

Are there emotions you have experienced that you would rather not have felt? If you are like most people, your life has had its darker times. You have probably experienced moments of anxiety, as well as times of grief, anger, frustration, and fear. You may have experienced periods of sorrow, as well as depression, low self-esteem, hopelessness, or any of a wide variety of negative emotions.

What you may not realize is that some of the negative emotions you've experienced, even though you may have felt them long ago, may be creating problems for you now. Yes, some of your old experiences are still affecting you in subtle yet very damaging ways. The Emotion Code is about finding those old emotions and releasing them forever. Much of our suffering is due to negative emotional energies that have become "trapped" within us. The Emotion Code is a simple and powerful method of finding and releasing these trapped energies.

A single trapped emotion can create both physical and emotional problems. Our emotions don't come out of nowhere—they are generated by our bodies based on two criteria: what we are experiencing in the moment, and information stored in our bodies and minds from past experiences.

Three things happen when we experience an emotion. First, our body generates the emotional vibration. Second, we begin to feel the emotion and any thoughts or physical sensations that come along with it. Third, we choose to let the emotion go and we move on, after a few seconds to several minutes. This last step is called processing, and once it is completed, we have successfully moved on from the emotional experience and it shouldn't cause us any problems. However, if either the second or third step is interrupted, the emotional experience is incomplete, and the energy of the emotion is likely to become trapped in the body.

It appears that the more overwhelming or extreme an emotion is, the more likely it will become trapped

Many people who have been through extreme trauma have blocked out years of their lives and remember almost nothing, but the Emotion Code allows us to bypass the conscious mind completely. Instead, we access vital information about trapped emotions from the subconscious mind.

Instead of moving beyond your angry moment, or a temporary bout with grief or depression, you retain this negative emotional energy within your body, potentially causing significant physical and emotional stress.

Most people are amazed to find that their emotional baggage is more literal than they had imagined.

People frequently sense that they are somehow burdened by their past emotions, but they don't seem to know how to get over them. The traditional approach in Western society is generally to talk about the past and discuss coping mechanisms with a therapist.

While this is often helpful and can save lives, it does not address the trapped emotions directly, which means that the true root of the problem remains.

Trapped emotions often drive people to self-medicate in various ways. You may find yourself working long hours, using drugs or drinking, thrill seeking, or trying to solve everyone else's problems.

Trapped emotions can cause you to make the wrong assumptions, overreact to innocent remarks, misinterpret behavior, and short-circuit your relationships. Even worse, trapped emotions can create depression, anxiety, and other unwanted feelings that you can't seem to shake. They can interfere with the proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain, fatigue, and illness. Yet no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though it may be a major causative factor in your physical and emotional difficulties.

Trapped emotions are a significant yet hidden cause of much illness and suffering, both emotional and physical in nature.

When a trapped emotion is released, a burden is literally lifted. In fact, people often experience a feeling of lightness upon the release of a trapped emotion. Finding and releasing those trapped negative energies can lead to big changes in how you feel and behave, in the choices you make, and in the results you get. And most of the time, that newfound freedom and confidence start to flow in automatically!

The most ancient idea in the art of healing is that disease is caused by imbalances in the body. Trapped emotions are the most common type of imbalance human beings suffer from. I believe that trapped emotions can be implicated in nearly all diseases, either directly or indirectly.

Trapped emotions lower immune function and make the body more vulnerable to disease. They can distort body tissues, block the flow of energy, and prevent the normal function of organs and glands.

The Emotion Code is easy to use, and it is precise. Sometimes the release of a trapped emotion will bring about an instantaneous and dramatic effect; but most of the time, the effects are more subtle. Either way, their release often seems to bring a greater sense of contentment and peace.