

# Emotional Baggage: Lighten Your Load with the Emotion Code

Bonnie Thompson, HTCP, CECP, EFT-ADV



Can you relate to the term “emotional baggage”? Everyone seems to have some and we all recognize that it is not a good thing, but what is it? And, how do we get rid of it?

The Emotion Code, an exciting new form of energy work created by Dr. Bradley Nelson, calls this emotional baggage “trapped emotions.” Emotional energy can become trapped in the body when we are overwhelmed or traumatized, when our defenses are down, or when we are unable to fully process emotions. In addition, blocking or “stuffing” an emotion can cause it to become trapped.

### **What’s Wrong with Emotional Baggage?**

Until they are brought to conscious awareness and released, these trapped emotions interfere with the healthy flow of life force energy in the body. This can affect our physical, emotional and mental well-being, our relationships, and our ability to fully express our creativity and gifts with the world.

Trapped emotions also take a toll on our energy levels as energy is diverted to maintain all this baggage. Think of the analogy of holding a beach ball under water. It takes a lot of energy to keep it from popping out!

Another way that trapped emotions can affect us is by forming a heart-wall. A heart-wall is made of trapped emotional energy that surrounds the heart as a way to protect it. It is created by the subconscious mind when it feels that your heart needs protection from emotional pain or injury.

A heart-wall is an important protective mechanism and can be absolutely necessary to help you survive certain traumas in your life, but it comes at a price. Energetically, the heart is the center of your being. It entrains the rhythms of the body (including the brain) and is also a source of intuitive knowing. A heart-wall interferes with the body’s access to heart

energy and blocks your ability to fully give and receive love.

It is estimated that the average person has collected hundreds, if not thousands, of trapped emotions. That is a lot of emotional baggage! Would it not be great if we could unload some of this? Thanks to Dr. Nelson, we now have a simple way to do this. The Emotion Code allows us to quickly and easily identify and release trapped emotions. In fact, you can learn to do this for yourself.

### **How Does It Work?**

The process is simple. Muscle testing is used to identify a single trapped emotion that the body is ready to release. Once enough information has been obtained about this emotion, such as the age when it became trapped and where it is held in the body, it is released by running a magnet several times along the Governing meridian (usually down the back).

It looks so simple but the effects can be very profound. Some people feel better almost instantly; some experience the changes more subtly and over time. Many people report feeling “lighter” after an Emotion Code session, as if a weight has been lifted from them.

The Emotion Code can be effective in releasing chronic pain, relationship blocks, and anxiety, among many other things. While it would be unwise to claim that trapped emotions cause disease, Dr. Nelson says that he has never treated someone with a disease or condition that did not have trapped emotions contributing to the problem.

Results are difficult to quantify and are usually more subtle, but here are some examples from my own work with clients (names have been changed for their privacy):

Craig had many physical complaints and we decided to follow his body’s wisdom on where to begin



releasing trapped emotions. We released a number of trapped emotions, several in the area of his abdomen. He did not notice any significant shifts during the session, but when I saw him again two weeks later, he reported that the liver pain that he had for many years was now gone. Doctors had been unable to identify the source of this problem.

Lynnae was experiencing anxiety related to her job that was becoming debilitating. Every morning she would wake to negative self-talk that would drive her anxiety to the point where she would become physically ill. We decided to target our Emotion Code work

from the past about which we have no conscious memory. We access the wisdom of the subconscious mind through a form of muscle testing to get the information we need to release trapped emotions.

Some of our trapped emotions were actually handed down to us from our parents at conception. Most of us carry some ancestral emotional baggage. These inherited emotions can also be released with the Emotion Code. Not only does it release from us - but - it also releases from all the previous generations who passed this on to us. This can bring profound healing within families.

## It is estimated that the average person has collected hundreds, if not thousands, of trapped emotions. That is a lot of emotional baggage!

toward any trapped emotions that might be contributing to this negative self-talk. After just a few sessions she felt a significant decrease in the negative voice with a corresponding decrease in her anxiety levels.

Two-year-old James was waking several times every night and cried out in terror if his mother, a single parent, was not right by his side. This had been going on for months and both he and his mother were drained and exhausted. I worked by phone with his mother to remotely release trapped emotions for James. She reported later that James had crawled into bed at his grandma's house near the end of our session time, something he "never does." and there was a marked improvement in his sleep patterns.

The Emotion Code can affect all levels of being. Part of the fun of working with it is that we never quite know what will come up. We simply rely on the wisdom of the subconscious mind and body to lead the way.

### **But I Do Not Remember Where All My Emotional Baggage Came From!**

One of the best features of this technique is that it allows us to bring to conscious awareness many issues

### **Does Emotion Code Work on Children and Animals?**

Emotion Code works well for all ages, especially children. You are probably aware that many of your issues are based on experiences from childhood. What a great gift to help children let go of the emotional baggage they have already picked up -- freeing them from a lifetime of dealing with it!

My own children have benefited from this work. My oldest son had chronic nasal congestion most of his life (he is now 16). After a few Emotion Code sessions he experienced significant relief. I had not really noticed the shift until one day I realized he was no longer sneezing every morning!

The Emotion Code can also be used on animals, large and small, and many have reported excellent results. My youngest son loves receiving Emotion Code and asked me to work on his pet hamster, Griffin. We released just three trapped emotions from Griffin (which is all he had). Immediately afterward, we noticed that Griffin no longer ran to hide when we approached his cage. Now he comes to the front of the cage and no longer seems as fearful. This made

my son very happy and I was pleasantly surprised.

### **Can I do the Emotion Code on myself?**

Yes! Once you are able to master the muscle testing process it is very easy to get started using the Emotion Code for yourself and others.

I highly recommend Dr. Nelson's book, [The Emotion Code: How to Release Your Trapped Emotions For Abundant Health, Love and Happiness](#). He explains energetic concepts in simple, clear terms and gives excellent instructions for the muscle testing procedures. The book provides everything you need to know to get started using the Emotion Code.

I always encourage my clients to learn to release their own trapped emotions. Keep in mind that the subconscious will only bring up those energies that it feels it can safely release. If you feel you need help with deeper work, find a competent practitioner with whom you are comfortable. 