

EMOTION

CODE 101



01

What are trapped emotions?

A trapped emotion is an emotional energy that becomes stuck in the body because it was not processed and released at the time you experienced it. This energy is roughly the size of your clenched fist and can be stored anywhere in the body. We can feel this trapped energy riding just below the surface of our daily emotional experiences, causing us to experience these trapped emotions on a small scale all the time.

02

Who has trapped emotions?

Everyone has some trapped emotions because we live in the human experience. Emotions become trapped when we don't have the time, energy, or emotional intelligence to process and release the emotion at the time it occurred. Emotions can also be inherited from generation to generation.

03

How do trapped emotions affect us?

Trapped emotions may negatively influence our thoughts and feelings due to the low vibration of these emotions. It is even possible to experience physical imbalances in the body because of trapped emotions such as sleep disturbances, mood imbalances, chronic disease, and more.

04

Who benefits from the EMOTION CODE?

In short, everyone can benefit from EMOTION CODE sessions. The EMOTION CODE can be used for everyday issues such as indecisiveness, anxiety, lack of clarity, depression, blocked from moving forward and more. It can also be used in cases of physical discomfort, chronic imbalances, or acute imbalances.

05

What can I expect from a session?

Most people describe a lightness or calming feeling after a session. Their emotional backpack has been lightened and they have an underlying sense of calm that wasn't there before. Physical discomforts can also be relieved after an EMOTION CODE session.