

# The Body Code

**Developed by Dr Bradley Nelson**

The Body Code is a follow-on qualification offered by Discover Healing that extends work done using the Emotion Code.

Where energy practitioners using the Emotion Code deal with looking for, and finding, trapped energies relevant to a life event or emotional dis-ease (lack of confidence, anxiety attacks, body image issues, depression etc), users of the Body Code takes this a step further and look at things like negative broadcast messages - ie limiting belief systems - despair anchors, imbalances in your chakras, in your meridians, disconnections of body to spirit / body to body, miasms, trauma energies which you trapped in your past. And more!

For example and in general terms; when I do a Body Code session I'll uncover say an "imbalanced root chakra in the emotional", and when I ask what caused this, I'll typically be directed to trapped energies as identified by the Emotion Code. Then we release all the trapped energies before re-aligning and balancing the chakra. So Body Code goes one step further and deeper than the Emotion Code.

I use the Body Code to investigate and then energetically balance physical discomforts such as back pain, knee pain, headaches, sore legs and hips, incontinence - whatever is bothering the client. Please be very clear that I do all of this using energetic methods and do not claim on any level to be a medical practitioner!

As with the Emotion Code, a Body Code session is totally safe and gentle, you don't need to discuss anything that you want to keep private, and it can be done in person, by telephone, Skype or by proxy via email.

I am a certified, accredited Body Code practitioner operating from Leeds, UK. You'll find me on the map at <https://discoverhealing.com/practitioner-map/#map-container>