

"The Emotion Code is an energy healing technique that can help identify and literally release what we call Trapped Emotions. These are negative emotional energies from distressing past events. We believe Trapped Emotions may cause people to feel sad, anxious, or other things, and could even block people from love and happiness or make them feel disconnected from others. And because Trapped Emotions are made of energy, just like the rest of the body, they may exert an influence on physical tissues, potentially leading to acute discomfort and even illness. By releasing Trapped Emotions, we can help make conditions right for the body to recover — so physical and emotional difficulties often disappear or become much more manageable."