they are able to live healthier and happier lives. A single trapped emotion can create both physical and emotional problems. The following real-life examples illustrate how releasing trapped emotional energy using the Emotion Code can result in astonishing and sudden improvements in physical and emotional wellness:

Allison's debilitating hip pain left her instantly, and she was able to dance in her

performance that night...

Jennifer's chronic anxiety was gone, and she now felt the total confidence she'd been longing for...

Laurie reported that for the first time in her life, she could feel God's love for her...

Sheryl was finally able to shed her anger for her ex-husband, and create a wonderful, loving relationship with a new man...

Julia aced her court reporting test, after failing several times...

Connie's allergies disappeared....

Neil's 2 year-long feeling of resentment for his boss vanished.....

Yolanda finally lost the weight she'd been struggling to lose for years...

Jim's shoulder pain disappeared...

Mindy's carpal tunnel syndrome went away....

Sandy's knee pain, which she had seen three other doctors for, was gone in moments....

Carol's night terrors, which had plagued her for over 30 years, were gone within a week, and did not return..." 8

1. Dr. Bradley Nelson email
2. Dr. Bradley Nelson email
3. Nelson, The Emotion Code, 21-22.
4. Nelson, The Emotion Code, 292.
5. Nelson, The Emotion Code, 295.
6. Nelson, The Emotion Code, 296.
7. Nelson, The Emotion Code, 330-332.
8. Nelson, The Emotion Code, 3-4



Francie Goff, RN is a Holistic Health Consultant/Educator certified in and providing a wide range of Holistic Health Services to empower clients, raising their awareness of their own ability to take charge of their health proactively. Some of the services she provides include: Usui and Karuna Reiki, Therapeutic Touch, Integrative Guided Imagery, Labyrinth Facilitator, Aroma Therapy, Raindrop Sessions. Francie combines these modalities, allowing each session to be uniquely tailored to meet each client's needs individually. She is the former owner of Whispering Dell Retreat Center.

Francie is now certified in the Emotion Code and is scheduling sessions at The Body Lab in Endicott. She is also offering classes to further explain the technique and answer questions. Please check Rose Heart Center, Black Horse Yoga Studio, The Body Lab, or check Calendar of Events in the NorthEastern Holistic Resource. If you're interested in learning more about the Emotion Code and how it can help you, contact her, at 607 785 1647, or franciegoff1@yahoo.com for an appointment.