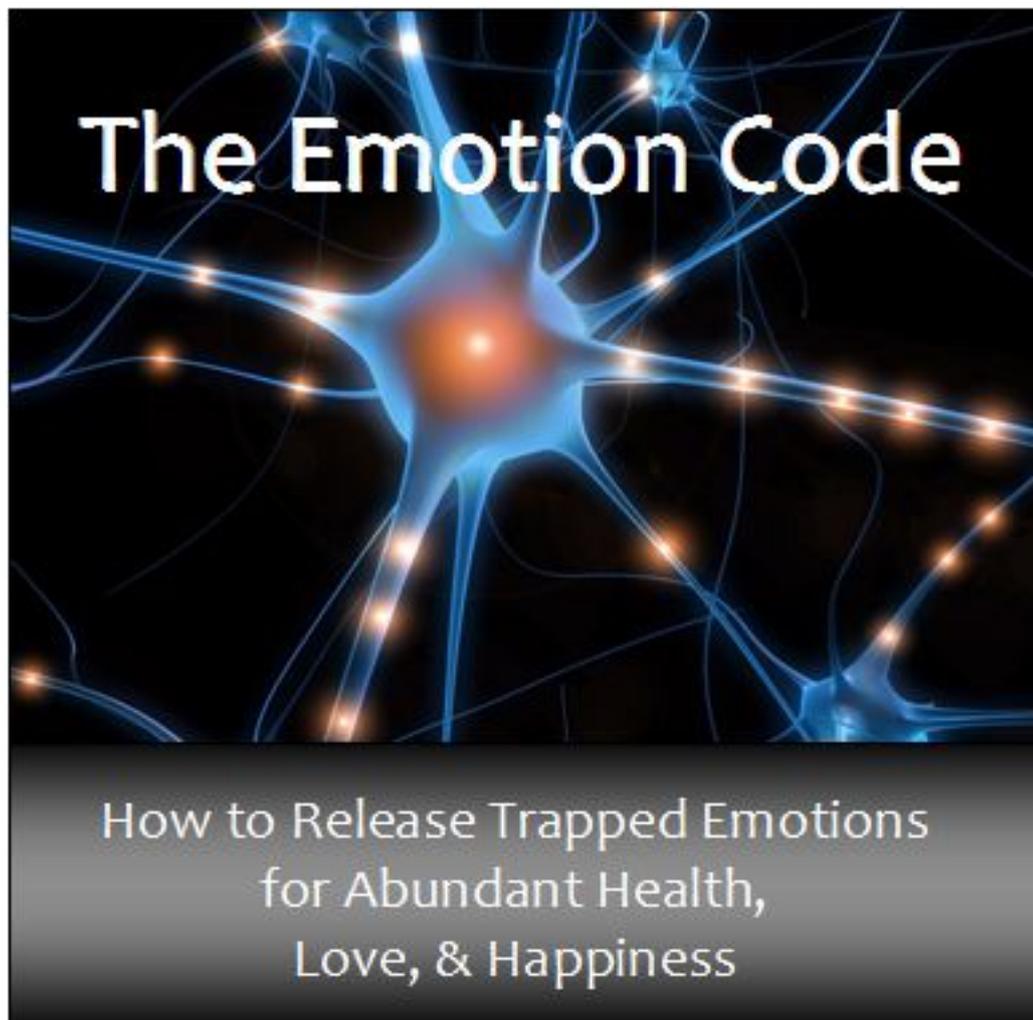


# PASCAS CARE

## *Emotion Code*

## *Energetic Imbalances*



“Peace And Spirit Creating Alternative Solutions”

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Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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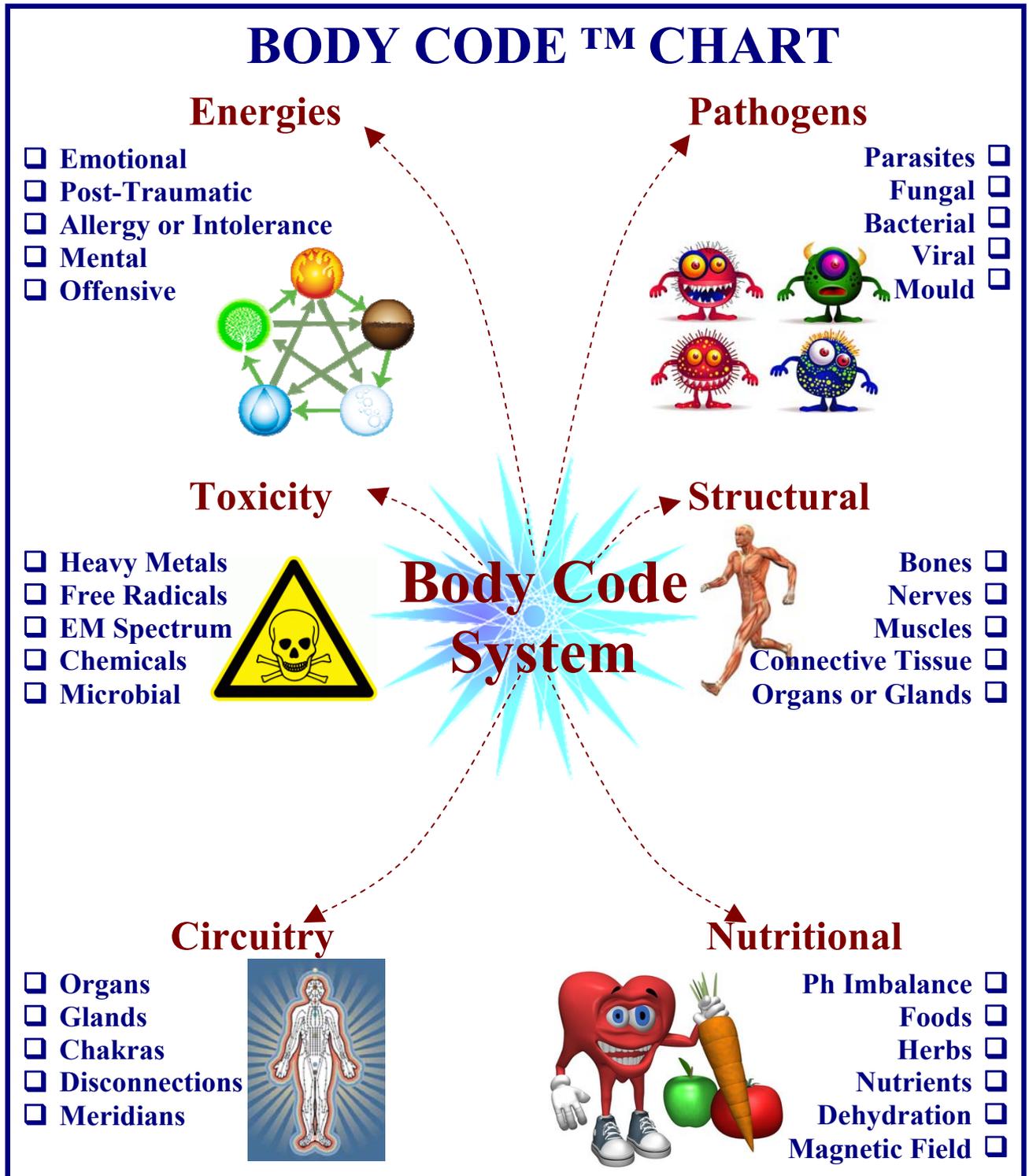
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

***“Never can one man do more for another man than by making it known of the availability of and the Feeling Healing process and Divine Love.”***      **JD**

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|--|
| <p><b>Treatment Session =<br/>Management of energy flow within in our bodies<br/>= Release of Negative Emotions.</b></p> |
|--|

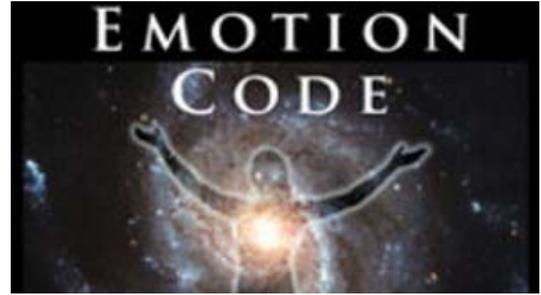




## **BODY CODE – ENERGETIC IMBALANCES:**

### **The Body Code Healing System**

This module talks about energetic imbalances. You will learn how to find and correct trapped emotions, the Heart-Wall, post-traumatic distortions in the energy field, allergies, and food intolerances, and mental imbalances including despair anchors. Dr Bradley Nelson introduces you to the concepts about negative beliefs and negative desires, faulty desires, which is part of T3 Therapy (Three Dimensional Therapy). Also covered are offensive distortions or offensive imbalances which often come from other people and imbalance the body.



### **Trapped Emotions**

Trapped emotions and how they occur, also consider prenatal emotions, inherited emotions, preconception emotions, and the Heart-Wall. Also discussed is another kind of emotional imbalance that is referred to as emotional resonance. Trapped emotions are truly an epidemic in our world. They are responsible for causing the majority of the pain and disease that people suffer from in this world.

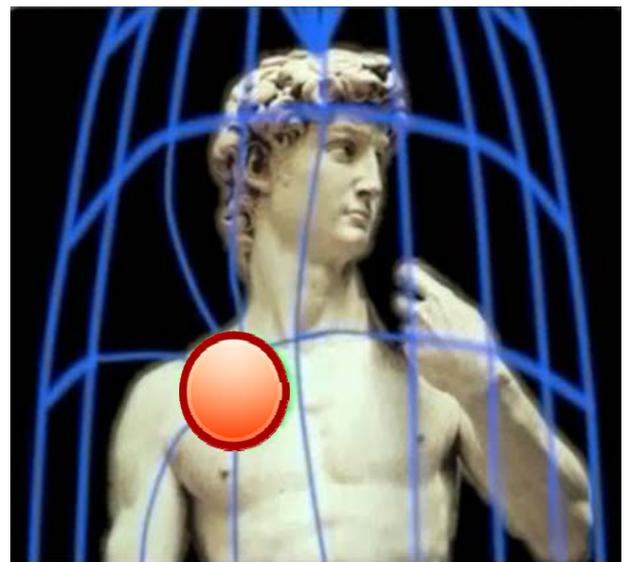


### **What is a Trapped Emotion?**

What is a trapped emotion? As we go through our lives, we experience highs and lows emotionally, and there are times when we hit real emotional lows, or we feel intensive negative emotions of anger, frustration, resentment, sadness, sorrow and so on. It's during those times when the energy of the emotion can become lodged in the body.

### **Trapped Emotions are Made of Energy**

Trapped emotions are typically an orange to a cantaloupe sized (or you could say, from a lemon to a melon) and they will distort the normal energy field of the body. As you can see in this picture, the energy field around this person is being distorted by a ball of energy, in this case a trapped emotion. Trapped emotions can occur at any age, and can even be inherited. They will create physical and mental symptoms. And of course, they can be found and released using the Emotion Code.



To understand how trapped emotions can create physical and mental symptoms, it's important to understand the fact that our bodies, and everything in

the universe, consist of one thing, pure energy. The chair you're sitting on right now, the desk you're sitting at, the walls in your house, this earth, the sun, the moon, and the stars – everything is made of the same thing – plasma – plasmatic energy.

If you look at your hand, it looks pretty solid. But if you magnify that hand a hundred times, it doesn't look like the same hand anymore at all. You'd have a hard time recognising it. It would look like the surface of an alien planet with hills and valleys and so on. If you magnify that hand 850,000 times, you will see that the hand is actually made of molecules. If you magnify a single molecule about a million times, you can see that

molecule is made of individual atoms, and if you actually were able to look inside of an atom, you would see that there's really nothing there, but tiny energies that are flitting around at the speed of light creating a certain frequency and vibration that makes that atom what it is.

Really, our bodies are almost entirely empty space. Trapped emotions are energy too, but they distort the body's energy field, and by distorting the body's energy field, they distort the tissue of the body. When you distort the tissue of the body, you end up eventually having physical symptoms due to the distorting effect of the emotional energy. But because that area of the body where the trapped emotion is lodged is continually vibrating at the particular frequency of the emotional energy that is lodged there, it makes you much more susceptible to falling into resonance with that frequency. Let me (Dr Bradley Nelson) explain this.

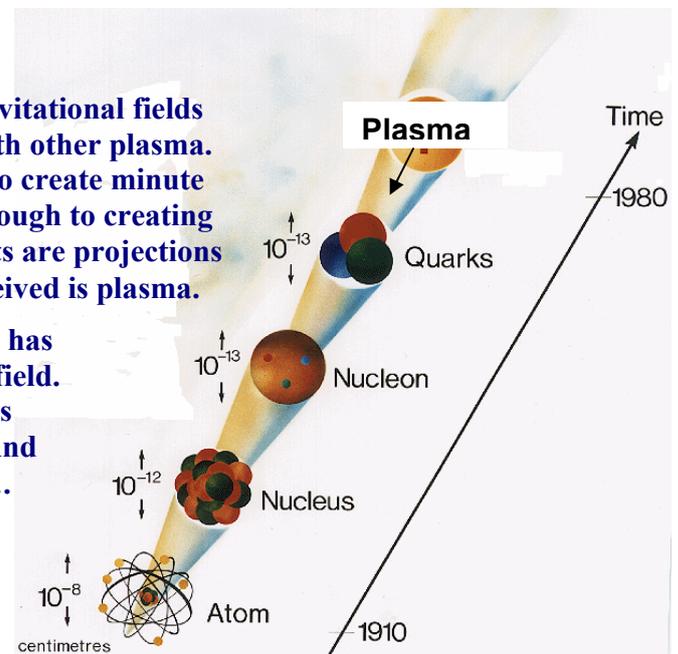
Let's say for example that 20 years ago on a certain day you had an argument with someone and you became very angry. Say you developed a trapped emotion of anger that lodged in your shoulder. Trapped emotions always lodge somewhere in the body, and for whatever reason, this trapped emotion lodged in your shoulder. Now, 20 years later, you probably have shoulder problems, and you may be thinking about having surgery because your shoulder problem is not going away. You may also be a more *angry* person than you otherwise would be because there is a trapped emotion of anger lodged in your shoulder.



### PLASMA:

**The magnetic and gravitational fields of plasma combine with other plasma. They group together to create minute things, all the way through to creating galaxies. Our thoughts are projections of plasma. Loved received is plasma.**

**Every cell in our body has a plasmatic magnetic field. Our whole body has its own magnetic field. And so it goes on, and on....**





**Core Emotions**  
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

| Human Emotion               | Energy Frequency     |
|-----------------------------|----------------------|
| 40.0 Serenity of Being      | Ultra-high Frequency |
| 30.0 Postulates             |                      |
| 20.0 Action                 | Very-high Frequency  |
| 8.0 Exhilaration            |                      |
| 6.0 Aesthetic               |                      |
| 4.0 Enthusiasm              |                      |
| 3.5 Cheerfulness            | High Frequency       |
| 3.3 Strong Interest         |                      |
| 3.0 Conservatism            |                      |
| 2.9 Mild Interest           | Low Frequency        |
| 2.8 Contented               |                      |
| 2.5 Boredom                 |                      |
| 2.4 Monotony                |                      |
| 2.0 Antagonism              |                      |
| 1.9 Hostility               |                      |
| 1.8 Pain                    |                      |
| 1.5 Anger                   |                      |
| 1.4 Hate                    |                      |
| 1.3 Resentment              |                      |
| 1.2 No Sympathy             | Very-low Frequency   |
| 1.15 Unexpressed Resentment |                      |
| 1.1 Covert Hostility        |                      |
| 1.05 Anxiety                |                      |
| 1.0 Fear                    |                      |
| 0.98 Despair                |                      |
| 0.96 Terror                 |                      |
| 0.9 Sympathy                |                      |
| 0.8 Propitiation            |                      |
| 0.5 Grief                   |                      |
| 0.4 Making Amends           |                      |
| 0.3 Undeserving             |                      |
| 0.1 Victim                  |                      |
| 0.08 Hopeless               |                      |
| 0.07 Apathy                 |                      |
| 0.06 Useless                |                      |
| 0.06 Failure                |                      |
| 0.04 Pity                   |                      |
| 0.03 Blame                  |                      |
| 0.02 Regret                 |                      |
| 0.01 Dying                  |                      |
| 0.0 Body Death              | Ultra-low Frequency  |

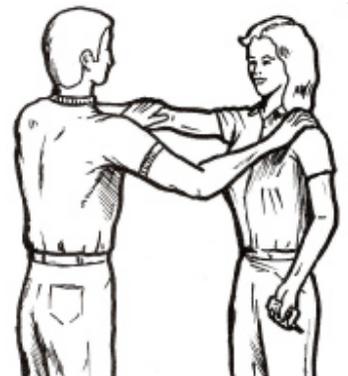
**Happiness Domain**

**Un-happiness Domain**

I believe that those tissues in your shoulder are literally *feeling the emotion* of anger all the time. So when a situation arises where you could become angry, you *will* become angry much more readily than you otherwise would because part of you was *already* vibrating at that frequency.

Remember that all emotions are frequencies. And every emotion has a different frequency than every other emotion. Anger has a different frequency than sadness, which is different frequency than frustration, and so on. That explains why when we release these trapped emotions there is an immediate change that takes place. Accompanying the physical change that takes place, very often there is a mental change that takes place as well, because the energy that was causing those tissues to literally vibrate at that emotional frequency is suddenly gone. And that's the real breakthrough of the Emotion Code – to understand how these emotional energies affect us years and decades after the event.

The flow chart to release trapped emotion is very simple. We start at the top and simply ask, "Do you have a trapped emotion that we can release now?" Or if you're working on yourself, you ask, "Do I have a trapped emotion that I can release now?" Then you perform a *muscle test* or the *Sway Test*. A strong muscle test indicates yes, and swaying forward indicates yes. If you do have a trapped emotion then you go to the next box down and determine the correct column. So you simply ask, "Is the trapped emotion in column A of the emotion code chart or is it in column B?" And you will get a yes answer to one of those. Once you determine the column, you're actually eliminated half of the list. And so, let's move on and we will go to the rows and simply ask is the trapped emotion in an even row or is it in an odd row.

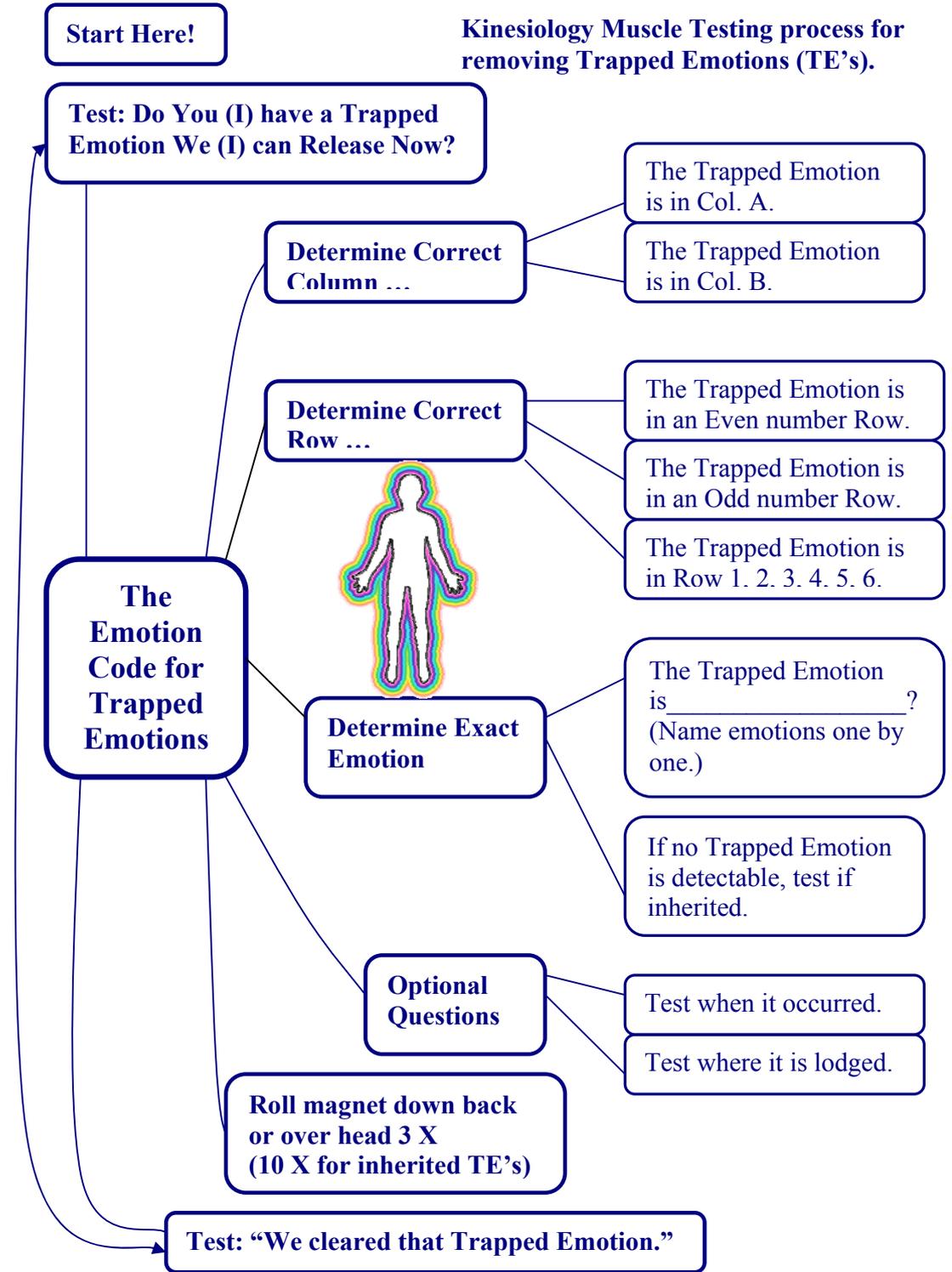


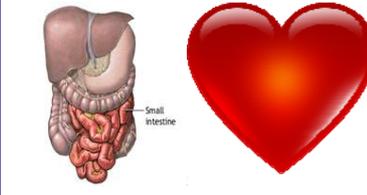
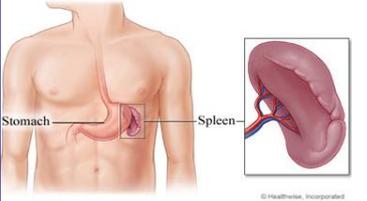
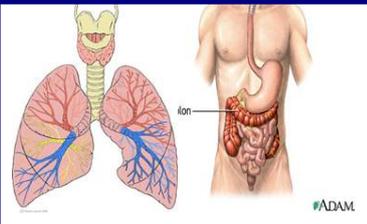
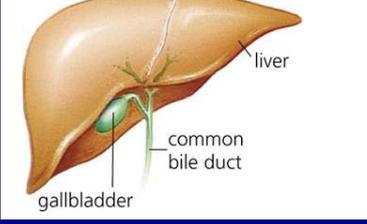
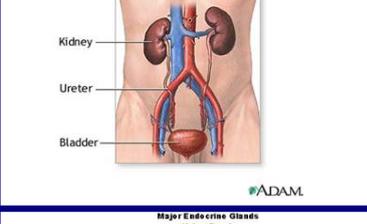
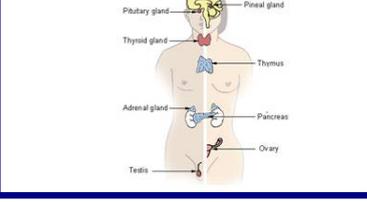
The emotion chart is divided up into rows and columns and the odd rows are shaded a little darker than the even rows to make this easier. Once you have identified an odd or an even row, then you've eliminated half of the list. Every time we ask a question, we're eliminating a big portion of the list. Once you get the answer that the emotion is either in an even row or an odd row, you can simply ask, "is it in row one or row two or row three," and that will help you to zero-in very rapidly on the five emotions that are in a particular cell, or a particular row and column location. Once you get to that row and column location and you have five emotions left, you can simply ask, "Is the trapped emotion \_\_\_\_\_." Name the emotions one by one.

If no trapped emotion is detectable then most likely it is an inherited emotion, which we will be covering soon.

You can ask optional questions after you have identified the emotion. You may want to ask when it occurred. You may want to ask where it's lodged in the body. Another question that's good to ask is "Do we need to know more about this emotion?" Once you get a "no" answer on that, you should be able to go ahead and release that emotion. You can roll the magnet down the back or over the head 3 times for regular emotion or 10 times for an inherited emotion. Then at the end of that, you can simply ask "Did we clear that trapped emotion?" And if you did, then you could start at the top of the flowchart again and ask the same question, "Do you have a trapped emotion that we can release now?"

# EMOTION CODE™ FLOWCHART



| Organs  | EMOTION CODE™ CHART                            |  |   |
|---|--|--|---|
|   | Column A                                       | Column B   |   |
|    | <b>Row 1</b><br>Heart or<br>Small<br>Intestine | Abandonment<br>Betrayal<br>Forlorn<br>Lost<br>Love Un-received | Effort Un-received<br>Heartache<br>Insecurity<br>Over joy<br>Vulnerability    |
|    | <b>Row 2</b><br>Spleen or<br>Stomach           | Anxiety<br>Despair<br>Disgust<br>Nervousness<br>Worry          | Failure<br>Helplessness<br>Hopelessness<br>Lack of Control<br>Low Self-Esteem |
|   | <b>Row 3</b><br>Lung or<br>Colon               | Crying<br>Discouragement<br>Rejection<br>Sadness<br>Sorrow     | Confusion<br>Defensiveness<br>Grief<br>Self-Abuse<br>Stubbornness             |
|  | <b>Row 4</b><br>Liver or<br>Gall<br>Bladder    | Anger<br>Bitterness<br>Guilt<br>Hatred<br>Resentment           | Depression<br>Frustration<br>Indecisiveness<br>Panic<br>Taken for Granted     |
|  | <b>Row 5</b><br>Kidneys<br>or<br>Bladder       | Blaming<br>Dread<br>Fear<br>Horror<br>Peeved                   | Conflict<br>Creative Insecurity<br>Terror<br>Unsupported<br>Wishy Washy       |
|  | <b>Row 6</b><br>Glands &<br>Sexual<br>Organs   | Humiliation<br>Jealousy<br>Longing<br>Lust<br>Overwhelm        | Pride<br>Shame<br>Shock<br>Unworthy<br>Worthless                              |

## The Emotion Code Chart

There are a couple of important things that I (Dr Bradley Nelson) want to talk about here as far as The Emotion Code chart goes. First of all, you notice that on the left side of the chart, we have two organs listed in each row, heart or small intestine for row one, spleen or stomach for row two, lung or colon for row three, and then in row four we have liver or gallbladder, kidneys or bladder for row five, and glands and sexual organs in row six.

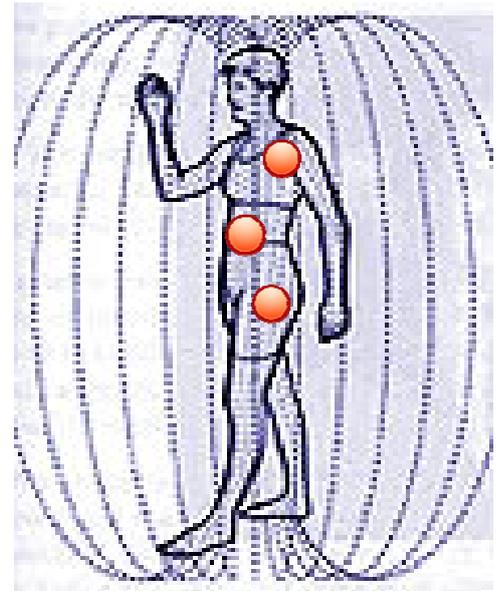
The organs and glands are actually frequency generators. They generate the frequencies of these emotions. Remember that each emotion is a frequency. When you're feeling an intense emotion, what you're really feeling is a frequency. Your body is taking on a new vibration. And the source of that vibration is coming from one of the organs that is listed on the left side here. So as an example, if you're feeling an intense emotion of grief, and if you look in column B and come down to row three, you'll see confusion, defensiveness, and grief. That grief emotion is generally going to be coming from the lung or the colon. And so, the same pattern follows through with all of these emotions and all of the organs. Let's look at the heart. The heart or small intestine will produce the emotions of abandonment or betrayal or forlorn, if you're looking at column A, row one, and so on.

One thing that I would like to point out about this list is that the difference between the emotions that are listed in column A and column B is essentially zero. In other words, emotions that are listed within a certain row could be placed into column A or column B interchangeably. Sometimes people wonder if maybe there's a reason why some emotions are on the right and others are on the left, and no, there's no real reason. They're interchangeable.

However, one thing that I would like to point out is that emotions that are produced by a certain organ *may* not lodge in that same organ. For example, emotions that are produced by the heart may end up lodging in the heart, *or* may end up lodging in the spleen or the lung or really *anywhere* in the body. In other words, *any* of these emotions on this list can actually become trapped *anywhere* in the body. Why does a trapped emotion become lodged in a certain area? Sometimes it's because there's some kind of infection or an injury in an area and when a trapped emotion then occurs and becomes lodged in the body, it will more likely go to that area where there is some underlying weakness or, maybe a pre-existing condition or imbalance.

Also, trapped emotions will tend to lodge in areas that have some kind of a metaphysical significance. For example, let's say you feel like you're carrying the weight of the world on your shoulders. You may then develop a trapped emotion that may lodge in the shoulders. Or let's say, for example, that you are having money issues. You may be more likely to trap emotions in the low back because metaphysically, there's a connection there between the low back and money, and so on.

For more information about metaphysical connections to illness you may want to read Louise Hay's excellent book "You Can Heal Your Life".



Now I'd like to go through these emotions and explain any of these that might not be quite clear. We'll take a look at row one first. If you take a look, you'll see abandonment and betrayal. Those are pretty self-explanatory. Let me explain the word *forlorn*. Forlorn is a word that means sadness and desolation, sort of combined into one. The old saying used to be that a person might be "forlorn of hope". It's like being sad and lonely and desolate and all alone, all rolled into one. Feeling *lost*, of course, often times is feeling lost emotionally, or lost about a relationship or lost in some other way, more often than being lost in the woods, for example, although that can happen too.

*Love un-received* is where a person is sending out love to someone else and that love is bouncing off of that other person. It's not being sent back to them, or they are not receiving it. This one can show up even in a relationship ... even, for example, with someone who is married. Maybe they feel like their spouse is not receiving their love, and so they might develop this trapped emotion. It might also show up on people who lose a loved one because their love for that loved one now doesn't have a place to go because that person has died.

Let's go to column B, row one to *effort un-received*. This is the emotion that you get when you are putting out effort, and putting out effort, and putting out effort, and it all comes to nothing, or you're not recognised for what you've done, or it just doesn't work. And so you end up having the feeling of, "Oh, why did I bother. I went to all that effort!"

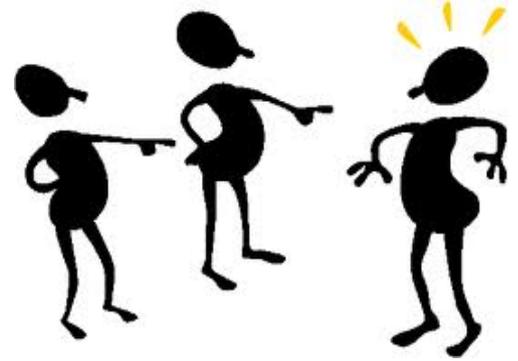
*Overjoy* is an interesting emotion. It is the only positive emotion that you will see on this chart. Everything else is quite negative. However, the reason why overjoy is on this chart is because *too much of any emotion can be imbalancing to the body*. Too much of a positive emotion can be as imbalancing to the body as too much of a negative emotion. When you have too much of a positive emotion – you're overexcited or you're giddy with happiness or joy – generally you're going to be okay, but if the conditions are right, it can become stuck in the body and can create a trapped emotion that can imbalance you. All those positive emotions that can become too much for the body to handle often show up together in that one emotion of *overjoy*.

*Vulnerability*. Of course, feeling vulnerable means feeling unsafe and defenceless.

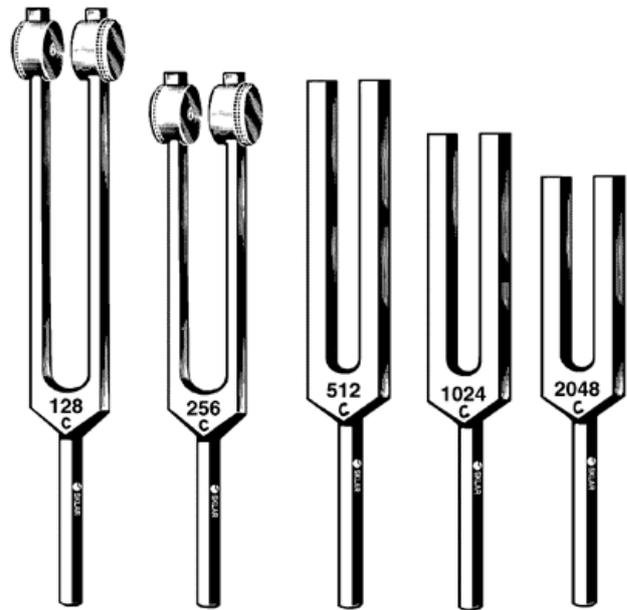
Let's go to row two now and take a look at those. *Nervousness* and *worry* – those are pretty close together, but they do show up a little differently. If we take a look at column B, row two, there's *lack of control* – lack of control is a feeling that you get when you just don't have enough control over the events that are going on in your life. Maybe you feel like you're being carried along to some place that you don't really want to go, or maybe you feel like you just don't have the power, like your power has been taken away. Maybe you are on a job that you don't like and you just don't see any way out of it, or maybe you're in a relationship that you just don't know how to end, et cetera.

Let's go on to row three, column A. *Self-abuse* usually results from bad internal dialogue. In other words, we all are self-critical at times. But sometimes, this self-dialogue can create an imbalance, and can actually turn into a trapped emotion. Self-abuse is rarely involved with actual physical self-abuse. It's almost always negative self-talk, which many people suffer from. I think it's true to say that most people are far harder on themselves, more abusive to themselves mentally, than they would ever imagine or ever dream of allowing anybody else to be to them.

Let's take a look at row five. *Blaming*. Blaming other people or feeling blamed, it can go either way on that one. *Dread*. *Fear*. *Horror*. Horror is typically feeling horrified about something. It's the kind of feeling that you may get from watching a scary movie. And by the way, it's possible to develop trapped emotions by watching movies for example, that are either really scary or really emotionally over wrought. *Peeved* is the emotion of being ticked off, or the colloquial expression is *pissed off*. If you look at the organs that create this frequency, it is the kidneys and the bladder. And of course, the kidneys produce urine, and so that emotion of "pissed off" is probably the one that you'll be able to remember most easily of them all. To be polite, I used the word *peeved*, but it's the same thing.



*Conflict*. Feeling conflicted with other people or maybe with yourself. *Creative insecurity*, I think, is one of my favourite emotions to get rid of because creative insecurity is a specific kind of insecurity that is all about the act of creation. This one will come up anytime you try to create anything, if you have this trapped emotion. Anytime you try to create money or finances or relationships or a painting or even dinner, if you have this trapped emotion there will be a feeling of insecurity that will come along with that creative effort which can really short circuit you and sabotage you and prevent you from creating the life you want.



*Terror*, of course, comes from feeling terrified. I had a patient once who was in a powerful earthquake many years ago when she was 12 years old. The earthquake demolished their house, and she developed a trapped emotion of terror. When she came to me she was about 40 years old and she actually had an earthquake phobia. When she would think about earthquakes, she would have a panic attack. She was also super-sensitive to earthquakes. I was practicing in California at the time, and most days in California there will be an earthquake somewhere. That's how it is in California. She would feel every single one of those small earthquakes, and suffer from an anxiety attack at that time. Somehow that trapped emotion had linked her in to the geopathic stresses of the earth. When we cleared that trapped emotion of terror her anxiety attacks, as well as her super sensitivity to earthquakes, was suddenly gone.

*Unsupported*. Where you're a mother with three children under two and your husband isn't helping you enough, you may trap this emotion, for example. It's a feeling of not getting enough support. *Wishy-washy* is akin to an emotion of *indecisiveness*, but it really is more about not being willing to stand up and be counted. It's not being willing to make a stand.

If we take a look at row six, we see the emotions from the rest of the glands and the sexual organs: *humiliation, jealousy, longing, lust* and *overwhelm*, which are pretty self-explanatory. Pride is the kind of emotion where you're just feeling a lot better than other people, and can also be from being in a state of opposition to other people or to the Creator. According to Dr David Hawkins, who wrote the book, *Power versus Force*, *shame* is the *lowest* frequency of all the emotions and often leads to death.

*Shock* can happen when you're shocked by something. Feeling *unworthy* is a pretty common emotion, and feeling *worthless* is similar to that. There's a little difference there. If you feel worthless, you feel like you absolutely have no worth at all. If you're feeling unworthy, you're feeling that you're not worthy of receiving a certain thing.

| MAP OF CONSCIOUSNESS |               |               |          |               |                    |
|----------------------|---------------|---------------|----------|---------------|--------------------|
| God-view             | Life-view     | Level         | Log      | Emotion       | Process            |
| Self                 | Is            | Enlightenment | 700 1000 | Ineffable     | Pure Consciousness |
| All-Being            | Perfect       | Peace         | ↑ 600    | Bliss         | Illumination       |
| One                  | Complete      | Joy           | ↑ 540    | Serenity      | Transfiguration    |
| Loving               | Benign        | Love          | ↑ 500    | Reverence     | Revelation         |
| Wise                 | Meaningful    | Reason        | ↑ 400    | Understanding | Abstraction        |
| Merciful             | Harmonious    | Acceptance    | ↑ 350    | Forgiveness   | Transcendence      |
| Inspiring            | Hopeful       | Willingness   | ↑ 310    | Optimism      | Intention          |
| Enabling             | Satisfactory  | Neutrality    | ↑ 250    | Trust         | Release            |
| Permitting           | Feasible      | Courage       | ↑ 200    | Affirmation   | Empowerment        |
| Indifferent          | Demanding     | Pride         | ↓ 175    | Scorn         | Inflation          |
| Vengeful             | Antagonistic  | Anger         | ↓ 150    | Hate          | Aggression         |
| Denying              | Disappointing | Desire        | ↓ 125    | Craving       | Enslavement        |
| Punitive             | Frightening   | Fear          | ↓ 100    | Anxiety       | Withdrawal         |
| Disdainful           | Tragic        | Grief         | ↓ 75     | Regret        | Despondency        |
| Condemning           | Hopeless      | Apathy        | ↓ 50     | Despair       | Abdication         |
| Vindictive           | Evil          | Guilt         | ↓ 30     | Blame         | Destruction        |
| Despising            | Miserable     | Shame         | 20       | Humiliation   | Elimination        |

|  |   |     |
|--|---|-----|
|  | The Final Doorway to Enlightenment / Nonduality |     |
|  | The beginning of the Nonlinear Realm            | 500 |
|  | The beginning of Integrity                      | 200 |

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

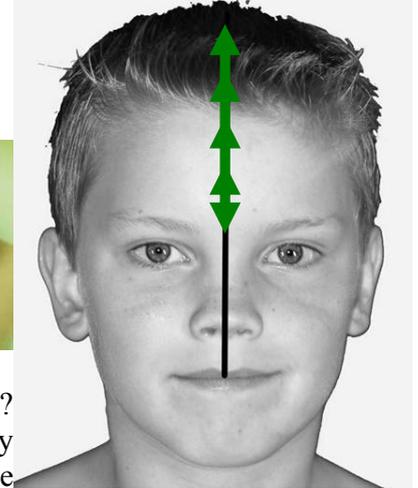
Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

| MAP OF CONSCIOUSNESS |              |               |          |               |                    |
|----------------------|--------------|---------------|----------|---------------|--------------------|
| God-view             | Life-view    | Level         | Log      | Emotion       | Process            |
| Self                 | Is           | Enlightenment | 700 1000 | Ineffable     | Pure Consciousness |
| All-Being            | Perfect      | Peace         | ↑ 600    | Bliss         | Illumination       |
| One                  | Complete     | Joy           | ↑ 540    | Serenity      | Transfiguration    |
| Loving               | Benign       | Love          | ↑ 500    | Reverence     | Revelation         |
| Wise                 | Meaningful   | Reason        | ↑ 400    | Understanding | Abstraction        |
| Merciful             | Harmonious   | Acceptance    | ↑ 350    | Forgiveness   | Transcendence      |
| Inspiring            | Hopeful      | Willingness   | ↑ 310    | Optimism      | Intention          |
| Enabling             | Satisfactory | Neutrality    | ↑ 250    | Trust         | Release            |
| Permitting           | Feasible     | Courage       | ↑ 200    | Affirmation   | Empowerment        |

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

| MAP OF CONSCIOUSNESS              |               |        |       |                           |             |
|-----------------------------------|---------------|--------|-------|---------------------------|-------------|
| God-view                          | Life-view     | Level  | Log   | Emotion                   | Process     |
| Man made dis-empowering emotions: |               |        | ↓ 200 | All the negative emotions |             |
| Indifferent                       | Demanding     | Pride  | ↓ 175 | Scorn                     | Inflation   |
| Vengeful                          | Antagonistic  | Anger  | ↓ 150 | Hate                      | Aggression  |
| Denying                           | Disappointing | Desire | ↓ 125 | Craving                   | Enslavement |
| Punitive                          | Frightening   | Fear   | ↓ 100 | Anxiety                   | Withdrawal  |
| Disdainful                        | Tragic        | Grief  | ↓ 75  | Regret                    | Despondency |
| Condemning                        | Hopeless      | Apathy | ↓ 50  | Despair                   | Abdication  |
| Vindictive                        | Evil          | Guilt  | ↓ 30  | Blame                     | Destruction |
| Despising                         | Miserable     | Shame  | 20    | Humiliation               | Elimination |

## How do Magnets Release Trapped Emotions?

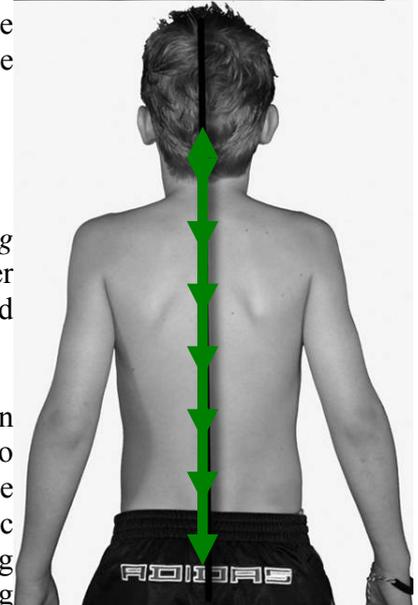


So, how do magnets release trapped emotions? How is that possible? Well, let's take a look at the acupuncture meridians, which are energy rivers, like little rivers of energy that flow through the body. These rivers of energy were mapped out thousands of years ago. There are acupuncture maps dating back to around 3,000 years BC, that are the same acupuncture maps that are used today.

### The Governing Meridian

In *The Emotion Code* and *The Body Code*, we use the *governing meridian*. The *governing meridian* starts at the upper lip and goes over the nose and right in the middle of the forehead, over the top of the head and then all the way back down the back to the tailbone.

The *governing meridian* is a master meridian. It's a control meridian in the body and it connects to all the other meridians. We use magnets to release emotions and to do all the other releasing of the *Body Code* because they are a pure form of energy. When we apply magnetic energy to the governing meridian, that energy goes into the governing meridian and it spreads to all the other meridians instantly, releasing trapped emotional energy, and so on.



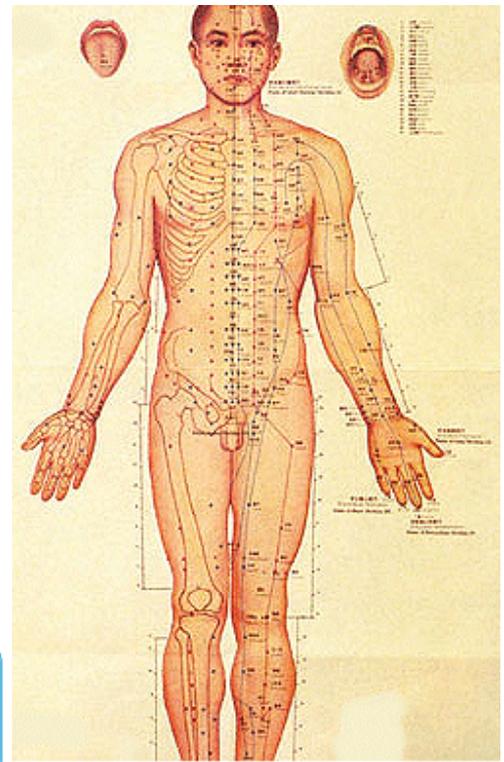
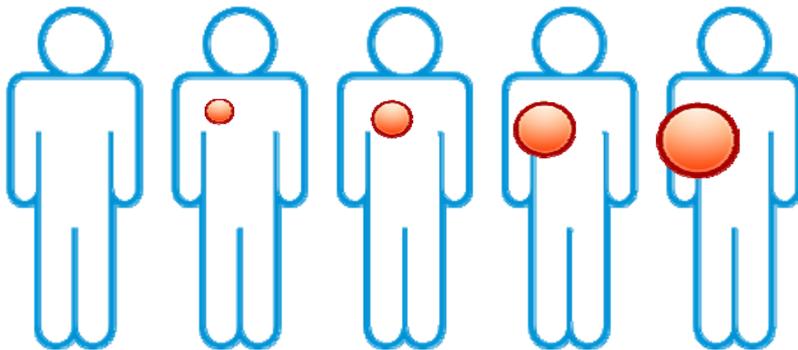
### Magnetic Field Energy

It's possible to use other forms of energy besides magnets. You could use a cold laser, or you could use finger pressure. If you don't have a magnet, you can use your fingertips because your body, of course, is magnetic as well. But magnets are a *pure form of energy*. They're widely available and easy to find. They also have this interesting ability or characteristic in that they seem to magnify the intention and the thought of the person that is applying the magnet to the governing meridian. So, in other words, the magnet actually takes your thought and your intention and it magnifies that energy, like a magnifying glass magnifies light, and puts it into the governing meridian where it spreads instantly throughout the body.

## What You Don't See

What you don't see is that trapped emotions are normally under the skin surface and they're invulnerable to magnetic releasing. People have asked me before, "Can't I just hire someone to roll the magnet down my back everyday for six months, and wouldn't that release all my trapped emotions?" And the answer is no, because trapped emotions need to be brought to the surface, they have to be released one at a time. So what happens is as soon as you start talking about a trapped emotion, as soon as the body says, yes, I do have a trapped emotion that needs to be released – what happens is that emotional energy immediately starts to come to the surface of the body.

Trapped emotions are normally under the skin surface, invulnerable to magnetic releasing. As you go through the process of identifying the emotion, it comes to the surface of the physical body as it comes to consciousness.



Chinese medical chart showing energy meridians in the human body  
Source: Alaska University

## Identifying Trapped Emotions

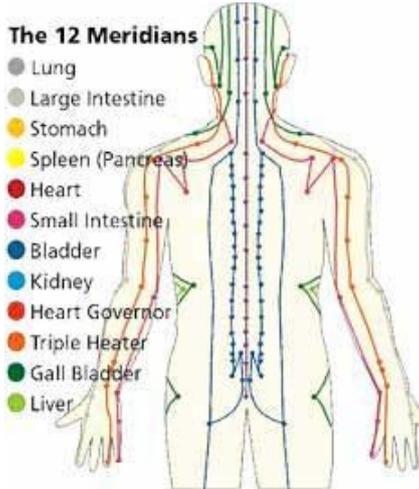
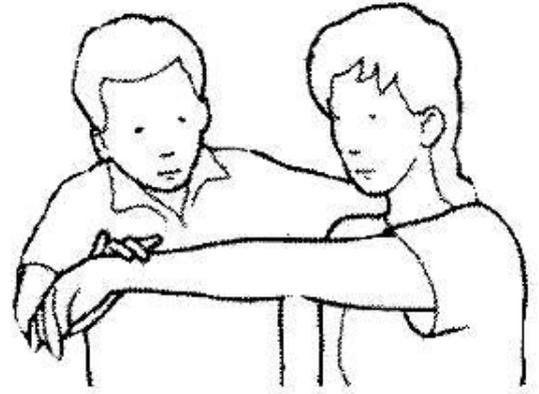
And as you go through the process of identifying the emotion, it comes to the surface of the physical body as it comes to consciousness. This process is invisible but the location of the emotion can be determined through muscle testing (kinesiology), and if you touch the energy sphere that is the trapped emotion, the subject will instantly weaken. For example, if we were to test the man pictured here, we might muscle test one of his arms, while we are coming in closer and closer to this ball of energy with the fingers of our other hand.

This process is invisible, but the location of the trapped emotion can be determined through muscle testing, and if you touch the energy sphere, the subject will weaken. When the emotion has come to the surface of the body, it is now vulnerable to being released magnetically.

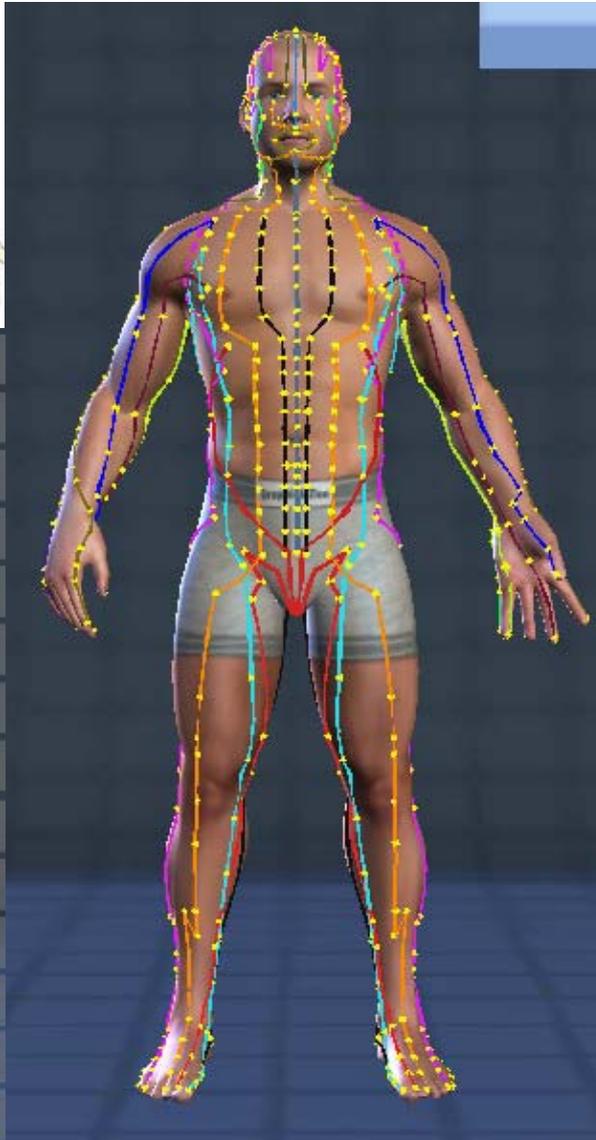
## Releasing Trapped Emotions

His arm will test strong until we touch the edge of the trapped emotion. At that point he will not be able to hold his arm up, no matter how hard he tries, because we are now touching the actual energy of the

trapped emotion itself. It's an amazing thing, if you think about it, that what we're looking at here is an actual *ball of emotion*. It literally is a ball of energy that is vibrating at that specific rate of energy, that specific frequency of whatever emotion this is. Once the emotion has come to the surface of the body, it's vulnerable to be released magnetically and not until then.



- Lung
- Large Intestine
- Stomach
- Spleen
- Heart
- Small Intestine
- Bladder
- Kidney
- Pericardium
- Triple Burner
- Gall Bladder
- Liver
- Governing Vessel (Du Mai)
- Conception Vessel (Ren Mai)



### The HEART-WALL:

Now let's talk about the Heart-Wall. The Heart-Wall was discovered in 1998. I (Dr Bradley Nelson) was at a conference on magnetic healing with my wife and she woke me up early one morning, saying that she had had a dream.

In her dream she saw an order wheel (like you may have seen in diners/restaurants), where the waitress will clip an order to the wheel and spin it around so the cook on the other side of the counter will be able to read that order and cook the meal. She saw an order wheel with three orders clipped to it. When she woke up she knew that those three orders represented three health issues of hers that we had not dealt with before.



We started doing some muscle testing and took care of and released the first two health issues, which were a couple of trapped emotions that we had missed before. When I turned my attention to the third order on the order wheel, I suddenly had a waking vision. I was looking at an incredibly beautiful hardwood floor. It was like looking down the hallway of a beautiful hotel from the turn of the century, with hardwood floors that were highly polished and absolutely beautiful. And I'm literally seeing this, not in my minds-eye, but in front of me. It was an amazing experience. At the same time that I'm seeing this, I'm also given the understanding that her heart, my wife's heart, is somehow *underneath* this floor. I had absolutely no idea what this meant, but I told her what I was seeing and what I understood, and we said a prayer for help and began testing, trying to get some answers about what the meaning behind this was. What we found was that she actually had a wall around her heart that was made of negative emotions that she'd picked up during her lifetime.

#### **Heart-Wall:**

- **Made of several trapped emotions. Each emotion is a layer of the Heart-Wall.**
- **What it causes:**
  - **Blocks ability to give and receive love**
  - **Creates depression, isolation, numbness**
  - **Makes it harder to heal physically**
  - **Blocks you from success.**
- **Emotions trapped in the heart area.**
- **Physical effects.**
- **Emotional effects**

My wife was born into a family that was quite dysfunctional. Her father was a very angry man and would "blow his top" at any time without notice, so all the children grew up walking on eggshells all the time. When she was about two years old, she started developing this wall around her heart. I'm sure that you have felt that feeling that we call 'heartache', where you feel a physical sensation in the chest – a pressure, where those words 'heartache' or 'heartbreak' come from. Your spirit does not like that emotion because your heart is, I believe, the core of your being and the seat of the subconscious mind,

the seat of all of your creativity, and the centre of who you are. Her body didn't like that feeling, either. And so it started to create a wall around her heart to protect that heart from being totally broken.

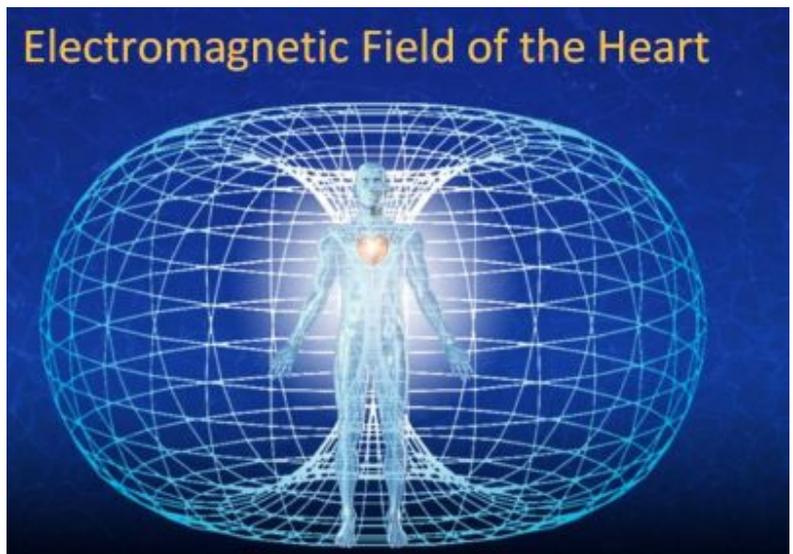
As we muscle tested further, we found that this wall of hers was thicker than a foot, thicker than a hundred feet or a thousand feet, and it was thicker than a mile – it was actually five miles thick!

So there we were, with this symbolic wall made of hardwood; a five-mile thick wall of hardwood around her heart, protecting her heart. This was really bizarre to both of us, but what we've learned since then is that about 93% of people actually have a heart-wall because they have been through some traumatic things in their lives.

### Measuring the Heart's Magnetic Field

Having a Heart-Wall handicaps you in many ways. It blocks you in your ability to give and receive love freely, and it will create depression, numbness, a sense of isolation, and anxiety, and self-sabotage. Because it blocks your creative abilities, it will also block you from success. Having a Heart-Wall can make physical healing more difficult as well, since messages of healing emanate from the heart.

Scientists have done some amazing studies with the heart over the last few years. They can now measure the magnetic field of the heart using a device called a Magnetocardiogram. When they use that device, they find that the heart has a magnetic field that's about 12 feet (4 metres) in diameter. They have found that when you're feeling love or affection for another person that your heart waves become apparent in the body of the other person, and that your heart rates will synchronise.



When we're feeling love or affection for another person, we're literally sending them electromagnetic energy – from our heart to theirs. Remember that a heart-wall is made of negative emotions – negative emotions that surround the heart. So that love-energy coming from your heart to theirs becomes distorted and twisted and warped by the heart-wall. The heart-wall creates *isolation* or feelings of numbness, and that's what was happening with my wife, Jean. She not only felt numb to emotions, but she also had a hard time making friends. Anytime she was in any kind of a social group, she always felt like she was on the outside looking in, until the day that the last emotion making up her heart-wall was released. It took us about two weeks to clear all the emotions in her heart-wall. We would clear an emotion and then her body would have to take a couple of days to process that release. After about two weeks, the last emotion was released and she, at that moment, felt an immediate change. She suddenly felt like she was on the inside looking out, instead of the outside looking in, and she has continued to make great strides and great progress since then.

The heart-wall will definitely create depression, in my opinion. We've seen people who were suicidally-depressed change in a matter of days after releasing the heart-wall. And it also will definitely block a person from succeeding. When you have a heart-wall you actually have what I like to call an "abundance-block". When you graduate from high school or college they tell you to "follow your heart". And that's true. Your best self and all of your best creativity and your best potential is found in your heart, in the heart-brain, not in the brain in your head. And so, if you're going to achieve everything that you're capable of achieving, you need to have a heart that is open, and you need to be able to express all that is in your heart. But when you have negative trapped emotions that are wrapped around that heart, that are blocking that heart, or acting as a barrier or a wall, it creates an abundance-block and really stands in the way of you succeeding.

The emotions that become trapped in the body are used by the subconscious mind to create this wall. We discussed previously about how everything in the universe is made of pure energy. I believe that the subconscious mind understands this concept implicitly. And so, when you first start feeling those feelings of heartache, the subconscious mind, not liking that at all, will search for some way to prevent that. And so, it will actually look around for building materials, and by that I mean energy, pure energy, excess energy that is lying around the body like stacks of lumber. The most common sort of excess energy in the body? Trapped Emotions. So the subconscious mind will actually take those excess energies that are lying around and will take them and fashion a wall with them around the heart to protect that heart from being totally broken.

### Physical Effects of Heart-Wall

The physical effects of having a heart-wall are often pain in the neck, discomfort in the shoulders, tightness in the shoulder muscles and so on. How many people do you know that suffer from that? These are very common side effects of having a heart-wall, and of course the emotional effects are isolation, inability to find love, inability to fall in love, to stay in love, and so on.

One of the most amazing experiences that I have had with this was when I was working with a woman who was very religiously devoted. She was still unmarried at 43 years old even though she was very attractive. I found she had a heart-wall. She had a goal to be married within the next year but she was still alone because of her heart-wall. When I started to work with her, first of all I asked what this wall was made of, because the subconscious mind will always choose some kind of material for the heart-wall to be made out of. In her case it was clear plastic. When I arrived at this, she said to me, "Oh, I love clear plastic! When I was a kid, my parents covered our couches and our carpet and our stairs and everything with clear plastic."



This is a perfect example of how there is often some kind of logic in the material that the heart-wall is symbolically made of. In her case, she was very religiously devoted. She was an Orthodox Jew, very observant, and a wonderful woman. If you think about that, here she is a very religious, very pure kind

of a person who wants to keep her heart clean and pure from all of the dirty things in this world, and so it created a wall around that heart. But it was clear plastic because that's what she was used to. And of course, why do people cover things with clear plastic? So that 20 years later they can take the cover off the couch and it's like they just bought it, right? Well, this wall around her hear was made of clear plastic. It was about four inches thick.

I was in New York actually as I was working with her and we were at this convention, kind of sitting off in the corner and I started actually releasing these emotions from her. I was sitting across from her and I gave her a magnet and as I'm releasing these emotions, I actually had her use the magnet. I would find them and identify them on her and then tell her what they were and then she would go ahead and roll or slide the magnet over her forehead to the back of her neck three times to release each emotion. When we cleared the last emotion, I had an amazing experience. It was like a stone had suddenly been rolled away from in front of her heart and instantly I was being bathed with beautiful, incredible feeling coming out of her heart. Imagine spending a long cold, dark, grey winter inside and then suddenly there is a sunny day, the first sunny day in months of greyness, and you walk outside and you just stand there and soak up that sun, and it feels so wonderful. That's exactly how it felt to me. I wasn't making it up; it was very real, and something that if I live to be a million years old I will never forget. It was really amazing. I told her what I was feeling, and I told her that she would now be better able to create or find that relationship – better able to find love and get married and reach her goals because now, that energy from her heart was now radiating out into the universe and filling the immensity of space, and it was going to start drawing things to her. As I was telling her this, an Orthodox Jewish doctor that I had met back there – he was single – walked right by me and walked right up to her and stated talking with her and I thought to myself, "Wow, this stuff works fast." It really does! So if you think about this, 93% of people have a wall around their heart and it's such an important thing to get rid of this wall, because the heart is really the core of who we are!



### **Heart Transplants**

We've had the ability to transplant hearts now for a long time, and we know now that a lot of people end up receiving not only the heart from the donor but also many of the donor's memories and affinities. For example, I saw a documentary once where a woman had gotten a heart transplant. Her friends came into the recovery room and said, "Hey, you've got your new heart now. When you get out of here what do you want to do?" And she said, "Well, I'd kill for a beer!" They all looked aghast, and she looked shocked at herself, because she just drank tea. When she got out of the hospital, she found that she really did like beer and that she craved green peppers. And when she would travel to certain towns which she had never been to before, she would have this eerie sensation that she had been there before, and she knew what was going to be around the next corner. Then she went back to the hospital and found out that a man who had died in a motorcycle accident was her heart donor. As you might

imagine, he craved green peppers and drank beer, and had been to all those towns that she had had those eerie feelings about.

Another fascinating story is told of a middle-aged white man who got a heart transplant. He knew that he was going to get a heart from a young black man. After he got the heart transplant he had this incredible, insatiable yearning for classical music. He couldn't stop listening to it. He would play classical music loud in his home all day long. He would listen to certain passages obsessively over and over. Finally, his wife thought he was losing his mind. He'd never liked classical music before. They were amazed to find out that he had received the heart of a young black man who was a concert violinist, who was hit by a car as he was crossing the street on his way home from a recital.

The heart has memory. In fact, there's a story about a young woman who received a heart transplant from another young woman who was murdered, and there was enough memory in the transplanted heart that she was able to help the police solve the murder.

Another story from just within the last year or so involved a middle-aged man who received a heart from a younger man who had actually killed himself by shooting himself in the head. This man was so grateful to have a new lease on life that he began writing to the donor's widow. For two years they carried on this correspondence. Finally, when he actually met her face-to-face he said, "The moment I saw her, I couldn't take my eyes off of her! It was like I'd known her all my life!" They ended up getting married, even though there was quite an age gap. This made national news within the last year or so because, after about eight or nine years of marriage, he actually killed himself. He shot himself in the head just like the donor did.

There are all kinds of stories like this about the heart. I like to say that we are now living in the "age of the heart". And I believe that if we are going to evolve and get to the next level of civilisation, as a world, it is only going to be through unlocking our hearts and allowing our heart-brain to direct our lives. We've been using the brain in our heads for thousands of years now and you can see where it's gotten us. We've advanced technologically but we still are living like primitive man in many ways. We believe that it's okay to bomb people and we believe that war is a perfectly justifiable way to solve differences between nations. That's the kind of thinking that is produced by the brain that's in our heads. The heart-brain, however, would solve all these problems by choosing a much higher path. But until we get rid of enough of these heart-walls from people, things are going to continue as they are.



# EMOTION CODE™

## Heart-Wall FlowChart

**Start Here!** Kinesiology Muscle Testing process for removing Trapped Emotions (TE's).

**Test: Do You (I) have a (hidden) Heart-Wall?  
Can we release a Trapped Emotion from the (hidden) Heart-Wall now?**



**Determine Correct Column ...**

The Trapped Emotion is in Col. A.

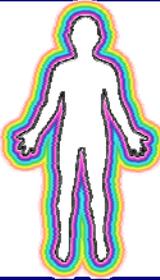
The Trapped Emotion is in Col. B.

**Determine Correct Row ...**

The Trapped Emotion is in an Even number Row.

The Trapped Emotion is in an Odd number Row.

The Trapped Emotion is in Row 1. 2. 3. 4. 5. 6.



**The Emotion Code for Hidden Heart-Walls**

**Determine Exact Emotion**

The Trapped Emotion is \_\_\_\_\_?  
(Name emotions one by one.)

If no Trapped Emotion is detectable, test if inherited.

**Optional Questions**

Test when it occurred.

Test any observations.

**Roll magnet down back or over head 3 X  
(10 X for inherited emotions)**

**Test: "We cleared that Trapped Emotion."**



## Finding the Heart-Wall

The flow chart for the heart-wall is very similar.

In fact, it's almost exactly the same as the flow chart for releasing trapped emotions because heart-walls are made of trapped emotions. You start at the top and you simply ask, "Do you have a heart-wall?" Or "Do I have a heart-wall?" If the answer to this first question is no, then you will want to use the word "hidden" because sometimes the heart-wall will actually be hidden. If so, asking if there is a hidden heart-wall will make it reveal its presence. In cases where you have to use the word *hidden*, once the heart-wall is revealed you don't need to use the word hidden anymore. You will only need to use it the first time to get the heart-wall to show up if the heart-wall is hidden, but not after that.

The next question is, "Can we release an emotion from the heart-wall now?" That's an important question because sometimes people are in a bad situation and their heart-wall is there to protect them, to protect their heart. Sometimes they need to keep their wall, at least for a while. I find that when people have a heart-wall they're usually ready to start releasing it right away. Once in a while though, I'll find a person whose subconscious mind will say, "No, I'm not ready to release this yet!" Usually though, if you come back in a few days or a week in cases like this, the answer will have changed to a yes. Sometimes the subconscious mind needs to think about it for a while.

## Releasing Heart-Wall Emotions

So, once the body says yes in response to this first question, we can release an emotion from the heart-wall. At the moment that the body answers 'yes', the emotion that is to be released has already been identified by the subconscious mind, and it's already emerging out into the magnetic field of the body. So at that point, you simply determine what the correct emotion is, as explained before. Again, if you are taken to a certain column and a certain row and no trapped emotion is detectable, then you can ask if the emotion is *inherited*. It is possible to have an inherited trapped emotion be part of a heart-wall

When I was young they used to sell 'jawbreakers', candy balls that were quite large and round. If you would suck on one of these for a while and then take it out and look at it, it might be a different colour than what you started with. Suck on it for a while, you take it out and it's yellow. Then you suck on it for a while longer and you take it out and it's white because it is made of different colours of candy. That's what the heart-wall is like. It's made of different layers of trapped emotions. You can optionally ask when the trapped emotion occurred, who is involved, etc. Another good thing to ask is, "Do we need to know more about this emotion?" When the answer to this question is "no", then you're done. At that point you can roll the magnet down the back or over the head to release the trapped emotion, 3 times (or 10 times for inherited emotions).



At the bottom of the chart you can see we ask, "Did we clear that trapped emotion?" The answer should be yes, and if so, you can then go back up to the top of the chart and ask again, "Do you have a heart-wall?" and "Can we release an emotion from your heart-wall now? And so on. I find that I can usually release four to six emotions in a single session, sometimes more, sometimes less. The average person seems to have somewhere between 12 to 24 trapped emotions making up their heart-wall, but it may be more or less than this, depending on the person.

## Determining the Heart-Wall Material

### Determining Material

- **Not necessary, but interesting.**
- **Ask, “Is the heart-wall made of wood?”**
- **Is it harder than wood?**
  - **Is it a metal?**
  - **Is it some kind of rock?**
- **Is it softer than wood?**
  - **Is it vegetable material? Etc.**

Remember that the subconscious mind is very logical. Since it is patently illogical to have a “wall” made of nothing, the subconscious mind will always choose a material for the Heart-Wall to be made of.

You don’t really need to know what substance the subconscious mind chose to build the Heart-Wall out of in order to release it. Ultimately, all Heart-Walls are made of the energy of trapped emotions, and releasing these trapped emotions is what really matters.

On the other hand, determining the material that has been chosen is interesting because of the symbolism that is often revealed. There is no right or wrong way to ask what material has been used, but I usually start by asking if the material is wood. If it isn’t wood, I ask if it is a material harder or softer than wood. If it is harder than wood, I may ask if it is made from metal, etc. You can narrow it down pretty quickly using the process of deduction, and you’ll get some great practice using muscle testing.

If you have determined what material the Heart-Wall is made of, you might then want to ask how thick the Heart-Wall is. They can range in thickness from paper-thin to many miles! All I can tell you is that this is what we have found in testing. Our subconscious minds are not limited like our conscious minds are, and can have quite an imagination! Yet, I believe that the subconscious mind takes it all quite seriously, and really does believe that there is a wall there, made of whatever material has been chosen.

Remember, the subconscious mind likes trapped emotions to be brought to conscious awareness in order to be released. However, there are some exceptions to this. If you’re working on someone who is unconscious, for example, someone who’s in a coma – or if you’re working on one of your children, a young child, for example, when they are asleep. My wife and I used work on our twins – they’re 20 years old now, but when they were little we used to work on them when they were asleep because we couldn’t catch them when they were awake!

## Releasing Trapped Emotions

If you ask, “Do we need to know more about this trapped emotion?” and the body says “yes”, then that means there’s something else that the subconscious mind wants to be brought to conscious awareness. Sometimes this has to do with revealing who was involved with this emotion. Usually the emotions you find will have been generated by the person you’re working on. But once in a while, you will find a

case where an emotion might have actually come from someone else. We refer to this as an “absorbed emotion.”

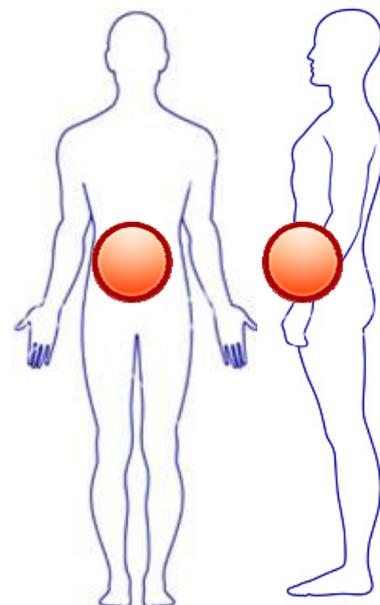
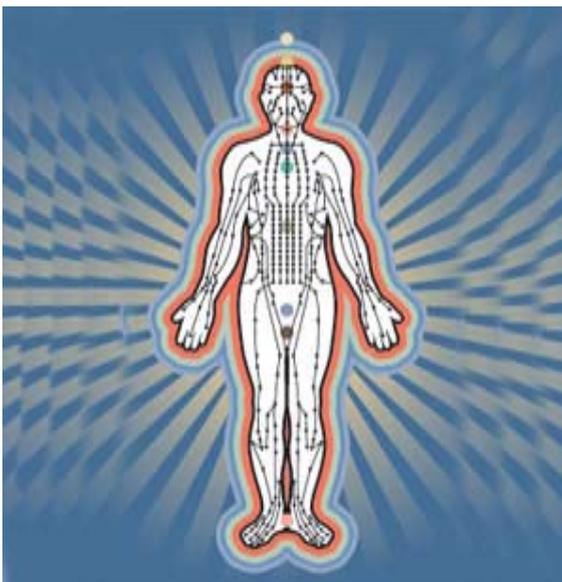
In other words, let’s say you’re close to someone and they’re feeling an intense emotion – it’s possible that *you* may trap that emotion because they’re close to you. That’s one of the things you can ask, “Is this your emotion or did this emotion come from someone else?”

### IMPORTANT!

- **The trapped emotions should be brought to conscious awareness in order to be released *whenever possible*.**
- **Coma or unconsciousness does not prevent trapped emotions from being removed.**
- **Trapped emotions will make their existence known in some way:**
  - **Physical pain or illness, even cancer.**
  - **Emotional self-sabotage.**
  - **Removal with the Emotion Code, etc.**

### Common Symptoms of Trapped Emotions

Trapped emotions will always make their existence known in some way, either physical or emotional, by creating illness and even cancer. Every cancer that I ever saw had trapped emotion(s) as part of the underlying reason for its existence. I believe that trapped emotions are certainly one of the underlying causes of cancer. They may also make their existence known by emotional self-sabotage, depression, and emotional feelings that you can’t seem to shake. The safest and healthiest way of all for trapped emotions to make their existence known is to go through this little process of identifying them and removing them with the Emotion Code. Hopefully, you will do this before they start creating all kinds of symptoms for you, because they *will* make their presence known somehow, eventually.



## VARIATIONS

There are several variations that we find with trapped emotions.

### Nesting

You can have more than one trapped emotion lodged in a particular location in the body. This phenomenon is called “Nesting”. Other energies can nest too, but we see this most often with trapped emotions. It’s possible for nested emotions to be completely different from each other and have no obvious connection, but sometimes they are about a certain event or relationship, or they are the same emotion – like 6 emotions of *Fear*, for example. What usually happens when nested emotions are released is a decrease in pain (in one location of the body) for each trapped emotion released. I’ve seen as many as 10 trapped emotions lodged in one particular area of tissue, and when we released each emotion, the pain level would drop a little bit, then a little more for each emotion until the pain was gone.



### Prenatal Emotions

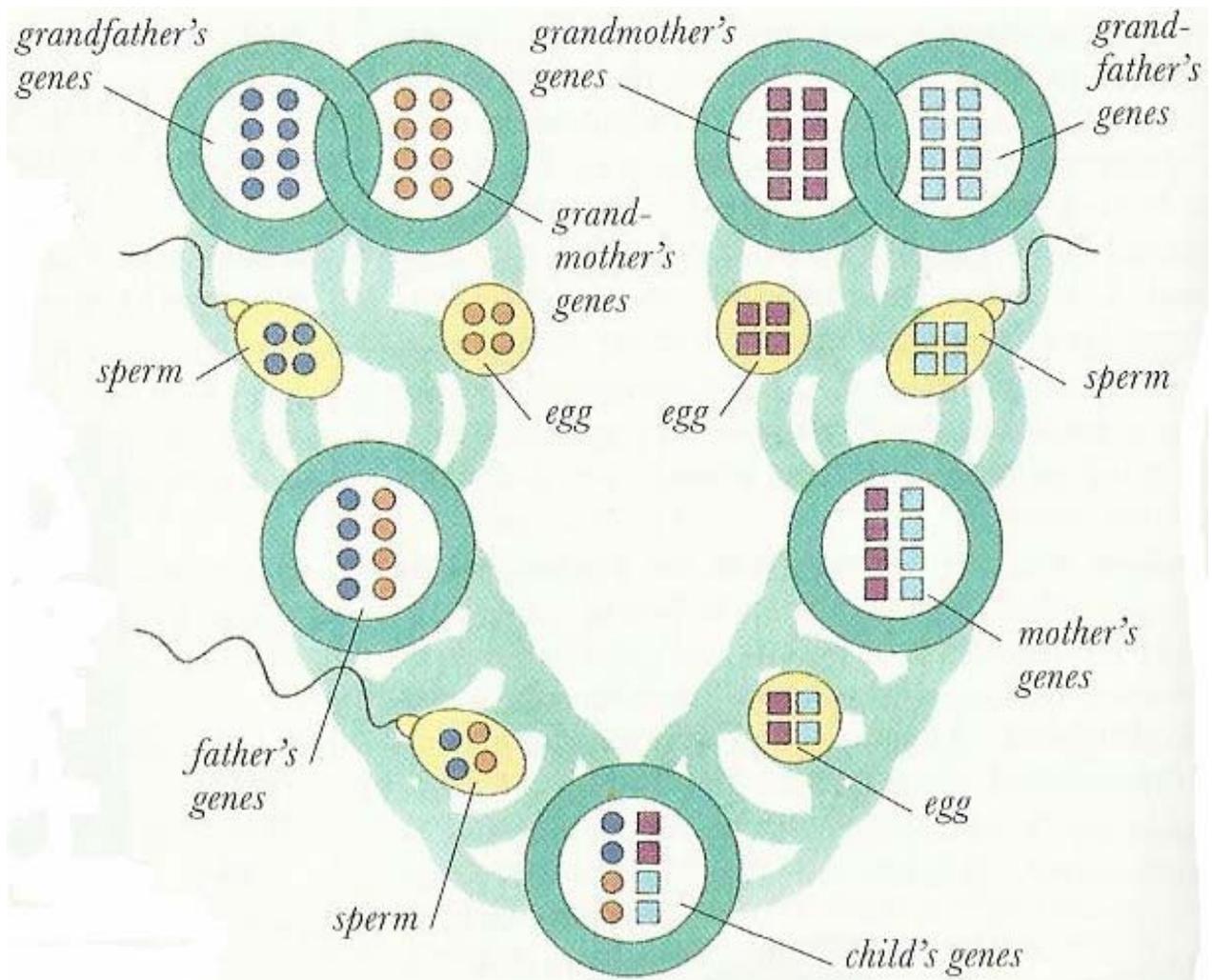
*Prenatal emotions* are usually from a mother’s emotion. In other words, the mother is feeling an intense emotion at some point and since the foetus is inside the mother, it is feeling that emotional vibration as well and traps the emotion. This usually occurs in the third trimester, apparently. Rarely have we seen these outside of the third trimester, and we are not sure why this is. These are cleared with three rolls down the governing meridian just like a regular trapped emotion, which this is. It’s a regular run-of-the-mill trapped emotion; it’s just that it occurred prior to birth.

#### Prenatal Emotions

- Usually from mother’s emotion.
- Foetus feels emotional vibration, traps emotion.
- Usually 3<sup>rd</sup> trimester.
- Cleared with 3 rolls (just like a regular trapped emotion, which this is).



## Inherited Emotions



*Inherited emotions* are received from a parent at the moment of conception. So these are different from prenatal emotions. Prenatal emotions are picked up from another person while still in the womb, usually in the last trimester. But inherited emotions are received from a parent at the moment of conception.

Inherited trapped emotions may go back several generations, and it's important to find the genealogy of the emotion. Questions like, "Did this emotion come from your mother? Did you get this from your father? Did your father get this from someone earlier?" will help you to trace the emotion back fairly rapidly to find out who this trapped emotion originated with. The exciting thing about these emotions is that when you release an inherited emotion from someone, you're releasing it not only from the person you're working on, but you're also releasing it from whoever they got it from, and whoever they got it from, and whoever they got it from, all the way back. It's like pulling on a rope that's attached to your genealogy tree and it will release that emotional energy from all those ancestors as far back as it goes, and it may go back many generations. We don't usually see these inherited emotions go back more than a few generations, but they can go back twenty or even more.

### INHERITED EMOTIONS

- **Received from a parent at conception.**
- **May go back several generations.**
- **Important to find out genealogy of the emotion.**
- **Released with 10 rolls.**
- **Inherited emotions are usually discovered when you are taken to a certain column and row, and at that point the emotion is undeterminable.**
- **At that point, use the word “inherited” to discover the emotion.**

#### Discovering Inherited Emotions

Remember that inherited emotions are usually discovered when you are taken to a certain column and row, and at that point, the emotion cannot be determined. The reason for this is because the subconscious mind wants you to know that this is an inherited emotion. So it'll take you as far as it can. It will take you to a certain column and it will take you to a certain row. But then when you start asking, “Is the emotion this or this, or this, or this, or this?” The body will say, “No, no, no, no, no.” Or it may say, “Yes, it's this, and this, and this, and this, and this.” The bottom line here is, you are not being given a clear answer for a reason.

Remember that when you're looking for an emotion, you're only looking for *one* emotion. So if you get an answer that there are two emotions, or three out of the five, or two out of the five, or four out of the five, or it's all of them, or it's none of them, it's probably an inherited emotion. The subconscious mind will sometimes play a game when you're trying to find an inherited emotion and until you ask, “Is this emotion inherited?” you simply will not be able to get any answer. So if this happens to you, use the word *inherited* and you'll be able to discover the emotion and release it for the generations.

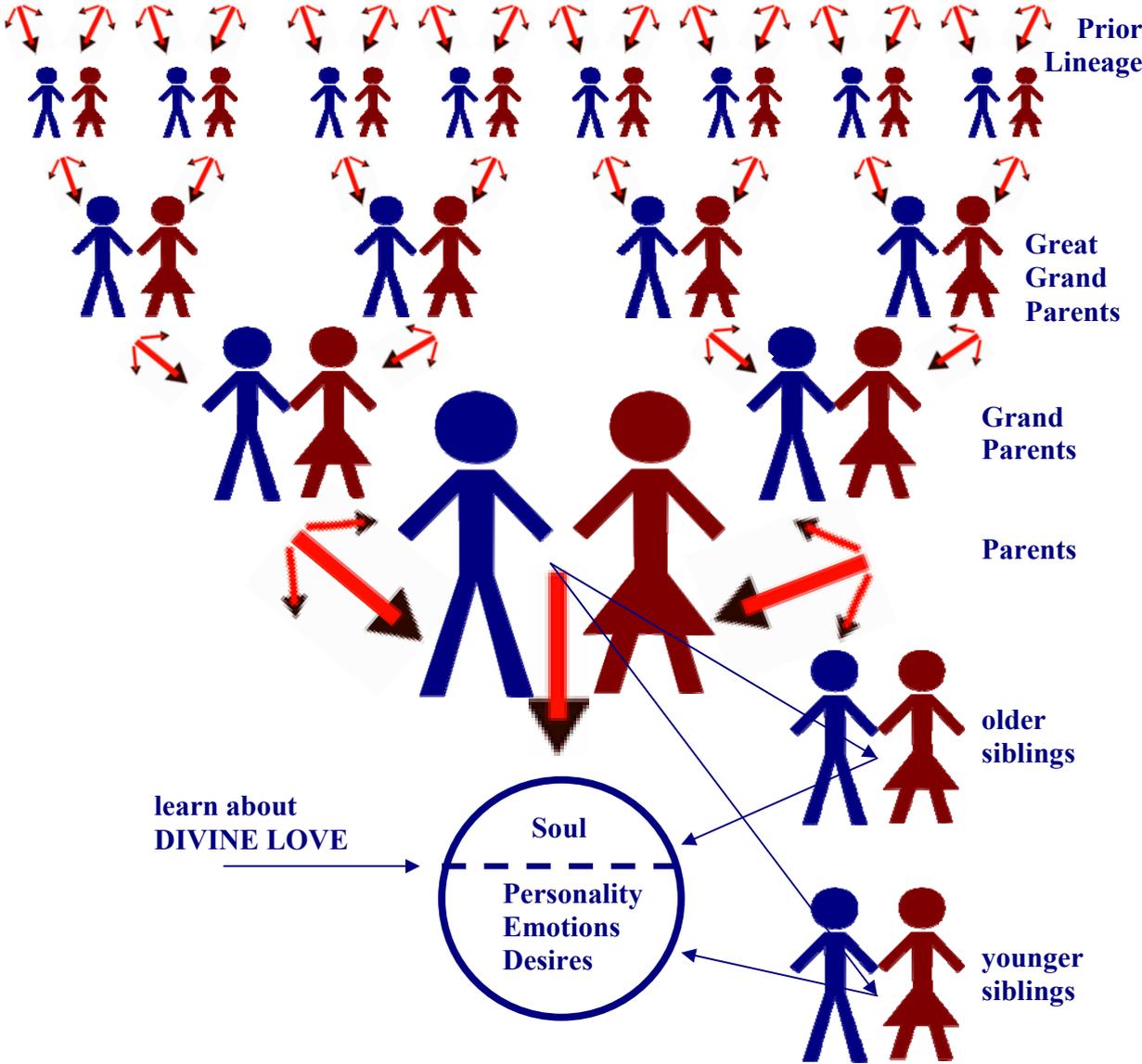
#### Inherited Hopelessness

In my own particular case, I (Dr Bradley Nelson) had more than one inherited emotion released. But one day my daughter Natalie was working on me long distance and found an inherited trapped emotion of *hopelessness*. For some unknown reason she immediately started feeling very emotional. She traced it back 22 generations to a grandmother of mine. Then suddenly, she could feel the presence of this female ancestor of mine from 22 generations ago, standing next to her. She could feel her immense gratitude towards Natalie for doing this work, and she could feel how desperately she wanted this emotion released from her posterity. It was an amazing experience, and to this day Natalie cannot talk about it without becoming emotional. For my part, the experience was a bit hard to describe. Imagine living next to a factory that had been running day and night all your life, and suddenly the factory shuts down. You would be so used to the noise coming from the factory that suddenly the silence would be deafening. That's what it was like for me when she released that inherited hopelessness. Suddenly I realised that the background feeling of hopelessness that had always been there was suddenly gone. I didn't even know that it was there, but when suddenly it was gone, I could tell the difference.

Releasing these inherited emotions is a powerful thing. Not only because it's releasing it from the person you're working on, but also from all of these other people, even though they're dead. Their spirits live on, and we remain connected to them. Even though they're passed on, it still releases from them. You will find inherited trapped emotions if you do much work with the Emotion Code and I think that you'll be amazed with the results.

**Emotional injuries are fed down to the child, essentially during gestation and then throughout the first five to seven years of childhood, by the generations preceding our parents, and including our parents and siblings. The greatest transfer of emotional issues comes from those closest to us.**

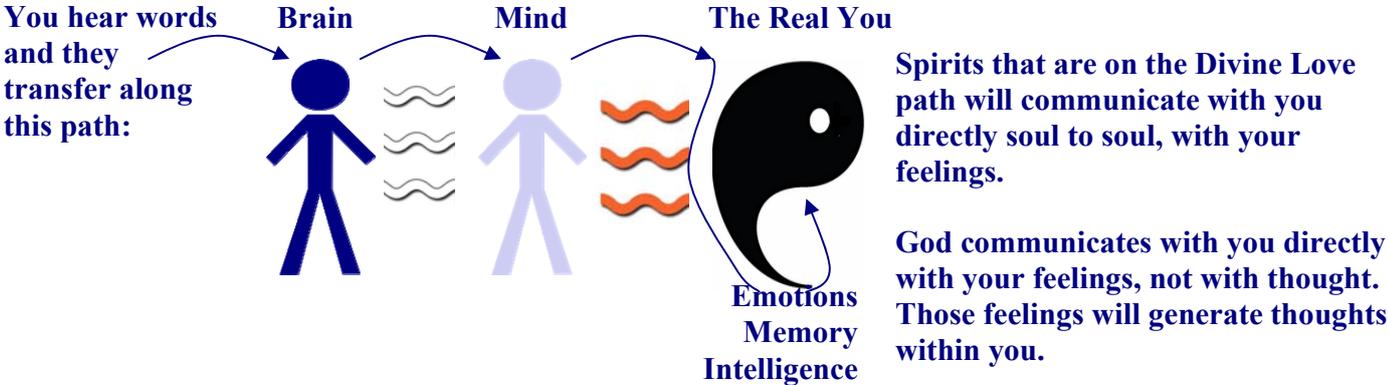
**Everyone within our living environment will have an impact upon our emotional makeup.**





**The Veil of Memory**

I believe that before we come here to this world, we lived with God as spirit beings. I believe that we all lived there, in that wonderful place, that we were conscious, that we could make decisions and act for ourselves. I believe that when we come into this life, we are born into a state of complete and total amnesia. I refer to this as the “veil of memory” that is somehow sort of placed over us in some way that divides us from our memories of that life before, where we lived with God.



When I was 18 years old, I had an experience where I was quietly meditating and suddenly, it was as if this veil was parted from me just for a few seconds – for probably about five seconds total. The result of that was that I was instantaneously taken from a place of total relaxation and meditation to a place of the most intense and overwhelming homesickness that I’ve ever felt in my life; homesickness to be back to that place where we all came from. It lasted for about five seconds and then it was over, and it left me reeling with awe. I learned some things from this. I learned that this is really not our home here. We came from another place that we have forgotten. I learned that it’s a good thing that we have this *veil of memory* because I honestly believe that we could not stand it here in this place for five minutes if we didn’t have this veil of memory that divides us from that place where we once lived.

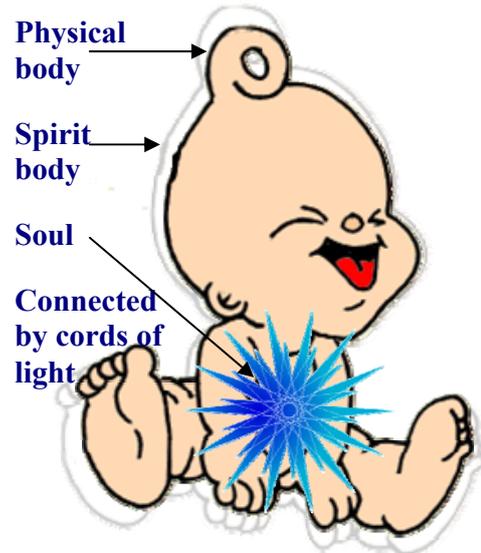
**Preconception Emotions**

|   |
|---|
| <p><b>PRECONCEPTION EMOTIONS</b></p> <ul style="list-style-type: none"> <li>• <b>Trapped Emotions that become lodged in the spirit-body prior to conception.</b></li> <li>• <b>Fear-related emotions about impending life on earth.</b></li> <li>• <b>Grief-related emotions about leaving our home with God.</b></li> <li>• <b>Cleared with 3 rolls</b></li> </ul> |
|---|



That leads us to the next topic, which is what we call *preconception emotions*. These are trapped emotions that become lodged in the spirit body prior to conception. The first time I saw this on someone, I was tracking down a trapped emotion and it went back earlier than 10 years, and earlier than five years, and even earlier than birth. I asked, “Is this a prenatal emotion that became trapped during pregnancy?” The answer was “No.” So I asked, “Is this an inherited emotion?” The answer was “No.” And I thought to myself, “Hmmm, well, if the spirit existed before it came into the body, maybe it came from that other world,” and it did in this case.

**A newly individualising soul is just a tiny invisible spark.**





**The life force for the spirit body and the physical body is via the soul. The soul is connected to the spirit body via cords of light, and in turn, the spirit body is connected to the physical body by cords of light. Should the cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is like our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.**

We do see this and if you do very much Emotion Code work you will see this as well, but probably not very often. I think that perhaps, before we come to this world, I believe that sometimes we're given a glimpse of where we're going. And I think that sometimes, we have fear about that. We look at where we're going and we panic, and think "Oh my gosh. I'm going there? You're sending me there? He's going to be my dad?" and things along those lines. The typical things that we see with preconception emotions are usually fear related about coming to earth, or grief related emotions about leaving our home with God. These are cleared with 3 rolls, just like any other trapped emotion.

### **Emotional Resonance**

#### **EMOTIONAL RESONANCE**

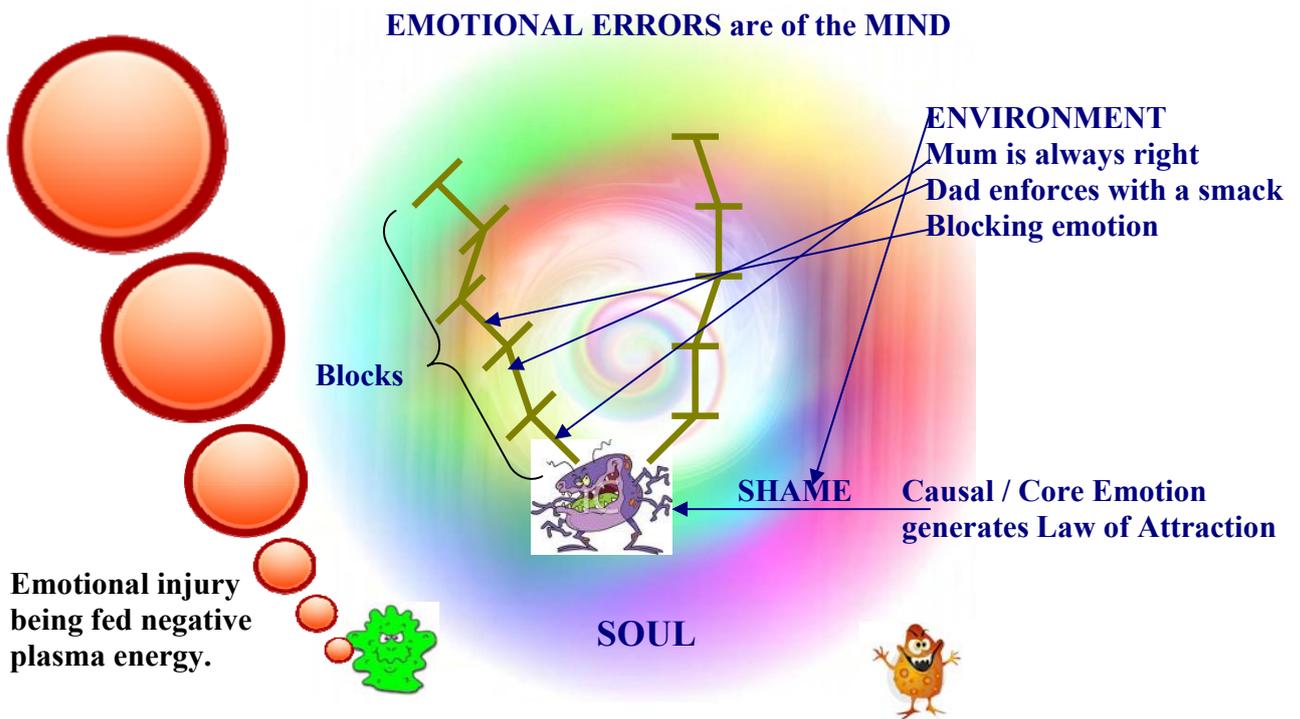
- **Sometimes, intense emotional energy can leave our DNA "ringing" like a bell;**
- **Can last for many years.**
- **Can even be inherited (rare).**
- **Cleared with 3 or 10 rolls on the governing meridian.**



Now let's talk about *emotional resonance*. Sometimes, intense emotional energy can leave our DNA ringing like a bell.

If you were to walk up to a bell and hit it with a hammer, it would ring for a time and then the ringing would fade from hearing. If you were to come back an hour later, you wouldn't hear any ringing at all. But if you were to put a fine instrument up to that bell and measure what's going on, you might see that the bell is still resonating, but not audibly. Sometimes, intense emotional energies can leave our DNA ringing like a bell, and this ringing can last for many years, if not all our lives. This *emotional resonance* can even be inherited, although that seems to be quite rare. This phenomenon is cleared with 3 to 10 rolls down the governing meridian – 3 rolls if it's not inherited and 10 rolls if it is inherited. Remember that this is not the same as a trapped emotion at all. It's not a ball of energy. It's actually a *vibrational resonance* in the DNA of the body. In a sense, the DNA is actually left "ringing" with the vibration of a certain emotion.

This can be a very powerful thing, but how does it show up? You could simply ask, "Is there an emotional resonance that we can clear?" If there is and the body says "yes", you would simply use the emotion chart and go down the list, "Is it in column A or B?" and so on. Even though it's not a trapped emotion, you will use the same emotion list because those same emotions will – instead of creating a trapped emotion – leave the body ringing with a particular frequency.



**Feelings first**



**LIVE FEELINGS FIRST**

## Post-Traumatic Distortions

### POST-TRAUMATIC DISTORTIONS

- **Inflammation**
- **Miasm**
- **Physical Trauma**
- **Psychic Trauma**

Post-Traumatic Distortion are energies that become lodged in the body most often after some sort of trauma has occurred, such as inflammations, miasms, physical traumas and psychic traumas.

## Inflammation

### INFLAMMATION

- **Often the result of injury.**
- **Is a specific frequency of energy.**
- **Can often be reduced.**
- **Released with 3 rolls down governing meridian.**



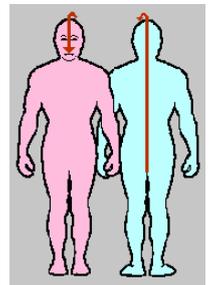
Let's take a look at *inflammation*, first of all. Inflammation, of course, is often the result of injury and is a chemical process. However, it is also an *energy*. There is an *inflammation* energy that will sometimes be found in the inflamed tissues. It is often the result of injury, but not always. It can be reduced – you release this with 3 rolls down the governing meridian, like almost everything else.

I have found that DMSO (dimethylsulfoxide) can be very helpful as well. DMSO has been used for many years for reducing inflammation for race horses, and I have used it in my own family and on my own body with good results. It is available at most health-food stores.

## Miasm

### MIASM

- **Discovered by Hahnemann (founder of homeopathy)**
- **Distortion of the energy field from a suppressed disease.**
- **Clear with 10 rolls down gov. mer.**



*Miasms* were discovered by Samuel Hahnemann, the 18<sup>th</sup> century founder of Homeopathy. Basically, a miasm is a *distortion of the energy field* from some kind of suppressed disease. In other words, say that one of your ancestors had some sort of disease that they suppressed with drugs or other remedies, but it was never healed. That may create a *distortion* in their body's energy field that may be passed on to

their posterity. You can read more about miasms on the internet, but when you find one of these, they seem to clear quite well with 10 rolls down the governing meridian.

These seem to *always* be inherited. If you do see one of these, be sure to find the genealogy of the miasm, the same as you would if it were an inherited trapped emotion.

### Physical Trauma

#### PHYSICAL TRAUMA

- **Occurs when a physical blow is received. Auto accident, fall, punch, etc.**
- **Energy that is normally dissipated becomes lodged in the body.**
- **Released with 3 rolls down gov. mer.**



*Physical trauma* occurs when a physical blow is received. If you think about the man in the picture, he's making a blow. The energy of that blow may break a jaw or it may knock some teeth loose. Usually, energy like that will do its damage and pass through the body and be gone, but sometimes the energy from a trauma can actually become lodged in the physical body.

For example, let's say you're sitting at a stoplight and you are rear-ended. There are hundreds of tonnes of kinetic energy that are released in an accident like this, energy that crumples the fenders and damages both cars, energy that passes through your body and perhaps gives you whiplash. Usually that energy will just go through the body and dissipate and disappear. But sometimes, the energy of that physical trauma will become stuck in the body. In all other ways, it's just like a trapped emotion. It's a ball of energy, just like a trapped emotion, from the size of a baseball to the size of a cantaloupe, from a lemon to a melon. But wherever it lodges in the body, it will tend to distort the energy field of the body just like a trapped emotion, and can prevent a person from healing by distorting their energy field, just as a trapped emotion will.

### Releasing Physical Trauma

Physical trauma energy is released with 3 rolls down the governing meridian. I remember right after I discovered this phenomenon, I had a patient who came to me who had been in an auto accident four years before. He'd seen multiple different doctors because the pain that he was in was just as bad as the day of the accident, four years later!

We found that he had a physical trauma energy that was lodged in his neck from the accident. We released that energy with 3 rolls down the governing meridian and instantly his pain level decreased by 80%, just from releasing this physical trauma energy.

Since then I have seen this sort of energy many times. I remember one day getting a phone call from a friend of ours who had been involved in an auto accident just down the hill from us; she was crying, and my wife immediately ran down to assist her. Jean hugged her friend and tried to comfort her, and the

next day, she was suffering from tremendous neck problems. If I didn't know better, I would have said that SHE had been in the accident, not our friend. When she hugged her, the physical trauma energy passed from our friend to my wife. It was this event that led us to discover this interesting phenomenon.

## Psychic Trauma

### PSYCHIC TRAUMA

- **Discovered after 9-11-2001**
- **When two emotions are felt simultaneously, they can become trapped into one ball of energy.**
- **Same as a trapped emotion, but only shows up if you ask for "psychic trauma".**



Another kind of trauma is what we call *psychic trauma*. After 9/11/2001 (September 11), I had patients coming to me that had some kind of emotional imbalance that I had never identified before, something I couldn't quite identify. It wasn't a trapped emotion, yet there was something emotional going on. After praying for help to understand what was happening and struggling for a bit, the answer came. When two or more powerful emotions are felt simultaneously, they may become trapped together into one ball of energy. If you remember on 9/11, of course, everyone was feeling a wide range of emotions, such as anger, rage, shock, terror, sadness, fear, grief, sorrow and so on. A psychic trauma is the same as a trapped emotion in every other way, but it only shows up if you ask for it by name, or if you are using the Body Code Mind Map and it shows up on the list under post-traumatic energies.

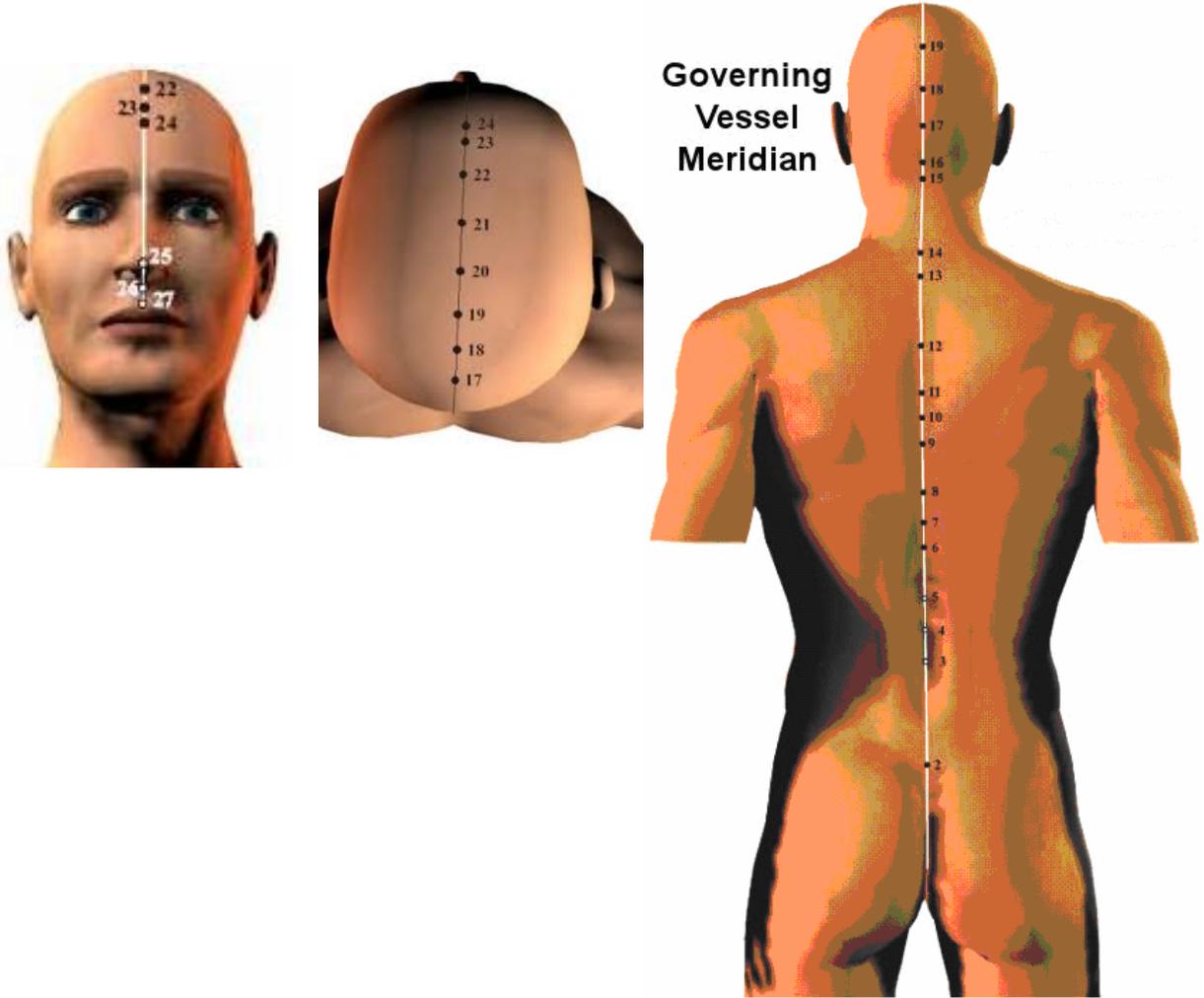
So in other words, if you feel more than one powerful emotion simultaneously, those two emotions may become lodged together into one ball of energy. Let's say that you're feeling anger and fear at the same time, and they're both very strong and they become trapped together into the same energy ball. Now you've got this ball of energy that isn't just anger and it isn't just fear. It's actually both. As a result, this will not show up as a trapped emotion, although really that's what it is – it's a blend of these two (or more) emotions, a blended frequency. It's a ball of energy, just like a trapped emotion, from the size of an orange to the size of cantaloupe (from a lemon to a melon). These will lodge somewhere in the body, and will cause all the same kinds of problems that trapped emotions cause, but will only show up if you use those words "*psychic trauma*", and then you'll be able to uncover it. These actually are fairly common, occurring about once for every 15 trapped emotions. These can also be inherited, although this seems to be quite rare.

**ALLERGIES / INTOLERANCES**

- ALLERGIES / INTOLERANCES**
- **Physical**
  - **Thought or Idea**
  - **Food Intolerance**

Let's talk about *allergies* and *intolerances* now. There are physical allergies, there are allergies of thoughts and ideas, and there are food intolerances. First of all, physical allergies result from changes in the way our energy field reacts to the energy of certain foods like fruits, vegetables, and grains, as well as chemicals such as medications, cleaners, and cosmetics, to name just a few. Allergies and intolerances can also occur with natural and synthetic or manmade substances. These allergies are often correctable with 3 rolls of a magnet down the governing meridian.

Most people think that if they are allergic to something, they will always be allergic to that thing. This is not necessarily true. Changes can occur with allergies and intolerances when the energy of the allergy or the intolerance is released.



### Allergies (Physical)

#### ALLERGIES (PHYSICAL)

- **Result from changes in the way our energy field reacts to the energy of foods, fruits, vegetables, etc.**
- **Often correctable with 3 rolls of magnet down governing meridian.**

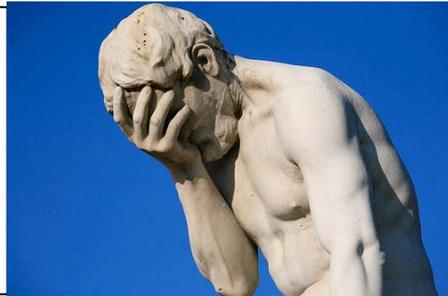


Let's say, for example, that a person is allergic to cats. You can have them think about breathing the air near a cat – you don't actually have to put a cat in their face – and test their muscle response. You will probably find that their arm immediately weakens. At that point, you go ahead and roll 3 times down the governing meridian. Then come back and ask them to think about inhaling cat fur again, or eating a strawberry, or eating chocolate, or chewing on something that they've been allergic to, whatever it is. They should be strong after that. At that point, it is a really good idea for them to avoid any contact with that substance for about 24 hours or so, and it seems this often does work for people. It's very simple.

### Allergies (Idea)

#### ALLERGIES (IDEA)

- **All allergies are about energy.**
- **You can literally be allergic to anything at all, including a thought, since a thought is really energy, too!**
- **Correctable with 3 rolls.**



Let's take a look at *idea allergies*. All allergies are about energy. Everything is energy. So, if you're allergic, for example, to a strawberry, what you're really allergic to is the atomic and the molecular vibrations that make the strawberry what it is. Thoughts are energies too. As a result, you can be allergic to thoughts as well. You can be allergic to anything that exists.

When someone has an idea allergy, you have to work a bit to figure out what they are allergic to. I have seen people be allergic to the thought of working, having money, making money, marriage, relationships, women, men, sex, exercise, getting well, and more.

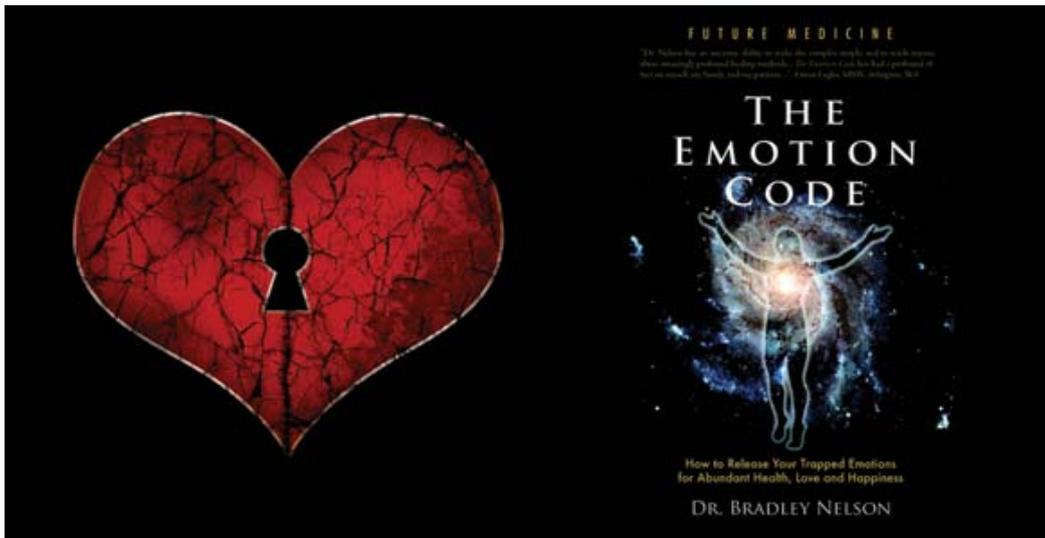
It can help to ask questions to narrow it down a bit. For example, you might ask things like, "Are you allergic to an idea that has to do with relationships?" Or "Are you allergic to an idea about work, or something about home life, something about church, something about politics, something about ...? If you feel stuck, remember to direct your thoughts toward your Heavenly Father, asking for His help, and refocus your efforts, let love fill your heart for the person you are working on, and allow yourself to feel gratitude that you are getting the answer, and it will flow to you. Once you figure it out, correct it with 3 rolls down the governing meridian, just like a trapped emotion.



### Food Intolerances

|   |  |
|---|--|
| <p><b>FOOD INTOLERANCES</b></p> <ul style="list-style-type: none"><li>• <b>Negative reaction to a food by the digestive system.</b></li><li>• <b>Lactose intolerance is an example of this.</b></li><li>• <b>Much more common than food allergies.</b></li><li>• <b>Correct by rolling 3 times down governing meridian.</b></li></ul> |  |
|---|--|

*Food intolerances* are a negative reaction to a food by the digestive system. But there is also an energetic component to food intolerances. Food intolerances are much more common than food allergies. The most common symptom of food intolerance is sudden exhaustion, shortly after eating. Food intolerances are usually correctable by rolling 3 times down the governing meridian just like a trapped emotion. Avoiding the food for 24 hours does not seem to be necessary after treating a food intolerance, unlike an allergy.



**PASCAS  
HEALTH**

**PASCAS  
PAPERS**



**MENTAL IMBALANCES****MENTAL IMBALANCES**

- **Images**
- **Negative Broadcast Messages**
- **Need to Move the Past**
- **Will to Die**
- **No will to Live**
- **Despair Anchor**
- **Need for T3 Session.**

Now, we're going to talk next about *mental imbalances*. These include things like images, negative broadcast messages, need to move the past, will to die, no will to live, despair anchors and the need for a T3 session (Three Dimensional Therapy).

**Images****IMAGES**

- **An image is a picture in the subconscious mind.**
- **The subconscious will attempt to fulfil this image, and will direct (or misdirect) behaviour to make sure this image comes to pass.**



An image is essentially a “picture” in the subconscious mind. The subconscious (being a goal-seeking computer) will attempt to fulfil this image, and will direct or misdirect your behaviour to make sure that this image comes to pass. So, for example, if you have an image of yourself as being really overweight, it will make it much harder for you to lose weight. Your subconscious mind will attempt to fulfil that picture, and match it to your reality. An image like this may make it more difficult to live the life you want to live and be as healthy as you want to be. Once you identify an image like this, you can release it with just 3 rolls down the governing meridian.

I have seen all kinds of images, and they're not all that common, but people do sometimes have them. I've seen images of people being overweight, poor, alone and so on. Sometimes people who are sick will have an image of themselves being sick, being in a wheelchair, being sad, lonely, depressed and so on.

If you are working on someone and an image shows up, you can ask questions like, “Is this an image of you? Is there anyone else in the image? Is it an image of you being sick or being overweight or being in trouble somehow, etc?” Again, if you get stuck on an image, stop, ask for help, fill your heart with love and gratitude, and the answer will come to you by and by. Releasing negative images can definitely make a difference for people. Once the image has been identified, it can be released with three rolls down the governing meridian.

## Negative Broadcast Messages

### NEGATIVE BROADCAST MESSAGE

- **This is energy that is continually sent out from the body to other people;**
- **Can influence ability to form and keep relationships, and can attract wrong people, etc.**
- **Since this exists as an energy, it can also be released in the same way, and a new broadcast message can be installed if needed.**



A negative broadcast message is energy that is continually being sent out from your body to other people. It can influence your ability to form and keep relationships, and can attract the wrong people to you. Since a negative broadcast message exists as *energy*, it can be released as an energy (like a trapped emotion), and a new broadcast message can be installed, if needed. If a negative broadcast message shows up while you are working on someone, it's not usually very difficult to figure out. They're simply sending a message to everyone that they are not aware of.

For example, they might be sending out a message of “Stay away”, “I’m easy”, “Take advantage of me”, “I’m a victim”, “Hurt me”, “I’m hurt”, “I’m a fake”, or “I’m mean” – you name it. There’s really no limit to what can be sent out by the body. When this comes up while I am working on someone, I think for a moment about what kinds of issues this person is having and what’s going on in their life. I’ll say a quick and silent prayer for help, and then I usually start with some common words, since broadcast messages are usually a short sentence, consisting of two or three words. I’ll ask if it starts with “I”, or “I’m”, or something else. If you just open your heart, usually this will come into the mind. Then you simply can test different options and usually, it doesn’t take more than a couple of minutes to figure one of these out.

### Releasing Negative Broadcast Messages

Running a magnet **up** the governing meridian three times will release a negative broadcast message. You may need to create a *positive broadcast message*, and it is always a good idea to ask, “Do we need to install a positive broadcast message?” If you released a negative broadcast message, then often the body will want a positive message installed.

### Positive Broadcast Messages

The subconscious mind will know exactly what it wants for its positive broadcast message. These are quite often the opposite of what the negative broadcast message was, but it depends on the person you are working on. Their subconscious mind will know what it should be. If you just ask for a little help from upstairs, it will flow into your mind a lot more easily. To install a positive broadcast message, you roll **down** 3 times.

**Need to Move the Past**

**NEED to MOVE the PAST**

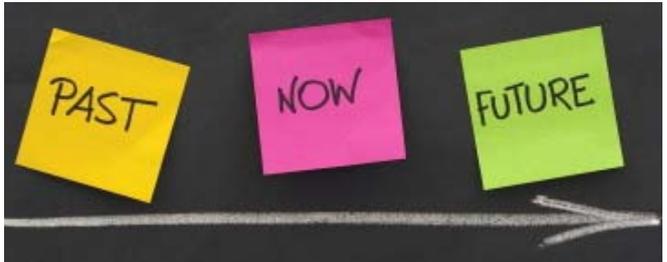
- **Past memories are sometimes stored in front of a person, energetically.**
- **Makes it very difficult to move ahead in life.**



Another thing that shows up occasionally is what I call a *need to move the past*. The subconscious mind seems to view memories as being stored in a certain location in the body’s energy field. Usually, these memories should be *behind* you.



In other words, when the subconscious mind attempts to retrieve a certain memory, it goes to a certain location on an X, Y, and Z axis around a person, within their energy field. When past memories are retrieved too frequently, when you dwell on the past too much, those memories can then be moved so that they’re store in *front* of you instead of *behind* you. When that happens, it makes it much more difficult to move ahead in life because you have to continually try to get to the future by going through all you past memories. By way of illustration, you’ll notice in the picture that something is wrong. You’ll see that on the left side, we have *now*, and to the right of *now* we have the *past*, and to the right of that is *future*. Of course, our *now* should be in the middle; the past should be behind us, so to speak, and the future should be ahead of us.



**Moving the Past**

You can move the past from being in front of you to being behind you by rolling three times down the governing meridian while hold the intention of simply moving the past from the front to the back.

**NEED to MOVE the PAST**

- **Corrected by rolling 3 times down governing meridian while holding intention of moving past from front to back.**

The past should be behind you and the future should be ahead of you; this is how it’s supposed to be. This is actually a fairly common problem, is easy to correct, yet it can make a big difference for people when you do this. Note that this may need to be corrected more than once. If it comes back after being corrected, you may simply need to move the past again. On the other hand, you might ask if there is an underlying imbalance that recreated this, and clear whatever shows up.

**Will to Die**

**WILL to DIE**

- **Sometimes we wish we were dead. The energy of this feeling can become lodged in the body.**
- **Released with 3 rolls down governing meridian.**



The next kind of imbalance is what we call *will to die*. At some difficult time in a person's life, they may have wished to die. The energy of this feeling can become lodged in the body and can imbalance it. It's similar to a trapped emotion. This is released with 3 rolls down the governing meridian. Not that this energy may also become trapped more than once in a lifetime, and consequently may need to be cleared more than once.

**No Will to Live**

**NO WILL to LIVE**

- **Sometimes life overwhelms us and we lose the desire to live. If this happens even temporarily, the energy of this feeling can become lodged in the body.**
- **Released with 3 rolls down gov. mer.**



Similar to "will to die" is another kind of imbalance that I call *no will to live*. Sometimes life overwhelms us and we lose the desire to live. If this happens even temporarily, the energy of this feeling can become lodged in the body. This is also released with 3 rolls down the governing meridian. Both *will to die* and *no will to live* are energies. Note that this energy may also become trapped more than once in a lifetime, and consequently may need to be cleared more than once.

**Despair Anchor**

**DESPAIR ANCHOR**

- **Essentially a negative statement that is perceived as a truth by the subconscious mind, which will seek to verify or fulfil that "truth".**
- **The exact statement must be determined through testing; these are usually not more than 3 words.**
- **Since, like a trapped emotion, a Despair Anchor is an energy, it can be released as an energy as well, just like a trapped emotion, with 3 rolls down the governing meridian.**



A despair anchor is essentially a negative statement that is perceived as a truth by the subconscious mind, which will seek to verify or fulfil that truth. The exact statement must be determined through

testing. Since a despair anchor is energy, like a trapped emotion, it can be released as an energy as well, just like a trapped emotion, with 3 rolls down the governing meridian. When this shows up on someone, what you need to do is figure out what this despair anchor is – what the exact words are. Again, it's usually not more than 3 words. So it might be something like, "I'm an idiot", or "I'll never succeed", or "I'm stupid", or "Nobody likes me", etc.

To figure out what the *despair anchor* is, start by asking a silent prayer of help and then use the process of elimination. I usually start with those words again like "I". "Does it start with "I", or "I am", or "I'll, or "My?" And again, if you just calm your mind and allow it to flow into you, it usually will. The person you are working on may also have an idea what it might be. You can also identify when a despair anchor actually occurred, or when it became lodged in the subconscious mind. Releasing a despair anchor is done by rolling a magnet 3 times down the governing meridian with intention. Occasionally, a despair anchor is just a feeling. In that case, you can use the chart of emotions to figure out what the emotion is in order to define the despairing or better.

### T3 Therapy

#### **NEGATIVE BELIEFS and DESIRES THREE DIMENSIONAL THERAPY (T3 Therapy)**

- **Gwen Legler, MSW, and Leilani Alexander**
- **Students of Dr Bradley Nelson.**
- **Developed T3, or Three Dimensional Therapy**
  - **Faulty core beliefs**
  - **Limiting beliefs**
  - **Negative programs**
  - **Faulty core desires.**



Gwen Legler and Leilani Alexander have been students of mine for many years, and developed *T3 Therapy*, short for *Three Dimensional Therapy*. Gwen and Leilani teach annual seminars in this method.

### What is T3 Therapy?

What T3 Therapy is all about is finding and magnetically releasing the *faulty core beliefs*, the *limiting beliefs*, the *negative programs* and the *faulty core desires* that a person may have. It's a very powerful method of energy psychology, and is based on the Emotion Code and the teachings in the Body Code System. They do require that people have training in the Emotion Code and the Body Code before they take T3 Therapy training. It's a wonderful work that's a great compliment to the Body Code.

## OFFENSIVE DISTORTIONS

### OFFENSIVE DISTORTIONS

- **Cording**
- **Saboteurs**
- **Post-Hypnotic Suggestions.**



*Offensive distortions* are distortions of the energy field that are often created by the subconscious mind of other people. These are the things like *cording*, *saboteurs*, and *post-hypnotic suggestions*.

### Cording

#### CORDING

- **Umbilical connection to parents is normal.**
- **Heart to Heart connection to loved ones is normal.**
- **Other cords can be negative – gut to gut, etc.**
- **Negative cords broken with 3 rolls down governing meridian.**



First of all, *cording* is where we are connected abnormally one to another with an energetic cord. An umbilical connection to our parents is normal. When a baby is born and the umbilical cord that connects the baby to the mother is cut, the physical cord is cut, but the energetic cord still remains. I believe this may be how mothers can feel and sense the energy of what's going on with their children, and know intuitively when their child is in trouble. Energy flows along that unseen, invisible umbilical, even if they're on the other side of the planet. Remember that *energy knows no barriers of distance*.

A heart-to-heart connection to your loved ones is normal. An energy cord connecting you heart-to-heart with someone that you love is a good thing. But sometimes we get connected to people in the wrong way. Sometimes cords can be negative, like we see in this picture. This is a gut-to-gut cord, the most common type of negative cord, which allows negativity to flow from person to person.

### Breaking Negative Cords

Negative cords can be broken with 3 rolls down the governing meridian, after you have identified who the cord is connected to, perhaps after identifying how long it's been there. Then you can break that cord by simply rolling down the governing meridian. Or, if you choose to, you can actually roll down the governing meridian with intention of moving that cord, perhaps from the gut, or from some other place in the body to the heart. That is, if this is a person that you want to be connected with. In the case of this couple, they would benefit if that cord were moved from connecting them gut-to-gut, so that it was actually connecting them heart-to-heart, so that love and positive energies might flow between them instead of negativity.

## Saboteurs

|  |  |
|--|--|
| <p><b>SABOTEURS</b></p> <ul style="list-style-type: none"> <li>• <b>Energy weapons placed by others into your field.</b></li> <li>• <b>Cause pain, irritation of tissues.</b></li> <li>• <b>Removed one at a time by identifying location and type, then rolling 3 times down governing meridian.</b></li> </ul> |  |
|--|--|

A *saboteur* is an energy weapon that is placed by someone else into your body. These will cause pain and irritation of tissues. They're removed one at a time by identifying the location and the type of saboteur, and then by rolling 3 times down the governing meridian.

This is an interesting phenomenon, and I don't see this very often, but I have had situations where a person has had some kind of long-standing chronic problem that was actually being caused by a saboteur. Usually, a saboteur will be something like a knife or some kind of a hook. And you can simply release this by rolling 3 times down the governing meridian.

### Identifying and Releasing the Saboteur

After releasing this and identifying where it is, and exactly what it is – once it's released, I'll go ahead and put my hand or a magnet over the area and allow some healing energy to go into that area and heal that wound. Because really, that's what it is – it's an energetic wound.

Saboteurs are nearly always placed by the subconscious mind of another person, but the subject himself may also place them, like a self-inflicted wound. It's never a conscious thing, but something that is done by the subconscious mind. If this shows up from someone on a scan that you're doing, you can simply ask questions like, "Is this a knife? Is this made of metal? Is this entering into the body from the front or back? Is it in this area? Is it above the diaphragm? Is it on this side of the body or the left or the right or below this area?"

You can identify where this saboteur is, what it's made of, etc. I have seen cases where people have had long-standing chronic problems that were being caused by this type of energy. This is probably the strangest thing that we see in the Body Code, but these are real and they do show up on occasion.



## Post-Hypnotic Suggestions

### POST-HYPNOTIC SUGGESTIONS

- **Negative statements.**
- **Placed into mind by dark entities.**
- **Music, video games.**
- **Result in long-term depression, suicidal tendencies.**
- **Identify and release with 3 rolls down governing meridian.**



That brings us to *post-hypnotic suggestions*, which are negative statements that are placed into the mind by dark entities or dark forces. These are typically placed into the mind while we're listening to some kind of modern music or playing some kind of a video game with the same type of music.

The modern music of the day, which has a very repetitive beat, will put the brain into a very open state where these negative statements can be placed into the subconscious mind. In ancient Greece, music that had a very repetitive beat was outlawed because they understood something about this process. These negative statements result in long-term depression and suicidal tendencies. You can identify these and release these with 3 rolls down the governing meridian.

### Becoming Inverted

Much of the media that is popular now has the effect of putting the mind into a trance-state, opening the mind to hypnotic suggestion. Since the 1960s, a lot of the music that has been popular has this attribute. If a person listens to enough of this music for long enough, they can become *inverted* which means that they will test *strong for evil* and *weak for good*; they will test weak for their own name and strong for example, if they say, "My name is Satan!"

They will test positive for foods that are bad for them, that would normally test negative. In other words, they become *inverted*, and as a result everything that would normally test positive on a normal person will now test negative on them. The negative statements or post-hypnotic suggestions that are put into the subconscious mind during the time that they're listening to this music, cause inversion.

This is a subject that I'm going to release more information on in the fairly near future. But suffice to say that teenagers especially are suffering from this phenomenon. If you look at the rate of teenage suicide, and you look at teenage depression, and you look at the kind of music that kids are listening to, you can start putting two and two together. It's a fascinating thing and I believe that it's actually a little glimpse into one aspect of the workings of the forces of darkness in this world, a glimpse into something that we are not generally aware of.

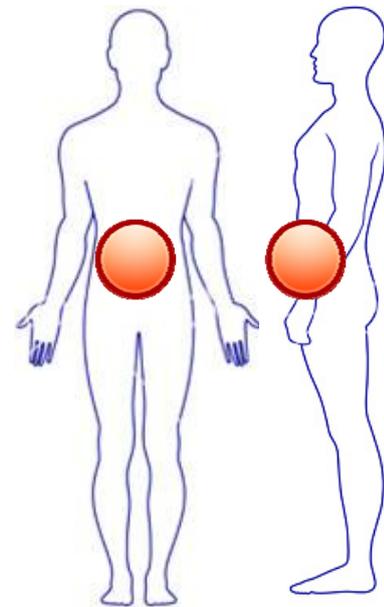
### Identifying and Releasing Post-Hypnotic Suggestions

These negative statements can be identified and again, you'll need to ask for help from God before you begin. Then you can ask, "How many post-hypnotic suggestions do you have? Is there one? Are there

two? Are there three? Are there ten?” You’ll get a number by testing this way. Then you’ll identify them one at a time. You’ll simply ask, “Does this statement start with “I”, or “I’m”, or “I’ll, or is it “my”, or ...? “What does it start with?” You’ll be able to figure it out, especially if you open your heart and you become open to what the possibilities are. They will flow into your mind. If they’re not flowing in, then you can simply test and get the answers purely by process of elimination and testing.

These can be very, very powerful. If you’re testing someone, especially someone who’s younger, and you find that they are testing strong on things that should make them test weak, they may be inverted. I realise that this is just a brief overview of post-hypnotic suggestions, but this should give you enough information so that you can start playing with this on your own and perhaps working with this a little bit. You may have some great results with this.

It may seem like there’s a lot here in this module, and there is, but remember that it’s easy to find these things because you’re going to be looking at things in terms of the big chart – the Body Code Mind Map. So you simply ask “Do we have any imbalance that we need to release? Is it on the right side of our chart, or the left side of our chart?” If it’s on the left side of the chart, then you’ll ask, “Well, is it some kind of energy, or is it toxicity, or is it this?” The body will give you those answers and so, very rapidly, you’ll be able to zero right in on what it is that you need to release. That’s how the Body Code works. It’s very rapid, very easy, very fast.



<http://www.pascashealth.com/index.php/library.html>

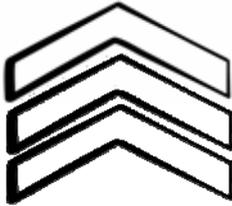
## Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

**Celestial Truth:**

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.

**THE FEELING WAY**

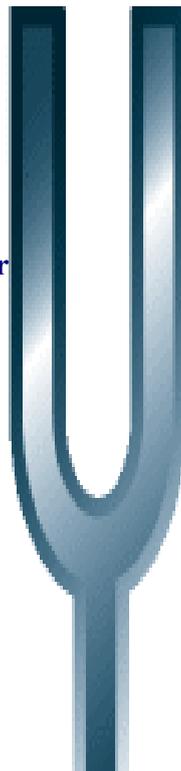
Feeling – Ascendance  
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.

**The CHOICE is OURS to MAKE:****THE MIND WAY**

Mind – Transcendence  
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,  
 atheists, no spiritual interest,  
 Living the Rebellion and Default.

Hell:  
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.



We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through are spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to embrace our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.



Our children mirror us, as parents. It is not that 'bad genes' are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently embrace our soul based emotions, by-passing our mind's controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



|   | Supportive<br>Parent is accepting and child-centered  | Unsupportive<br>Parent is rejecting and parent-centered  |
|---|---|--|
| Demanding<br>Parent expects much of child     | <b>Authoritative Parenting</b><br>Relationship is reciprocal, responsive; high in bidirectional communication | <b>Authoritarian Parenting</b><br>Relationship is controlling, power-assertive; high in unidirectional communication |
| Undemanding<br>Parent expects little of child | <b>Permissive Parenting</b><br>Relationship is indulgent; low in control attempts                             | <b>Rejecting-Neglecting Parenting</b><br>Relationship is rejecting or neglecting; uninvolved                         |

# DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!

What Do Kids Feel Sad About?



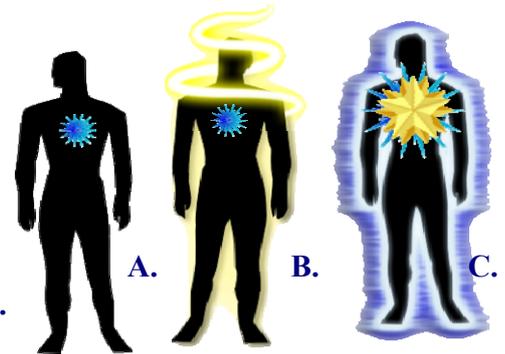
**Being Unloved and Rejected!**



# EVOLUTION

**STEP 1: Longing for and receiving Divine Love:**

- A. Soul within spirit body prior to receiving Divine Love.  
 B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.  
 C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



## STEP 2: FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere in feeling into one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



# FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

# REVELATIONS



**Revelation 1:** Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



**Immortality with the Love.**



**JAMES** PADGETT **REVELATIONS** 1 Commenced 1914  
 MONCRIEF 2 Completed 2014



**1** Divine Love addresses the issues of the Rebellion.

The availability of Divine Love, should we so ask for it, being revelation 1:

God's Divine Love: Pray for it, ask for it, and receive it.

Whilst we are receiving our Heavenly Parent's Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is the Mother and Father's way of loving us into love and then we live what we are, love.



**2** Feeling Healing addresses the issues of the Default.

The way to clear one's soul of childhood errors and injuries is revelation 2:

To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Release one's pain through expressing one's feelings.



in conjunction with

Longing for the Truth when also longing for Divine Love.

*“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD*

