

Freedom from What Holds Us Back

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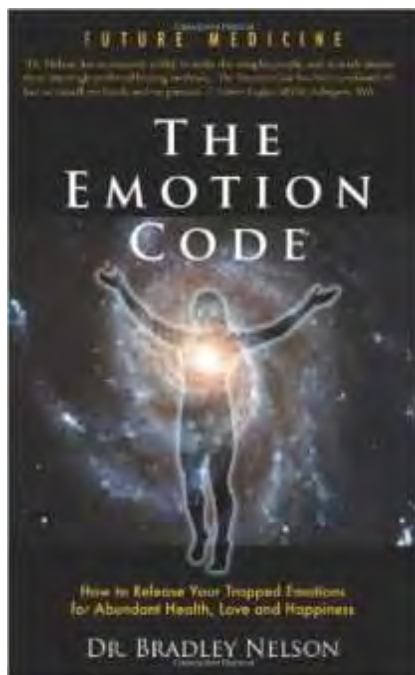
Who doesn't struggle? It's part of life to have obstacles to overcome and to be faced with challenges. That may be part of what makes life interesting and exciting; after all, what would a book be without its conflict?

However, sometimes it seems like we go around in circles without finding solutions. Sometimes we get stuck in a rut, or worse, we give up. And sometimes life throws us problems that there doesn't seem to be a cure for.

The Emotion Code

A simple book with a profound message, by Dr. Bradley Nelson. It may not be the most well written self-help book, and the ideas contained within may seem preposterous to some people. But Dr. Nelson reveals the depth to which our emotional experiences can impose a damaging affect on our physical and mental health.

I read the book shortly after participating in two Energy Healing sessions with Debra Wilkins, who is a certified Emotion Code/Body Code practitioner. These were remote healing sessions done over the phone. I was so amazed by the changes that occurred in both my thought processes and physical health, that I had to find out what she was doing.



The Magical, Mystical, Emotional Tour

It did seem like magic. Through a process using intuition and Dr. Nelson's unique system and technology, Debra was able to uncover events in my past that created blocked emotions, which resulted in physical health problems. She was also able to identify toxins in my current environment that were contributing factors.

The real magic though, was that she was able to release the blocked emotions using a magnet, on her own body in place of my body. I know that sounds crazy and you probably think I'm just another nut case. Because the healing session was remote, I didn't know exactly what she was doing until I read the book. But I experienced the improvement in my health before I knew what she was doing.

The book explains clearly how the body can hold onto the emotional energy of traumatic events. This trapped energy creates a disturbance in the body's ability to function at optimum levels. The health problem may be immediate or it may not surface for many years. But trapped emotions can also affect our reactions to new

events, which can cause further trapped emotions.

A New Ancestral Liberation

It's hard for some people to believe in anything they can't see. The past becomes invisible to us within a generation or two, except for historical records. However, recent breakthroughs in the science of Epigenetics is revealing that the thoughts and experiences of our ancestors do leave markers on our genes.

Through the Emotion Code/Body Code system, a qualified practitioner is able to identify trapped energy that has been passed down through the generations, and release the trapped energy. After experiencing a few healing sessions with Debra that included trapped emotions that came from several generations back, I was amazed at how much better I felt. Not only that, I was able to think differently, which resulted in making healthier choices that I could follow through on.

The Book and The Practice

Dr. Nelson wrote the book with the intention of teaching others how to incorporate the practice of releasing trapped emotions into their daily lives. If you're not an intuitive person, or a person of faith, it

might be difficult. If you have trouble understanding that everything is basically energy, and that all energy is connected on some level, you might find the book hard to believe.



But the proof is in the practice. Before I read the book I experienced dramatic healing from a practitioner. I have a diagnosed autoimmune disease that causes a variety of symptoms. The Emotion Code/Body Code healing sessions I received resulted in reduced inflammation, improved energy, lowered blood pressure, and relief from anxiety and depression.

It didn't happen all at once as I had several sessions over a few months' time. Some improvements were more subtle than others. I have to say, I've been to many doctors over the past 10 years because of my autoimmune issues. Nothing they have prescribed, or advised, has had as much effect on my health as the Emotion Code/Body Code.

I want to also thank Debra Wilkins for her dedicated effort as an intuitive Energy Healer, and her work to use her gifts to improve the lives of others.