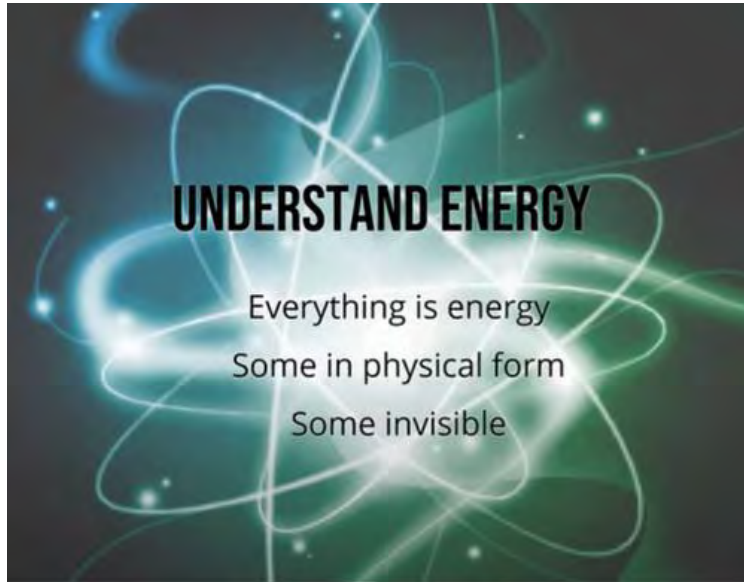


WFWP USA: Energy Healing with the Emotion Code and Body Code Methods

Myrna Lapres
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"In us, all around us, everything is energy. Some energy is in a physical form, some energy is invisible. This invisible energy includes our emotions as well."
-Hanka Musilova (Emotion Code and Body Code practitioner)

The October 15, 2022 webinar was entitled, "Emotion Code and Body Code," presented by certified Emotion Code and Body Code practitioner Hanka Musilova from the Czech Republic. Hanka shared that it was her own personal challenge with depression that led her to explore Emotion Code. Based on her experience of being able to find hope and wellness, Hanka began to study further. Certified in 2011, she studied under Dr. Bradley Nelson, chiropractor, and holistic physician. After reading Dr. Nelson's book, "Emotion Code," Hanka was so inspired that she translated it into Czech.

Starting from a place of understanding that everything is energy - visible and invisible, Hanka said that we experience everything through emotions. "If we didn't have emotions, life would be boring. Emotions make life colorful. All emotions are fine; it is how we interact with them and use them with others that makes the emotions positive or negative."

In small groups, everyone had the opportunity to discuss how our emotions affect our body. She gave us questions to discuss, such as: Do you allow yourself to feel both good and difficult emotions? What do we do when we feel stuck or don't understand our emotions?

Hanka continued to explain that emotions we don't allow ourselves to feel, and process get trapped in our body. We can carry more and more emotional baggage as we live our life, and it vibrates in our body and impacts us, even developing into physical and emotional difficulties. Emotion Code and Body Code are tools to help process and remove trapped emotions. Our subconscious mind is 90% of our mind and remembers and archives everything that we experienced in our lifetime. Through muscle testing, we can find out the truths by connecting with and asking our subconscious mind and release the trapped emotion using intention, magnetic energy, or acupuncture/massages. After releasing, we are then able to move

forward to heal.



To watch the recording on healing trapped emotions click [HERE](#).

Background about Self Care Isn't Selfish series

At the end of 2021, five coaches joined together to create a monthly series entitled, "Self-Care Isn't Selfish - Healing Yourself, Your Family and the World" which was launched January 2022. During 2022, our team was able to host ten webinars using our training as coaches and the tools and resources that we have learned to support WFWP members and friends. We also had guest speakers who helped us find balance and energy in our daily lives. Beginning with five coaches - Donna Avey, RoseAnn Kennett, Myrna Lapres, Liisa Freystaetter and Loretta Anderson, we met twice a month to plan and create a space for God to work through our desire, commitment, and unity. Our planning group consists of coaches trained by Hilde Wiemann, founder of [Generational Healing](#). We were inspired to combine our healing work with the vision of WFWP - Women working together to establish a culture of heart in the family, community, nation, and world in order to achieve genuine and sustainable peace under God.

To watch past webinars in the Self-Care Isn't Selfish series visit Myrna Lapre's [YouTube channel](#).