

# The Emotion Code

## Developed by Dr Bradley Nelson

The Emotion Code is a form of energy healing, created and developed by Dr. Bradley Nelson that helps to get rid of emotional baggage from the past. The Emotion Code 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.

The Emotion Code is an energy healing technique that helps us to identify and release trapped emotions - which are harmful emotional energies from negative past events. Trapped emotions are thought to cause depression, anxiety; they are reported to block people from love and happiness and to make them feel disconnected from others. And because trapped emotions are made of energy, just like the rest of the body, they are believed to exert an influence on the physical tissues, and may cause discomfort and disease. Releasing trapped emotions makes conditions right for the body to heal - so emotional difficulties often disappear or become more manageable.

In my opinion, we create heart walls in response to things that happen in our lives, and that our subconscious wants to protect us from. It's my belief that we build energetic walls around our hearts to protect ourselves from being hurt further. Yes - these can block us from being hurt, but they also block us from experiencing the good emotions, and from receiving good into our lives. Heart walls, like trapped emotions; when released allow us to feel and experience life and good things more fully.

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