

Emotion Code and Body Code are some of the most trauma-informed treatments for PTSD, trauma, and emotional baggage that can greatly wear us down. As a Veteran, I sought support for adverse childhood experiences and traumatic memories, and Kirk Poe superbly assisted me through this healing process. After years of talk therapy, internal blame, and shame, I was able to let go of things that haunted me. The most unique part of receiving EC and BC is that you don't have to relive the experience, you are not forced to analyze, evaluate, and dissect these experiences, and the sessions can be done via phone or Skype, allowing for more emotional freedom to feel comfortable and safe while healing. We are in a fight after military service to regain our lives every day, Kirk Poe has dedicated his life to assisting Veterans in healing from invisible wounds. It takes a lot to trust someone with that, but I'm so grateful that I did. -Alia S.

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Hi, I'm Rick Williamson, a retired Army veteran. For years I have struggled with inner demons that were controlling and ruining my life, mentally and physically. I never knew why until I decided to seek help. It took most of my adult life to realize that I had issues that I could not understand or control on my own and I was always too proud to ask for help. January 2016, I swallowed that pride and reached out for a lifeline that I wasn't sure was going to help or be enough. Therapy, talking with a total stranger about my personal life was not something that I accepted with open arms, but it helped. Once I began to trust my therapist, things started changing, and I started reaching out to find more tools to put into my "Wellness Toolbox".

About a year ago, I met a gentleman in a support group online, who is a Reiki Master, and I had no idea what that was. After attending a few of his meetings, my skepticism began to run wild, because of what I saw, but did not understand. After several months of trying to convince me to allow him to work with me a couple of times, Kirk was finally able to bust through the self-imposed barrier that I had constructed. He introduced me to Body & Emotion Code, which I had never heard of before. I thought this was some sort of "hogwash". Was I ever wrong!! In our first 30-minute virtual session, I did nothing but sit in silence, and wonder what Kirk was doing. Even though I wasn't doing anything, I felt nervous and apprehensive and after about 15 minutes, I began to relax and I noticed that what Kirk was saying and doing was actually releasing certain emotions and feelings from me, even though we were over 1000 miles apart, and facing each other online. No physical contact. I didn't realize until a few hours after our session, that something inside of me had changed and that I was not experiencing those same feelings of anger, depression, distrust, or sadness or guilt. Somehow, and I will never try to explain what I don't understand, Kirk was able to connect with me on a "spiritual level" and release these pent-up emotions. A lot of these emotions are persistent and are released several times, but then, he is not a "God".

Since our first session, Kirk has been able to conduct these sessions, without me being present. After each time, he sends me a report of what was released from me, and amazingly, as I read those reports, many of the feelings that were released, I had been experiencing on that day or for a few days before. Again, I don't understand how or why this emotion code works, but it does help me to relax in ways that I never knew were possible. Don't be afraid to try some things new just because you don't understand!

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"The Emotion/Body Code has been a true blessing! I knew that I had "emotional baggage" in my life and Kirk offered to help rid it. I wanted to work on pain that I had in my back & hips but was blessed by so much more!! I have been divorced for over 20 years but I still "allowed" my late, dead, ex-husband to still have control over me. I would bring him up in conversations all the time, have mental talks with him constantly and he just seemed to be "ever present" in my mind. Thru the coding Kirk provided me, I got gobs of emotional baggage DUMPED from my life and just felt so much weight lifted off me and honestly felt so much freedom in my very being. I have a sense of peace that I just can't describe. It took several sessions, but was worth every minute of it. I am eternally grateful to Kirk for the beautiful help that he has given to me."

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